

### Research-Based Abstract Template

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Exploring Motivations, Experiences, & Consequences of Psychedelic Use in Aotearoa New Zealand

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**Introduction:** *While interest in psychedelic research has recently increased globally, little is known about use in Aotearoa New Zealand, where these substances remain strictly prohibited. The current research sought to explore motivations, features of subjective experience, and impact of use. We also aimed to explore and compare positive, typical and worst experiences.*

**Method:** *An online survey was completed by 997 individuals who have used at least one classical psychedelic in Aotearoa New Zealand. Chi-square analyses were used to examine differences between worst, best and typical experiences and logistic regression analysis was used to explore predictors of positive psychological health impact.*

**Results:** *Self-reported worst psychedelic experiences differed substantially from best experiences across emotional, cognitive, and relational domains, while typical experiences more closely resembled best experiences. Motivations for use evolved after initial experience and varied between experience types. Regression analysis showed that a higher amount of psychedelic use occasions, as well as therapeutic and growth-oriented motivations, were significant predictors of positive psychological well-being. Overall consequences leaned positive, with the best experience resulting in the most beneficial impacts.*

**Conclusions:** *Given the potential for personal growth and healing generated by typical and best experiences, these results highlight the need for an open-minded approach to drug education and policy aimed at minimising harm and maximizing the benefits of psychedelics.*

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