

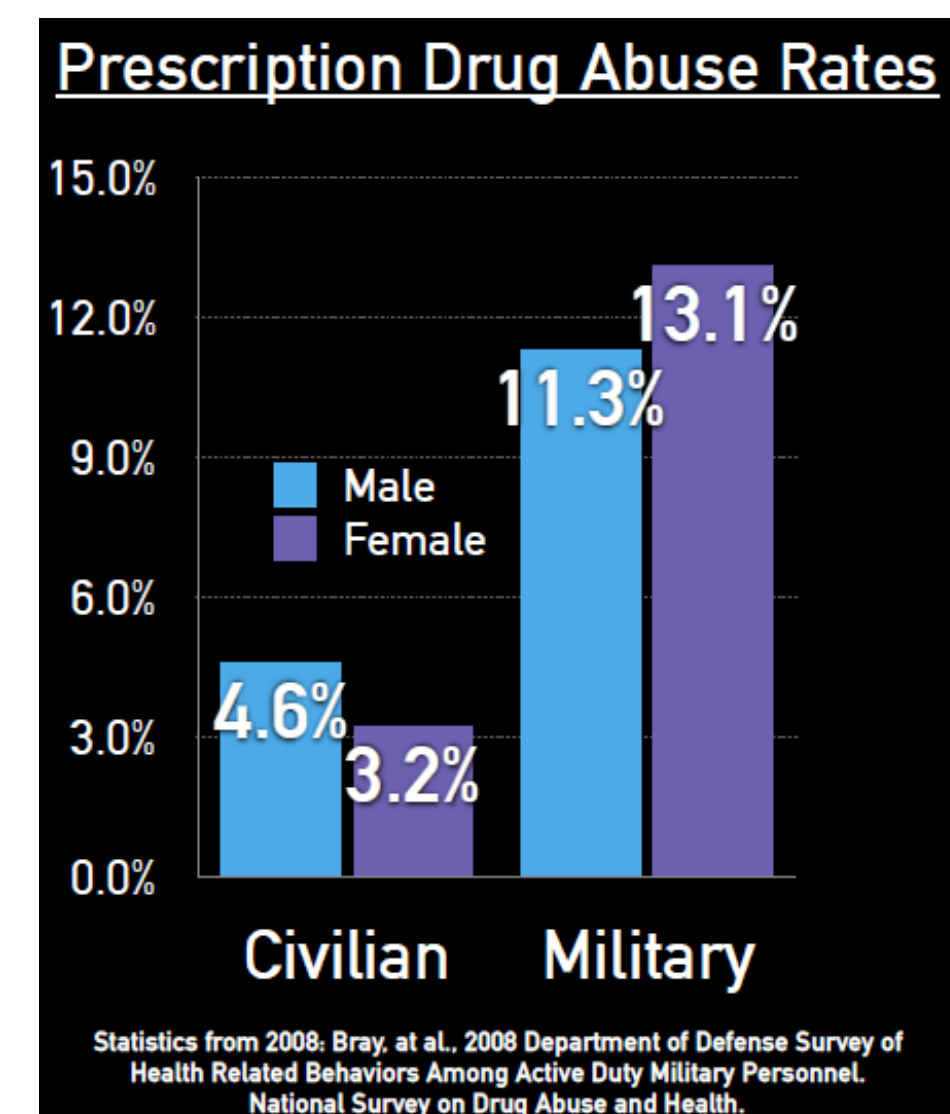


Subjective effectiveness of ibogaine treatment for problematic opioid consumption: Short- and long-term outcomes and current psychological functioning



Alan K. Davis, Ph.D.^{1,2}, Joseph P. Barsuglia, Ph.D.², Martin Polanco, M.D.², Marta Lynch², Marley Windham-Herman^{2,3}, and Sherree M. Godasi²
¹University of Michigan Addiction Center, Ann Arbor, MI; ²Crossroads Treatment Center, Rosarito, Mexico, ³Yale School of Medicine, New Haven, CT

Opioid Problem & Current Treatment in the US



- Drug overdose is the leading cause of death in the US and opioid addiction is driving this epidemic
American Society of Addiction Medicine, 2016
- Opioid replacement (e.g., methadone) is the most popular current treatment for opioid addiction
- Problems with misuse of ORTs

