

BACKGROUND

The Study of Psilocybin for Anorexia Nervosa in Young Adults (SPANYA) is an 8-week psilocybin-assisted therapy intervention that target young adults (YA). For this community engagement project, two advisory boards consisting of young adults and family members were established in order to inform successful patient and family involvement in young adult psychedelic therapy and eating disorder trials.

METHODS

- 1. Recruited advisors consisted of young adults who were in remission from anorexia nervosa (AN) or were too old participate in the trial and parents that had a child with AN but were ineligible for the trial.
- 2. These groups met separately with staff who transcribed and reviewed meetings for common themes and possible modifications to trial design.

RESULTS

Themes regarding family involvement, nutritional intake, patient centered approaches, and the structure and expectations of the trial emerged (Table1).

DISCUSSION

These advisory boards contribute to the body of stakeholder engagement in psychedelic trials. In the future we will continue to engage with the advisory board and collect qualitative feedback.

Individuals with lived experiences of anorexia nervosa can offer valuable insights in the design of psychedelic therapy trials.

| Themes                        | Discussion Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Family Involvement in Therapy | <ul style="list-style-type: none"><li>• Parent advisors suggested adding guidance in how to support a child in psychedelic therapy.</li><li>• YA and parent advisors emphasized that YAs and parents would need education about how psychedelic therapy differs from family-based treatment (FBT).</li><li>• YA advisors asked for clarity about confidentiality and what therapy content would be disclosed to family members and support people in the study.</li><li>• YA advisors requested examples of eligible family members or support people who can enroll in the trial.</li></ul> |
| Nutritional Intake            | <ul style="list-style-type: none"><li>• YA advisors expressed fear that they would be tricked or coerced into eating while on psilocybin. They suggested additional clarity about nutrition intake expectations.</li><li>• YA advisors agreed that having pre-determined options for nutritional intake on dosing days would be preferred.</li></ul>                                                                                                                                                                                                                                         |
| Participant Centered Approach | <ul style="list-style-type: none"><li>• YA advisors offered feedback on screening, consent, and suggested approaches to assessing a YA’s motivation to participate.</li><li>• YA and parent advisors discussed evaluating motivation to ensure enrollment was not driven primarily by family members.</li></ul>                                                                                                                                                                                                                                                                              |
| Structure and Expectations    | <ul style="list-style-type: none"><li>• There was agreement among the YA advisors that providing a structured calendar with all study visits would help mitigate anxiety around disruption in the highly structured routines that they had experienced at the height of their own illnesses.</li></ul>                                                                                                                                                                                                                                                                                       |



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In response to advisory board input the following modifications have been made to the SPANYA trial.

- 1. Family involvement will be clarified in the screening and consent process, including examples of family members or other support people who may enroll.
- 2. Participants will receive a detailed calendar that lays out study activities & expectations for the duration of the trial.
- 3. Screening questions have been added to assess YAs’ intrinsic vs extrinsic motivations for participating in the trial.
- 4. A handout has been developed to explain eating and hydration expectations on doing days.
  - a. The options for nutritional intake on dosing days will be limited to two choices which are also detailed in the handout.
- 5. There will be an emphasis on the participant centered approach to the therapy sessions and clarity that the study does not include a formal nutrition plan.

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