Conclusions: Online platforms should be understood as ambivalent cultural sites: they reproduce and circulate dominant masculine aesthetics while simultaneously hosting community-based harm reduction. This duality has significant implications for drug policy, health communication, and the development of targeted interventions within digitally embedded subcultures.

doi: 10.1016/j.etdah.2025.100260

Sustained Use of Low-Dose Oral Ketamine as a Potential Antidepressant

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Introduction: Psychedelics have gained attention for their rapid-acting antidepressant properties, offering alternatives to the delayed onset and limited efficacy of traditional monoaminergic antidepressants. Ketamine, a non-competitive NMDA receptor antagonist and dissociative psychedelic, shows promise in this context. However, its clinical use has been largely restricted to intravenous racemic ketamine or intranasal esketamine.
Methods: We investigated the effects of long-term, low-dose oral ketamine administration (~0.3 mg/day, ad libitum) and repeated oral gavage (15, 30, or 45 mg/kg for 3 doses) in adult male Wistar rats. Animals were tested in various behavioral paradigms relevant to depression.
Results: Voluntary consumption of low-dose oral ketamine produced antidepressant-like effects in the forced swim test, without impairing locomotion or working memory. Additionally, it prevented anhedonia in the sucrose preference test. The highest gavage dose (45 mg/kg) replicated these antidepressant effects.
Conclusions: These findings suggest that the antidepressant effects of ketamine or its enantiomers are not limited to high-dose, acute intravenous administration but can also be achieved through sustained, low-dose oral delivery—highlighting a promising and more accessible therapeutic route.

doi: 10.1016/j.etdah.2025.100261

Fungi or Shrooms? The Use of New types of Psychoactive Mushrooms and Their Active Substances in Eurasia for Recreational and Medical Purposes

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Introduction: There are 10 Eurasian species of non-psilocybin psychoactive mushrooms (NPPM), containing styrylpyrones, gymnopilin, ergot alkaloids and isoxazoles, were identified. All these species have a recreational use expanding over the last decade. It makes sense to introduce legislative control over some species, but others have real medical potential for the psychological disorders treatment and assistance with many somatic problems.
Methods: Based on available literature data, as well as field, laboratory, preclinical and clinical studies, various characteristics of NPPM were summarized.
Results: A list of 10 wild Eurasian NPPM has been compiled. Many of them contain psychoactive substances, which are already widely used by the locals for recreational purposes and circulate in regional/international trade. A detailed description of each species has been compiled according to the following scheme: habitat, fruiting season; active ingredients, syndrome caused; recreational use status, dose and effect; proven medical properties.
Conclusions: On one hand, recreational use of NPM can lead to psychological or even physical trauma. On the other hand, the correct use of NPM and their substances offers wide prospects for evidence-based medicine.

doi: 10.1016/j.etdah.2025.100262

Prevalence of Adverse Childhood Experiences Among Individuals Using Novel Psychoactive Substances in Northern Kazakhstan

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Introduction: Adverse childhood experiences (ACEs) are recognized as major risk factors for the development of substance use disorders (SUDs), particularly among individuals using novel psychoactive substances (NPS). This study aims to assess the prevalence and patterns of ACEs in a clinical sample of individuals with SUDs in Northern Kazakhstan, where NPS use is a growing concern and trauma-informed care remains underdeveloped.
Methods: The study involved 67 participants (48 male, 19 female), aged 16–60, undergoing treatment for various forms of SUDs, including NPS use. Participants completed the standardized ACE questionnaire and provided demographic and clinical information. Statistical analysis (SPSS 26.0) was used to evaluate the prevalence and gender differences in ACEs.
Results: A high prevalence of ACEs was found among NPS users: 66.7% were raised in families with alcohol or drug misuse, 54.9% experienced physical abuse, and 47.1% reported emotional neglect. Women showed significantly higher ACE scores than men ($p=0.001$). Emotional abuse, domestic violence, and family substance use were particularly common among NPS users. Most participants had low education levels and lacked early psychological support.
Conclusions: This study reveals a strong association between ACEs and NPS use among individuals with SUDs in Northern Kazakhstan. The findings underscore the need for implementing trauma-informed screening and intervention strategies in addiction services. Policy efforts should also address family-level prevention and early psychosocial support.

doi: 10.1016/j.etdah.2025.100263

Investigating the Risks and Protective Factors for IPED Use in Latin America: The Panama Project