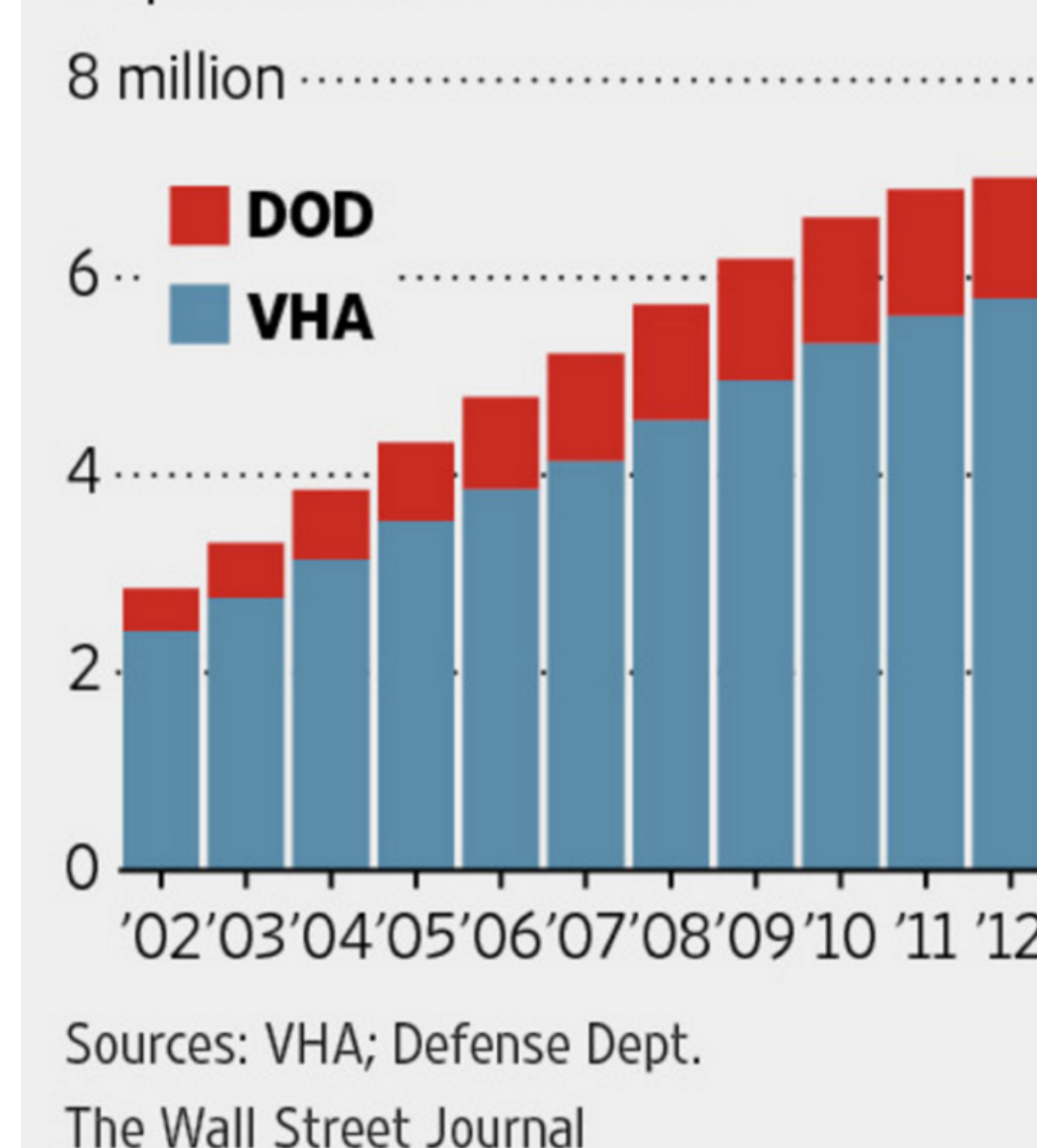
Comparison Chart

Traditional addiction treatments rely on maintenance based programs that can continue indefinitely. Some of the drugs are addictive themselves, and most cannot combat the depression, anhedonia, and anxiety that lead to relapse.

	Methadone	Ibogaine
Targets multiple addictions	○	●
Full results in one dose/session	○	●
Alleviates anhedonia (1)	○	●
Decreases craving	○	●
Alleviates withdrawal	○	●
All natural	○	●
Alleviates anxiety	○	●
Elevates Mood	○	●
No ongoing cost	○	●
No long term commitment	○	●
No potential for abuse (2)	○	●
Minimal life disruption	○	●
Covered by health insurance (3)	○	●

Rise of Opioids

Opioid painkiller prescriptions written by the Veterans Health Administration and the Department of Defense



Background: Ibogaine Research

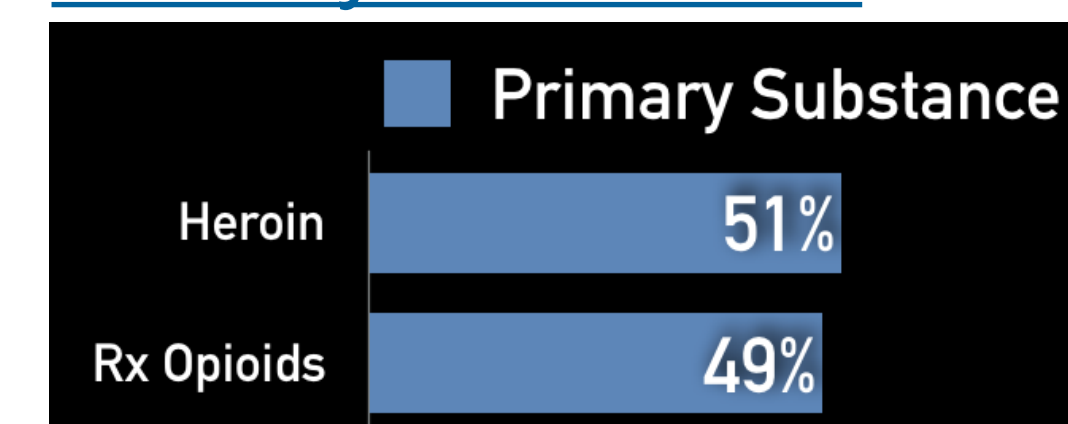
- Ibogaine, a psychedelic substance, catalyzes an altered state of consciousness reminiscent of dreaming while fully awake so that life experiences, memories, and problems related to past trauma can be confronted and processed.
- Preliminary evidence suggests this substance acts as an addiction interrupter, reducing or ameliorating withdrawal and craving for opioids and other substances (Alper et al., 1999; Mash, Kovera, & Pablo, 2001; Bastians & Kaplan, 2004; Shenberg et al., 2014).
- Human studies on the efficacy of this treatment are limited, and outcome studies on the long term benefit and effects of this treatment are even fewer.
- This retrospective study evaluated the effect of Ibogaine treatment on substance use, craving, mental health, & wellbeing.

