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Psilocybin fungi microdose treatment in major depressive disorder: A case report

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Major depression disorder is an entity with high prevalence and worldwide impact. Current treatments present a non-response rate of 15-30%, and certain adverse effects are seen like apathy syndrome and lack of emotional response.

It is stated that the treatment with psilocybin fungi allows the possibility of dose reduction and suspension of classic psychotropic drugs and entails changes on an emotional and behavioral level that result benefic in patients with major depressive syndrome.

We present a case of a 19 years old patient with major depressive syndrome diagnosis. Accompaniment and patient advice was made appealing to the right of autonomy, on the psilocybin microdose self-administration process, aiming to reducing health risks and potentiate probable beneficial effects, with weekly evaluations, for a period of 7 months; using clinical anamnesis, laboratory tests and the Hamilton depression scale.

As a result of this intervention, a symptomatic complete remission was proven, alongside with the suspension of conventional pharmacological treatment without discontinuation symptoms and improvements at the communicational level, social interaction and general well-being. These findings support the idea that psilocybin microdose treatments are a promising tools in depression treatments. Scientific studies are needed in order to certify these findings.

Biography

Mariana Zarankin is a psychiatrist in private practice in Buenos Aires, Argentina, researches psilocybin fungi microdose treatment for major depressive disorder. Her case report explores innovative approaches to depression treatment, contributing to evolving psychiatric care strategies.