



Measuring Insight Level After Psychedelic Experience Among The Indian Population

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ABSTRACT

This study explores the relationship between psychedelic use and insight among Indian adults aged 18 to 40 years. Psychedelics, such as LSD and psilocybin, are known for altering consciousness and potentially enhancing self-awareness. A total of 100 participants (79 males and 21 females) completed the Psychedelic Integration Scale (PIS), which includes the Integration Engagement Scale (IES) and the Experienced Integration Scale (EIS). Data were collected online and analyzed using descriptive statistics, independent t-tests, and Pearson's correlation. Results showed no significant difference in insight between males and females or between users of different substances. The correlation between IES and EIS was negligible ($r = 0.03$, $p = .750$). Despite the lack of statistically significant differences, the findings suggest that psychedelic users report moderate levels of self-awareness and perceived integration. These results provide a foundation for understanding psychedelic integration in the Indian context.

Keywords: Psychedelics, Insight, Self-awareness

Introduction

A subclass of hallucinogenic drugs known as "psychedelics" is primarily responsible for inducing unusual mental states and what appears to be an expansion of consciousness. Classic psychedelics include drugs like psilocybin, mescaline, dimethyl tryptamine (DMT), and lysergic acid diethylamide (LSD). Insight means being aware of oneself or a situation. Across cultures, entheogens (plants containing psychoactive substances) have been used for thousands of years in a ritualistic context. It is said that it brings about visionary or mystical experiences that help one in their spiritual journey.

While global research is expanding, Indian studies on psychedelics remain scarce due to legal, cultural, and societal barriers. This study addresses this gap by examining the relationship between psychedelic experiences and reported insight using validated psychological scales.

Objectives:

- To measure insight after psychedelic experience among the Indian population
- To test the significant difference between males and females in insight levels.

Hypotheses:

- H01: There is no statistically significant difference between male and female insight level after a psychedelic experience.
- H02: There is no significant difference between psychedelic experience and insight.

Method Participants

The study involved 100 Indian adults (79 males, 21 females) aged 19 to 40, selected via convenience sampling. Inclusion criteria required participants to be Indian nationals aged 18–40 who had used psychedelics. Exclusion criteria included age below 18 or above 40 and foreign nationals.

Measures

The Psychedelic Integration Scale (PIS) was used, comprising two 12-item subscales:
 - Integration Engagement Scale (IES): Assesses reflective practices and intentional integration activities.
 - Experienced Integration Scale (EIS): Measures cognitive, emotional, and behavioral outcomes post-experience.

Responses were rated on a 5-point Likert scale.

Procedure

Participants completed the questionnaire via Google Forms. The form included informed consent, sociodemographic data, and the 24 items from the PIS. Data were anonymized and collected for academic purposes.

Analysis

Data were analyzed using SPSS. Statistical methods included descriptive statistics, Pearson's correlation, and independent samples t-tests.

Results

Variable	M	SD
IES	49.46	7.17
EIS	50.86	7.11

Table 1: mean and standard deviation of IES and EIS

Variable	1	2
1. IES	—	.03
2. EIS	.03	—

Note. $p = .750$ (2-tailed).

Table 2: Correlation between IES and EIS

Gender	N	IES (M \pm SD)	EIS (M \pm SD)
Male	79	48.87 \pm 7.37	50.86 \pm 7.17
Female	21	51.67 \pm 6.00	50.86 \pm 7.05

Table 3: The SD and Mean of IES and EIS among males and females

Measure	Levene's F	p (F)	t	df	p (t)	Mean Diff.	SE Diff.	95% CI (LL, UL)
IES	0.34	.564	0.00	98	.998	0.004	1.76	[-3.48, 3.49]
			0.00	31.89	.998	0.004	1.74	[-3.54, 3.54]
EIS	0.57	.452	-1.60	98	.113	-2.79	1.75	[-6.26, 0.67]
			-1.80	37.67	.080	-2.79	1.55	[-5.93, 0.35]

Table 4: Independent sample test for IES and EIS

Substance Type	N	IES (M ± SD)	EIS (M ± SD)
LSD	54	50.70 ± 7.76	49.13 ± 6.58
Psilocybin Mushrooms and Others	46	51.04 ± 6.34	49.85 ± 7.85