Method & Sample Characteristics

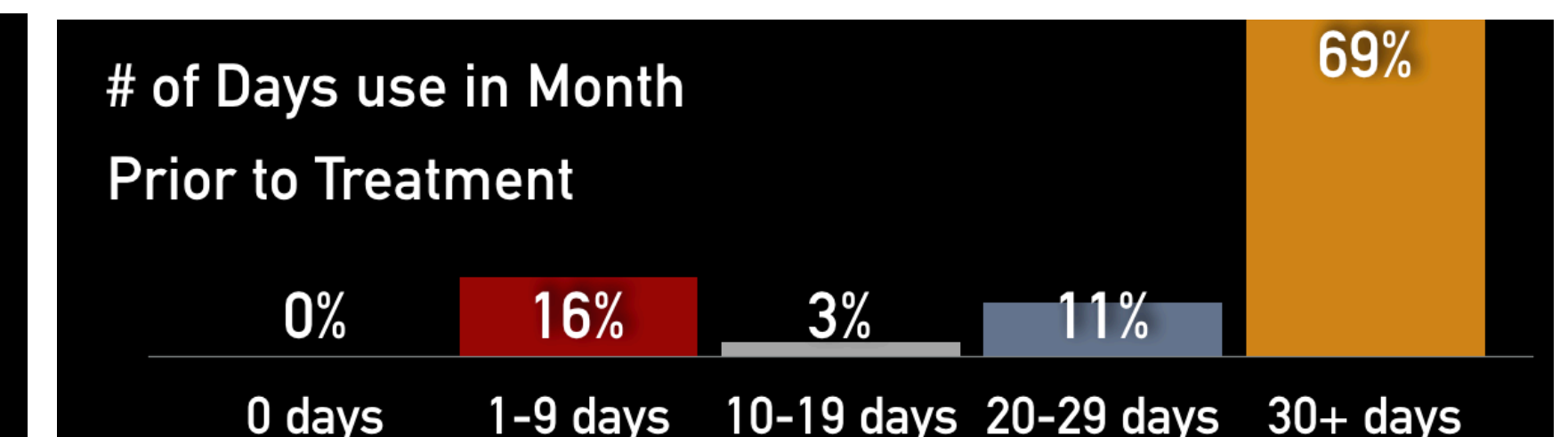
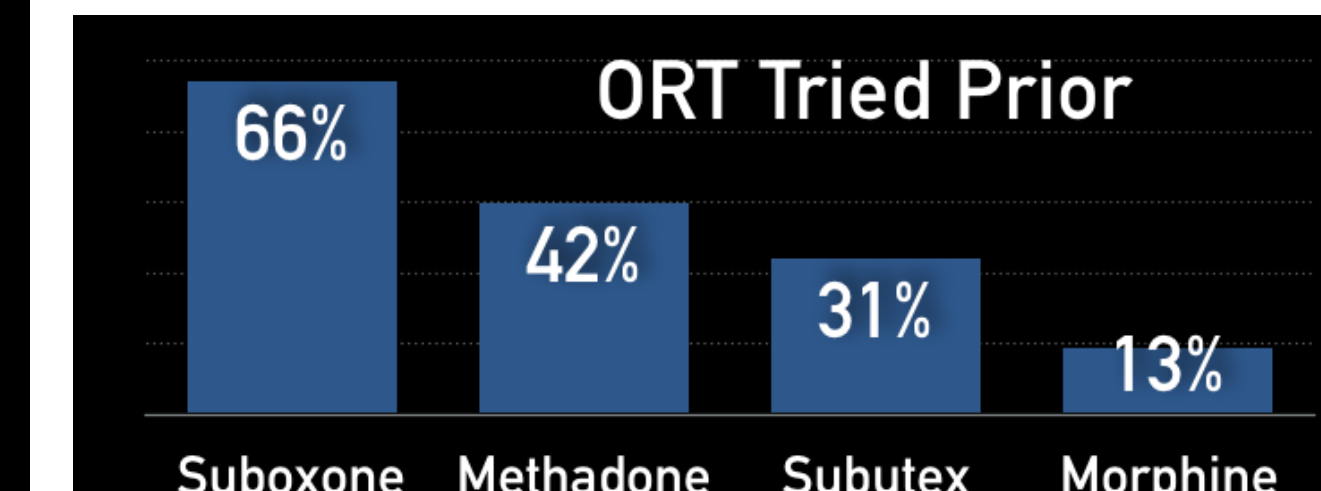
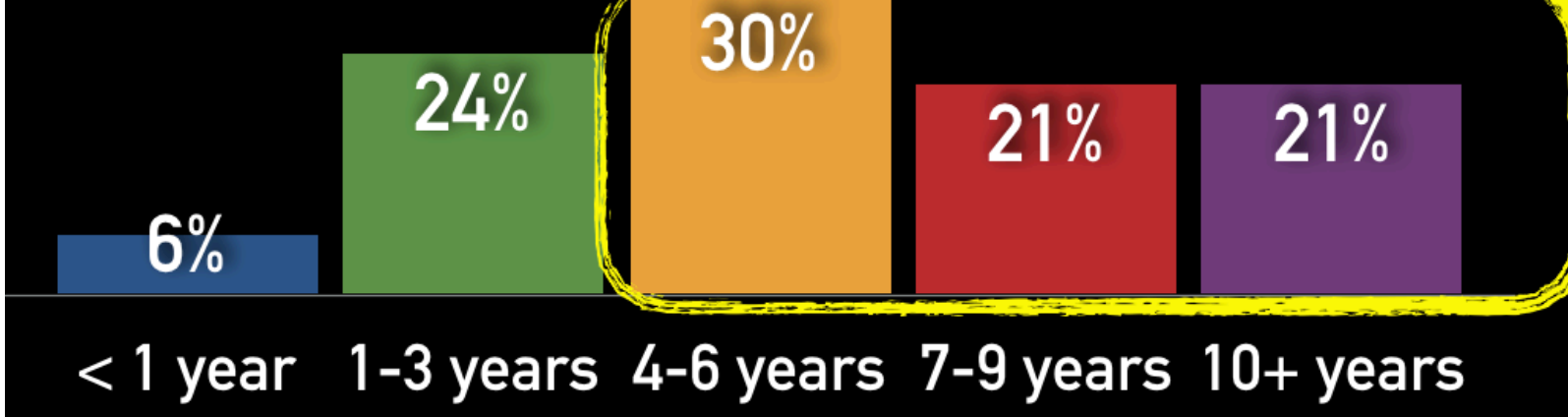
- Using an electronic recruitment & data collection procedure, we collected data from 88 patients with opioid use disorders who had completed Ibogaine treatment at Crossroads Treatment Center between 2011 and 2015.
- Majority of the sample was male (73%), Caucasian (89%), between 18-34 (59%), and had at least some college (82%).

