

Research Evidence Sheet

SEO recommendation topic: **Topic 1 - Depression**

Efficacy and Safety of Psilocybin in Treatment-Resistant Major Depression: The EPISODE Randomized Clinical Trial

Mertens LJ, Koslowski M, Betzler F, et al. JAMA Psychiatry. 2026;83(5):448-460.

Developing controlled evidence

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Study design	Two-center, triple-blind, phase 2b active-placebo controlled randomized trial with 25 mg, 5 mg and nicotinamide comparator conditions.
Population	144 adults with treatment-resistant depression were randomized; 142 were included in the primary efficacy analysis.
Why it matters to this SEO topic	A major 2026 study that provides essential counterweight to overly confident depression claims because its primary endpoint was not significant.

What the study found

- The prespecified primary response endpoint at week 6 was not statistically significant for 25 mg vs comparators.
- Secondary outcomes provided exploratory evidence of clinically meaningful symptom reductions with 25 mg.
- Safety signals included higher reports of suicidal ideation on dosing days and one case of persisting perceptual disturbance.
- Within the study timeframe, a second 25 mg administration did not show additional benefit.

Important limitations / boundaries

- The primary endpoint was negative; favorable secondary results are exploratory.
- Treatment-resistant population, specialized therapy setting and withdrawn antidepressant medication limit generalizability.

How this can be used responsibly in Satya content

- Use this study to make Satya's depression page more trustworthy: describe the evidence as promising but mixed, not settled.
- Do not cherry-pick secondary outcomes without stating the primary endpoint was nonsignificant.

Important: Clinical-trial results are evidence about the study population and protocol. They do not establish that Oregon psilocybin services at Satya will reproduce the same outcomes, and they should not be presented as a guarantee of benefit.

Official source / access

[Open the official study page](#)

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