



Understanding the Effects of Psilocybin on Brain Plasticity: Exploring the Connection between Drugs and Neuroplasticity

Description

New Study Shows How Psychedelics Affect the Brain

A recent study published in the journal *Nature* has shed light on how psychedelic drugs, such as psilocybin found in magic mushrooms, affect the brain. The study involved seven participants, including Dr. Nico Dosenbach, who ingested a high dose of psilocybin before undergoing brain scans.

The results of the study suggest that psychedelic drugs disrupt specific brain networks, particularly those associated with spatial awareness, time perception, and self-awareness. Dr. Petros Petridis of New York University's Langone Center for Psychedelic Medicine, who co-authored an editorial on the study, explained that the drugs enhance the brain's ability to adapt and change, known as plasticity.

Dr. Joshua Siegel, the lead author of the study, pointed out that the disrupted brain networks are responsible for the plasticity effects of psychedelics. This finding could explain why these drugs show promise in treating addiction and depression.

Participants described their experiences under the influence of psilocybin as mind-bending and enlightening. Dr. Dosenbach likened his trip to "riding brain waves" and even feeling like a renowned neuroscientist, Dr. Marcus Raichle.

The study's detailed brain scans revealed that psilocybin caused significant changes in specific brain networks, leading to a state of enhanced plasticity that persisted for weeks. The default mode network, associated with self-referential memory, was particularly affected.

While the study highlights the potential therapeutic benefits of psychedelics, experts caution that these drugs have risks. However, they also acknowledge the drugs' unique ability to help patients recognize their capacity for change and recovery.

In conclusion, the study provides valuable insights into how psychedelic drugs impact the brain and offers hope for their future use in psychiatric treatment.

Vocabulary List:

1. **Psychedelic** /ˌsaɪ.kəˈdɛl.ɪk/ (adjective): Relating to or denoting drugs that produce altered states of perception and consciousness.
2. **Plasticity** /plæsˈtɪs.ɪ.ti/ (noun): The ability of the brain to change and adapt as a result of experience.
3. **Network** /ˈnet.wɜrk/ (noun): A group or system of interconnected people or things.
4. **Perception** /pərˈsɛpʃən/ (noun): The way in which something is regarded understood or interpreted.



5. **Disrupt** /dɪsˈrʌpt/ (verb): To interrupt the normal progress or activity of something.
6. **Therapeutic** /ˌθerəˈpiu:tɪk/ (adjective): Relating to the healing of disease or having a beneficial effect on health.

Comprehension Questions

Multiple Choice

1. What is the main focus of the recent study published in the journal Nature?
Option: Effects of caffeine on the brain
Option: Effects of psychedelic drugs on the brain
Option: Effects of exercise on the brain
Option: Effects of meditation on the brain
2. Which specific brain networks are disrupted by psychedelic drugs according to the study?
Option: Emotional processing networks
Option: Language processing networks
Option: Spatial awareness time perception and self-awareness networks
Option: Motor control networks
3. Who is mentioned as feeling like a renowned neuroscientist during the study?
Option: Dr. Nico Dosenbach
Option: Dr. Petros Petridis
Option: Dr. Joshua Siegel
Option: Dr. Marcus Raichle
4. What effect do psychedelic drugs have on the brain networks as explained by Dr. Joshua Siegel?
Option: They stabilize the networks
Option: They disrupt the networks
Option: They magnify the networks
Option: They reroute the networks
5. Which brain network associated with memory was particularly affected by psilocybin in the study?
Option: Executive control network
Option: Default mode network
Option: Visual network
Option: Auditory network



6. What is one potential application of psychedelic drugs mentioned in the study?

- Option: Improving math skills
- Option: Treating addiction and depression
- Option: Enhancing athletic performance
- Option: Boosting creativity

Answer

Multiple Choice: 1. Effects of psychedelic drugs on the brain 2. Spatial awareness time perception and self-awareness networks 3. Dr. Nico Dosenbach 4. They disrupt the networks 5. Default mode network 6. Treating addiction and depression

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What are different forms of a virus called?

- Option: A. Mutations
- Option: B. Adaptations
- Option: C. Variants
- Option: D. Transformations

2. What can arise as a result of untreated medical conditions?

- Option: A. Complications
- Option: B. Symptoms
- Option: C. Recoveries
- Option: D. Diagnoses

3. What term describes something that is harmful or damaging?

- Option: A. Detrimental
- Option: B. Beneficial
- Option: C. Neutral
- Option: D. Supportive

4. What word best describes actions taken in advance to prevent issues?

- Option: A. Proactive
- Option: B. Reactive
- Option: C. Passive
- Option: D. Inactive



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5. If something is widespread or commonly occurring it is described as being:
- Option: A. Rare
 - Option: B. Uncommon
 - Option: C. Prevalent
 - Option: D. Isolated
6. What term refers to the act of interfering with a situation to modify its outcome?
- Option: A. Noninterference
 - Option: B. Intervention
 - Option: C. Abstinence
 - Option: D. Omission
7. What characteristic describes the ease with which a disease can be transmitted from one person to another?
- Option: A. Infectiousness
 - Option: B. Contagiousness
 - Option: C. Treatment
 - Option: D. Prevention
8. What term refers to the brain's ability to change and adapt over time?
- Option: A. Solidity
 - Option: B. Rigidity
 - Option: C. Plasticity
 - Option: D. Stability
9. Which word is used to describe individuals or entities that initiate new developments or ideas?
- Option: A. Following
 - Option: B. Pioneering
 - Option: C. Traditional
 - Option: D. Conventional
10. What term describes the state of being active or in motion?
- Option: A. Passivity
 - Option: B. Activity
 - Option: C. Stagnation
 - Option: D. Restfulness

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The doctor noted an _____ heart rate in the patient.
12. Airport security emphasized the need for constant _____ in detecting potential



threats.

13. The successful _____ of the new software system greatly improved efficiency.

14. The company recorded a _____ increase in profits this quarter.

15. The _____ procedure required a longer recovery time for the patient.

16. The artist created a _____ painting with vibrant colors and abstract shapes.

17. The doctor explained the strong _____ between smoking and lung cancer.

18. The IT department upgraded the company's computer _____ to improve connectivity.

19. The sudden _____ of the new technology took the market by storm.

20. Only authorized personnel were granted _____ into the restricted area.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Regular exercise is important to maintain a healthy lifestyle.
22. The doctor prescribed antibiotics to treat the bacterial .
23. The security guard remained throughout the night patrol.
24. The professor's research focused on the processes involved in decision-making.
25. The spa offered a range of treatments to help guests relax and rejuvenate.
26. The scientist's discovery was hailed as a advancement in the field of medicine.
27. People infected with the virus may remain and unknowingly spread the disease.
28. The new technology has the potential to traditional business models.
29. Health officials are monitoring the of the influenza virus in the community.
30. Skipping breakfast can have effects on one's metabolism.

Answer

Multiple Choice: 1. A. Mutations 2. A. Complications 3. A. Detrimental 4. A. Proactive 5. C. Prevalent
6. B. Intervention 7. B. Contagiousness 8. C. Plasticity 9. B. Pioneering 10. B. Activity

Gap-Fill: 11. elevated 12. vigilance 13. implementation 14. substantial 15. invasive 16. psychedelic
17. association 18. network 19. emergence 20. admittance

Matching sentence: 1. Activity 2. Infections 3. Vigilant 4. Cognitive 5. Therapeutic 6. Groundbreaking
7. Asymptomatic 8. Disrupt 9. Prevalence 10. Detrimental

CATEGORY

1. Health - LEVEL6

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Author

aimeeyoung99