Pre-Ibogaine Substance Use and Treatment

Primary Substance

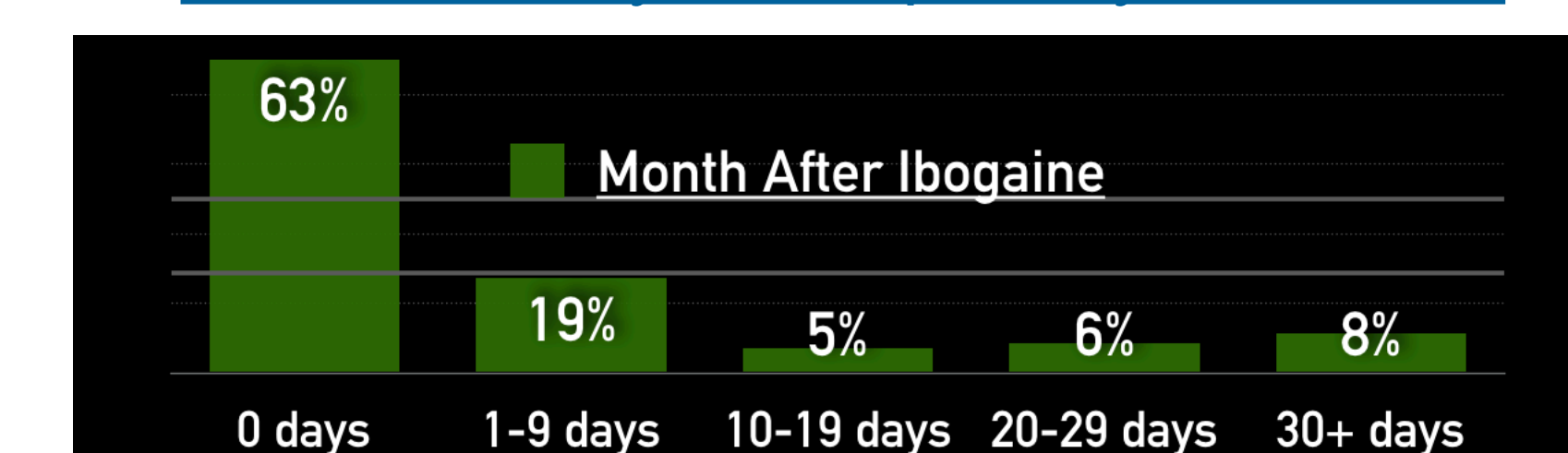


Number of Years Lifetime Use (% of Sample)