Table 5: Mean and standard deviation of type of substance used

Measure	Levene's F	p (F)	t	df	p (t)	Mean Diff.	SE Diff.	95% CI (LL, UL)
IES	1.461	.230	-0.50	98	.620	-0.718	1.443	[- 3.582, 2.146]
			-0.49	88.18	.625	-0.718	1.464	[- 3.627, 2.190]
EIS	1.136	.289	-0.24	98	.813	-0.340	1.434	[- 3.185, 2.505]
			-0.24	97.85	.810	-0.340	1.411	[- 3.139, 2.460]

Table 6: Independent Samples t-Tests for IES and EIS by Type of Substance Used

Discussion

Results show that for IES, the mean is 49.46, for EIS, the mean is 50.86. For the IES, the standard deviation is 7.17, for the EIS, the standard deviation is 7.111. The Pearson Correlation coefficients for EIS and IES is 0.032. The Sig. (2-tailed) value for both IES and EIS is 0.750. There is no significant discrepancies in variances or means, suggesting that participants' scores on the IES and EIS are comparable. The standard deviation for IES in males was 6.003 and for females 7.367, while for EIS it was 7.171 for males and 7.052 for females. Independent samples t-tests conducted showed no significant difference in IES scores between LSD and Psilocybin and Others users. There is no significant difference in the insight levels of males and females. The present study suggests that individuals who engage with psychedelics often report insight and self-awareness as part of their integration process, as measured by the EIS, and regardless of gender, some integrate it into their life more than others.

Conclusion

The current research focuses on insight after having a psychedelic experience among the Indian population. The variables used in the study are a type of substance, the Integration Engagement Scale (IES) and the Experience Integration Scale (EIS). The research design is quantitative. A sample size of 100 was selected

through convenience sampling. The sample included 79 males and 21 females across India, aged between 18-40 years. The Psychedelic Integration Scales were used as the questionnaire. It was administered online through Google Forms. Informed consent, brief sociodemographic data were attached with the questionnaire. The results obtained were statistically analysed using the Statistical Package for the Social Sciences (SPSS) and interpreted. The Independent t-test and Pearson correlation were used for this. While the study design does not allow for causal conclusions, the self-reports indicate that many individuals associate their psychedelic experiences with increased self-awareness and personal insight.

Major Findings of the Study

- There is no significant difference between males and females in insight levels.
- There is no significant correlation between Integration Engagement and Experienced Integration.
- Participants who had used psychedelics reported moderate to high levels of experienced integration, indicating perceived gains in self-awareness and insight following their experiences.

Limitations of the Study

- The population was selected by convenient sampling method.
- The variables used are only Integration Engagement and Experience Integration, and the type of substance. There may be influences of other factors which contribute to the result.
- There are other sociodemographic variables which haven't been measured.
- There may be bias in the responses given by the participants; answers depend on the individual's peace of mind, mood, self-awareness, etc.
- The sample size is small.
- There are stigmas surrounding the topic.

Further research with larger and more diverse samples, along with qualitative data, could provide a more comprehensive understanding of integration experiences across different psychedelic substances. It's essential to consider other factors such as the context of the study, the measurement validity of the scales, and potential limitations of the analysis when interpreting these results.

Research Gap

Legal restrictions, stigma and misconceptions, limited research infrastructure, lack of awareness and education all contribute to research gaps.

Suggestions for Further Study

- Use a greater number of samples
- Include more sociodemographic variables
- Include more qualitative data

The Future of Psychedelics

The future of psychedelics in India will likely be shaped by a combination of scientific advancements, cultural integration, policy reform, public education, and community engagement. While there are challenges to navigate, there is also considerable potential for psychedelics to contribute to mental health treatment and holistic well-being in India and beyond. Psychedelics have the power to completely transform mental healthcare and trigger significant shifts in consciousness as science and public opinion progress. To fully utilise psychedelics as instruments for healing, development, and transformation, it will be necessary to navigate the intricacies of ethics, stigma, and regulation.

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