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Introduction: Doping and the use of emerging drugs remains a challenge in competitive sport, threatening athletes' health, integrity, and the spirit of fair play. In general, doping risk is conceptualized through athletes' intentions to dope, their likelihood of doping under hypothetical scenarios, attitudes toward doping, and self-reported drug intake behavior. Additionally, resistance efficacy, the perceived ability to resist doping pressure, is considered a key protective factor. Previous research suggests that sport anxiety, stressors, and frustration of basic psychological needs may increase doping vulnerability, whereas mindfulness and self-compassion function as psychological buffers that help athletes cope adaptively with performance-related pressures.
Methods: A total of 200 athletes (86% male, 14% female; $M = 25.5$ years, $DS = 8.1$; $M = 24.6$ years, $SD = 5.8$) from 12 sports, including football, judo, powerlifting, and para-swimming, completed validated scales measuring doping-related variables, sport anxiety, sport stressors,

basic psychological need frustration, mindfulness, and self-compassion. Data were collected through in-person and online sessions coordinated with national sport federations. Pearson correlations and hierarchical multiple regression analyses were conducted using SPSS.

Results: Descriptive data indicated low doping intentions (M = 15.8, SD = 6.3) and doping likelihood (M = 14.3, SD = 7.1). Self-reported use of prohibited substances showed that 7% reported the use of diuretics, 5.5% reported using human growth hormone (hGH), and 4.5% reported using anabolic steroids in the past 12 months. Bivariate correlations showed that resistance efficacy was positively associated with mindfulness ($r = .31$, $p < .01$), self-compassion ($r = .28$, $p < .01$), sport anxiety ($r = .22$, $p < .05$), sport stressors ($r = .27$, $p < .05$), and frustration of autonomy and competence ($r = .25$–$.29$, $p < .05$). In contrast, doping attitudes, intentions, and susceptibility did not significantly correlate with any psychological variables ($|r| < .12$, n.s.). Regression models revealed that self-compassion (mindfulness dimension) predicted higher resistance efficacy ($\beta = .33$, $p = .004$, $R^2 = .18$), while low self-judgment predicted less favorable doping attitudes ($\beta = -.28$, $p = .012$, $R^2 = .15$). Self-reported doping was associated with greater self-kindness but lower mindfulness ($\beta = .24$, $p = .03$, $R^2 = .12$). Models for doping intentions and likelihood were non-significant ($p > .10$).

Conclusions: Mindfulness and self-compassion serve as protective psychological factors by enhancing athletes' perceived resilience against using substances to boost performance and by reducing favorable attitudes toward doping. However, certain self-accepting traits may paradoxically relate to higher self-reported doping, suggesting that unconditional self-acceptance can attenuate moral self-regulation. These findings highlight the need for prevention programs that integrate mental-health promotion, mindfulness-based interventions, and moral resilience training to strengthen athletes' integrity and well-being across Latin America.

doi: 10.1016/j.etdah.2025.100264

Awareness of the Harm of New Psychoactive Substances (NPS) Among Youth Using NPS in Tashkent (Uzbekistan)

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Introduction: The rise of NPS use among young people in Uzbekistan is driven by online availability and low awareness on negative effects of NPS use. There is not enough scientific studies and psychosocial support targeting NPS users in the country. This study looks to address these gaps by conducting psychosocial research on NPS use in Uzbekistan.

Methods: This study is qualitative in its methodological approach. Interpretive and phenomenological approaches were employed to evaluate the material collected through interviews (33 questions) with current and former NPS users. Interviews with NPS users were recorded using a voice recorder, transcribed, coded and analyzed using MaxQDA software. The aim of the study is to identify the awareness of the harm and risks associated with NPS use among the youth of Uzbekistan.

Results: A total of 27 qualitative semi-structured interviews were conducted with NPS users aged 18 to 36. Preferences for NPS were predominantly for mephedrone (14), alpha-PVP (12), and one user preferred pregabalin. Out of 27 respondents, 23 (85%) reported experiencing dependence on NPS. 25 (93%) out of 27, had attempted to reduce consumption several or many times. All participants noted a shift from a positive mood to a negative one as the effects of the substances wore off. All respondents were aware of the harm associated with use (to health, mental state, and social and economic environment), but continued to use NPS. Some started using NPS due to its lower price, online availability and a perceived lower risk compared to traditional drugs.

Conclusions: The findings highlight the prevalence of dependence on new psychoactive substances (NPS) among users, with a significant majority (85%) experiencing addiction. Despite efforts to reduce consumption, the majority of participants struggled to do so. Users consistently reported a shift from positive to negative moods as the effects of the substances diminished, indicating potential emotional and psychological consequences. Furthermore, while all respondents were aware of the health, mental, and social risks associated with NPS use, they continued consumption, suggesting the powerful grip of dependence and possible barriers to effective intervention or harm reduction.

doi: 10.1016/j.etdah.2025.100265