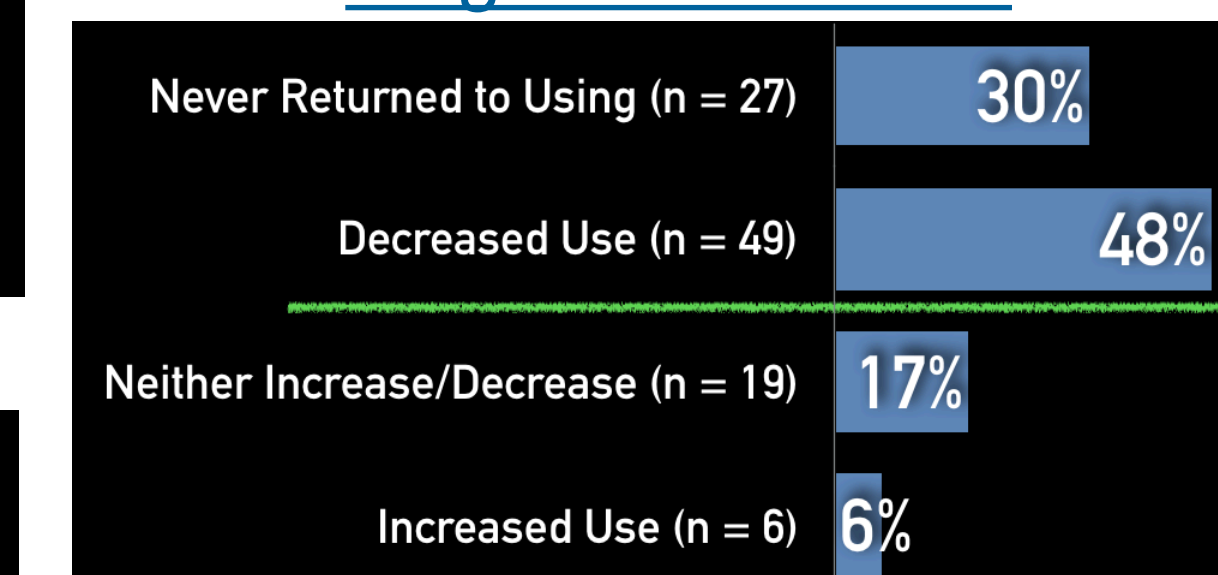


Effectiveness of Ibogaine Treatment

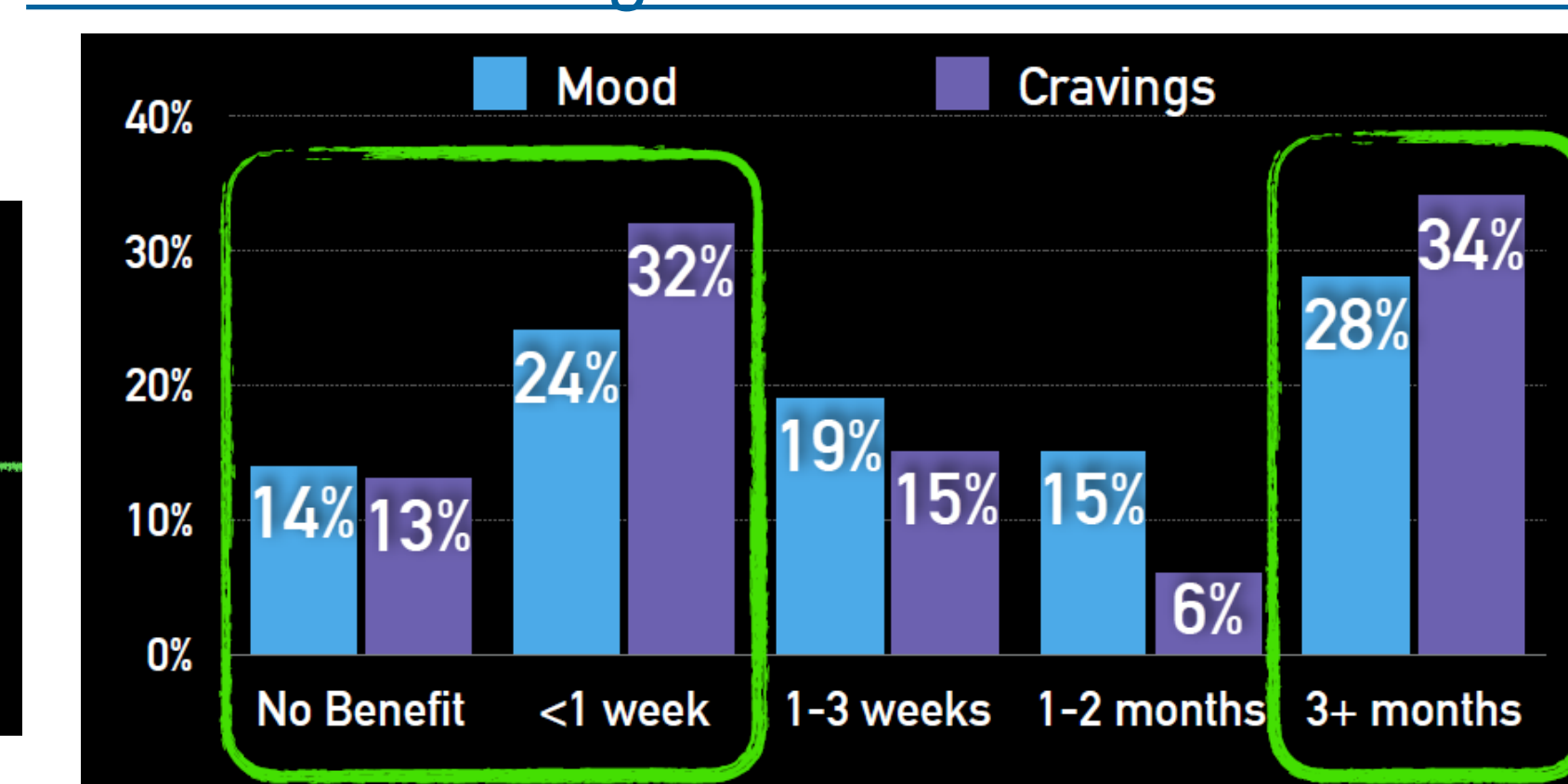
Number of days used primary substance



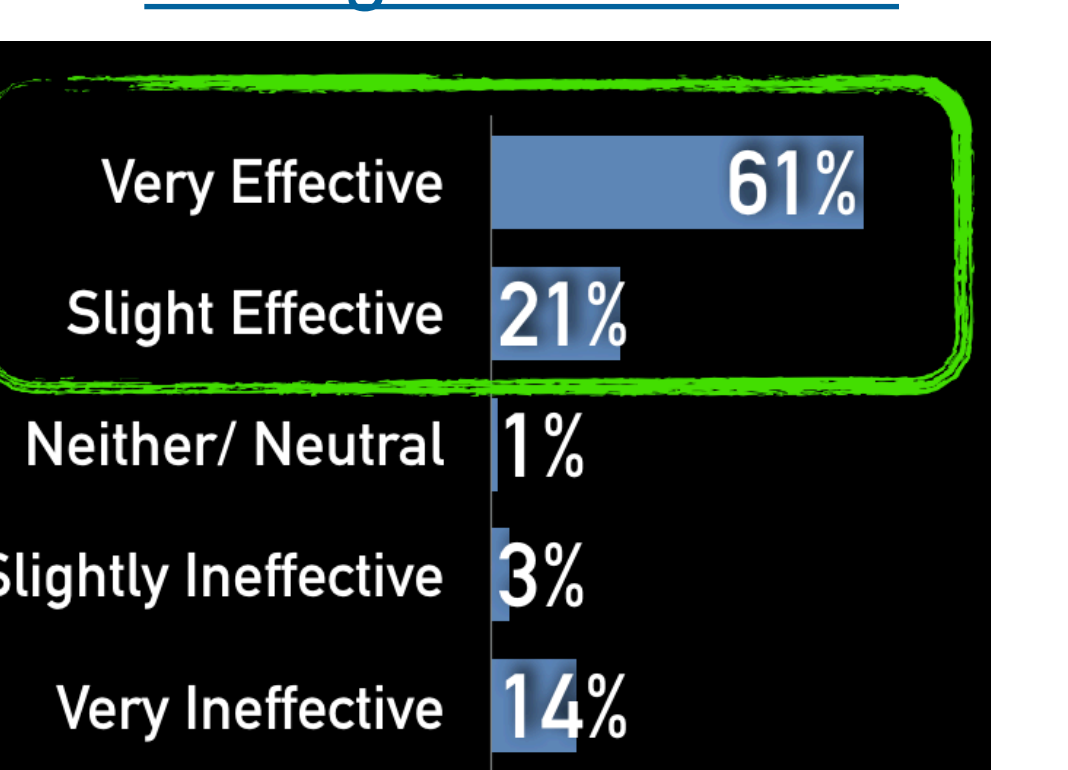
Self-reported level of substance use following Ibogaine treatment



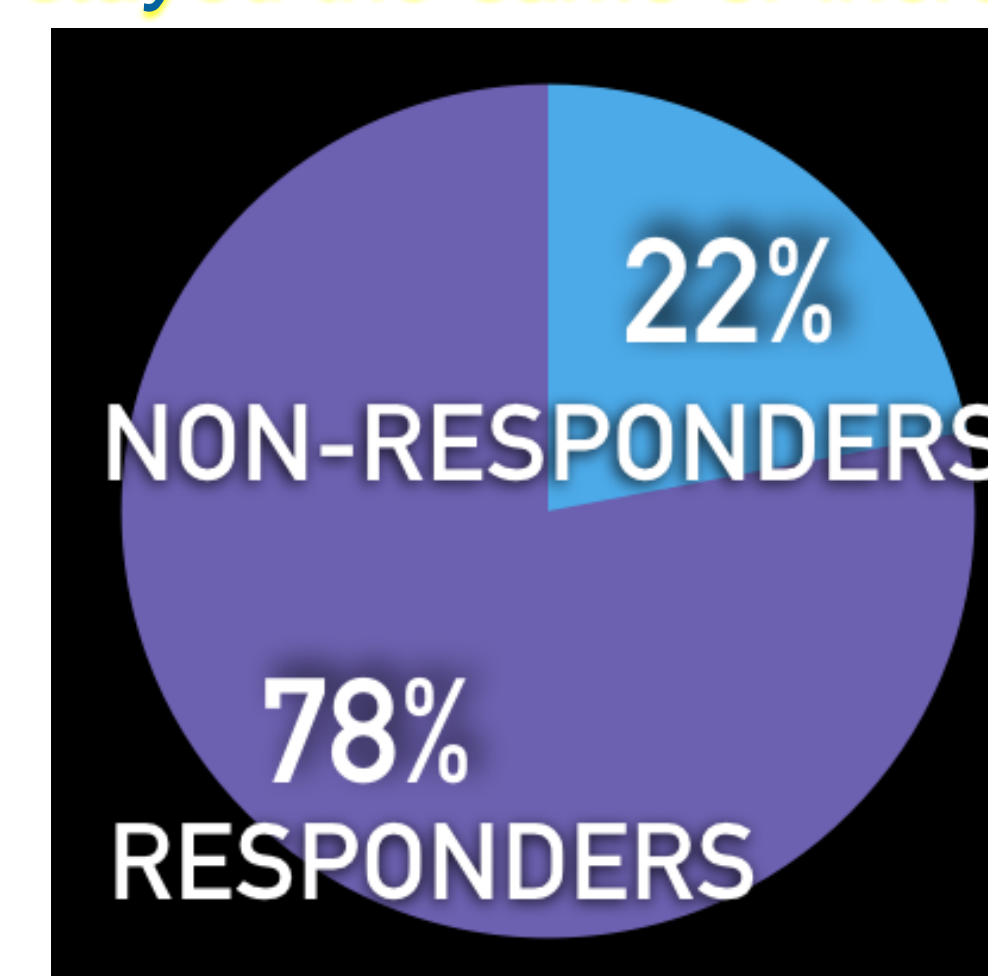
Duration of craving decrease and mood increase



Self-reported effectiveness of Ibogaine treatment



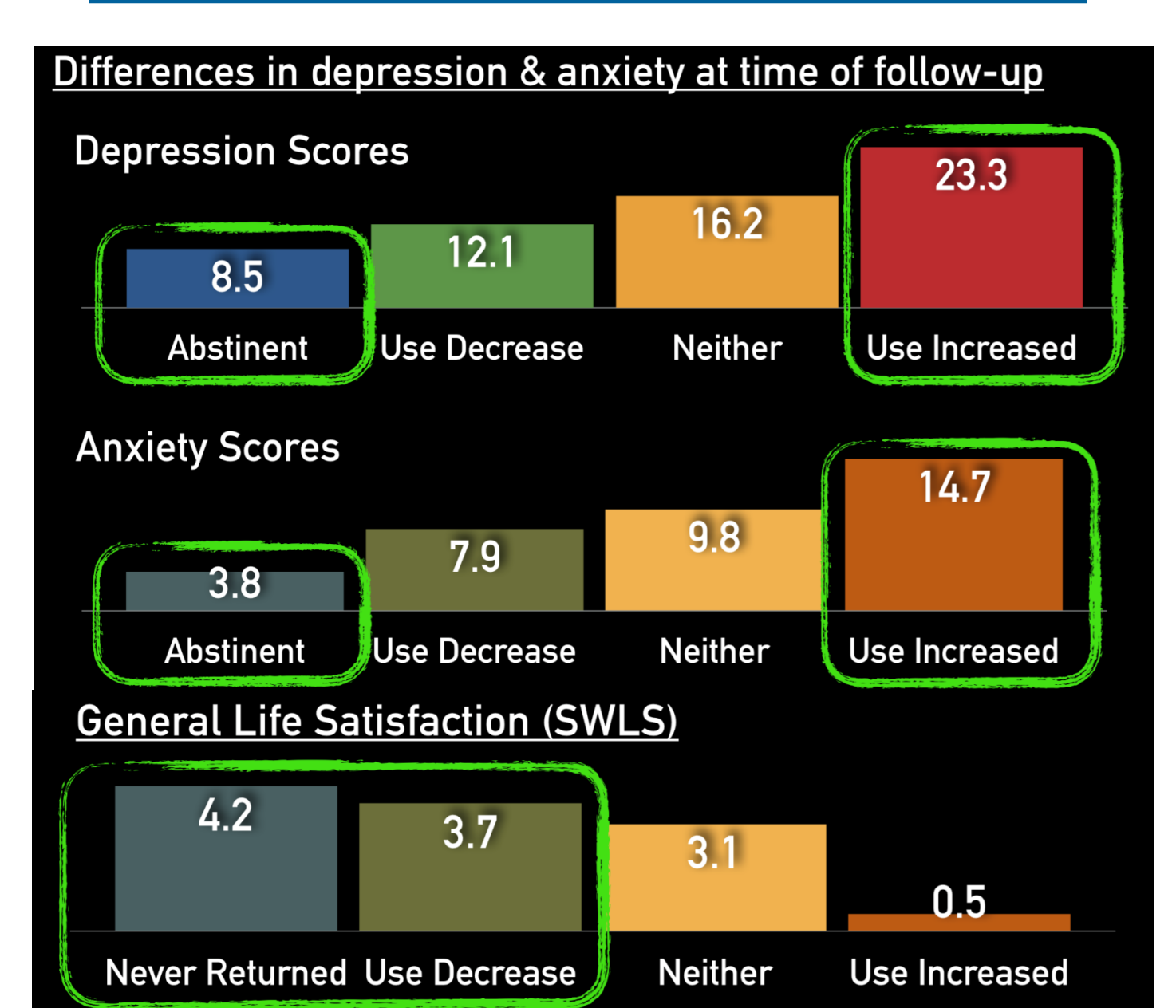
Treatment Responders:
Abstinent or use decreased
Treatment Non-responders:
Use stayed the same or increased



More Details about Treatment Responders

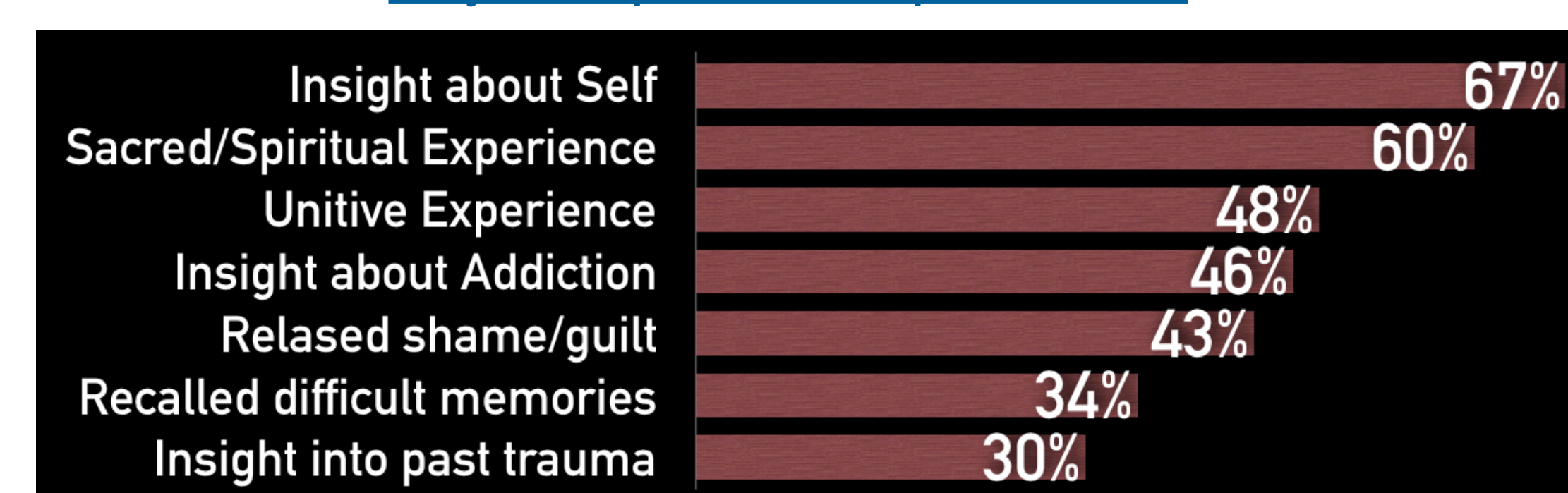
- 54% of those who reported never using opioids again had been abstinent for at least one year; 31% for more than two years
- 11% of those who relapsed eventually were able to achieve sustained abstinence of >6 months at time of survey.
- A significantly larger proportion of treatment responders reported that they were prescription opioid users as opposed to heroin users.
- More treatment responders reported that their ibogaine session revealed insights about the cause of their addiction compared to non-responders
- More treatment responders reported that their ibogaine session was spiritually meaningful compared to non-responders.

Current Psychological Functioning by Post-Treatment Substance Pattern



Subjective Ibogaine Experiences

Psychospiritual Experiences



Visual Experiences



Summary & Future Directions

- Ibogaine appears to be an effective (initial and long-term abstinence/reduction) addiction interrupter for many people
- Vast majority view Ibogaine as effective (82%) & better than other treatments (85%)
- These results highlight the differences in substance use patterns following Ibogaine treatment and the importance of understanding the effects of specific factors related to gaining insight about causes of addiction and spiritual experiences during Ibogaine treatment on outcomes.
- Future research should evaluate the efficacy of this treatment using rigorous longitudinal designs