

Persisting Effects Questionnaire

Items in the Persisting Effects Questionnaire used to assess eight categories of possible change in attitudes, mood, social effects, and behavior:

- I. positive attitudes about life and/or self (17 items);
- II. negative attitudes about life and/or self (17 items);
- III. positive mood changes (4 items);
- IV. negative mood changes (4 items);
- V. altruistic/positive social effects (8 items);
- VI. antisocial/negative social effects (8 items);
- VII. positive behavior changes (1 item); and
- VIII. negative behavior changes (1 item).

Numerals associated with each item indicate the numerical sequence of the items.

I. Positive Attitudes about Life or Self

1. The experience has changed your philosophy of life positively.
6. You have more personal integration.
16. Your appreciation for life has increased.
18. You have a greater sense of inner authority in your life.
21. Your life has a heightened dynamic quality.
22. Your life has more meaning.
36. You are a more creative person.
37. You have more enthusiasm for life in general.
39. Your sense of values (i.e., what is important to you in life) has changed positively.
44. Your life has more richness.
59. You are a more authentic person.
64. Your experience has been valuable for your life.
68. You have more good-natured humor/playfulness/lightness of being.
72. You have more patience/ability to tolerate frustration.
73. You have more mental flexibility/open-mindedness.
75. You have more optimism.
85. Your self-confidence/self-assurance has increased.

II. Negative Attitudes about Life or Self

- 2. The experience has changed your philosophy of life negatively.
- 5. You have less personal integration.
- 17. Your appreciation for life has decreased.
- 19. You have a lesser sense of inner authority in your life.
- 20. Your life has a diminished dynamic quality.
- 23. Your life has less meaning.
- 35. You are a less creative person.
- 38. You have less enthusiasm for life in general.
- 40. Your sense of values (i.e., what is important to you in life) has changed negatively.
- 43. Your life has less richness.
- 60. You are a less authentic person.
- 65. Your experience has been a hindrance for your life.
- 67. You have less good-natured humor/playfulness/lightness of being.
- 71. You have less patience/ability to tolerate frustration.
- 74. You have less mental flexibility/open-mindedness.
- 76. You have less optimism.
- 86. Your self-confidence/self-assurance has decreased.

III. Positive Mood Changes

- 15. Feelings of depression have decreased.
- 30. Feelings of anxiety have decreased.
- 69. You have more inner peace (i.e. centeredness, serenity, calmness).
- 84. Your expression of positive emotions (e.g. love, joy, appreciation) has increased.

IV. Negative Mood Changes

- 14. Feelings of depression have increased.
- 29. Feelings of anxiety have increased.
- 70. You have less inner peace (i.e. centeredness, serenity, calmness).
- 83. Your expression of positive emotions (e.g. love, joy, appreciation) has decreased.

V. Altruistic/Positive Social Effects

- 3. You have become more sensitive to the needs of others.
- 10. You now feel a greater need for service for others.
- 24. You are more tolerant toward others.
- 33. You have a more positive relationship with others.
- 51. You now feel more love toward others.
- 78. You have greater interpersonal perceptiveness (i.e., sensitivity).
- 80. Your negative expression of anger (e.g. ridicule, outward expression of irritability toward others) has decreased.
- 81. Your social concern/compassion has increased.

VI. Antisocial/Negative Social Effects

- 4. You have become less sensitive to the needs of others.
- 11. You now feel a lesser need for service for others.
- 25. You are less tolerant toward others.
- 34. You have a more negative relationship with others.
- 50. You now feel more hatred toward others.
- 77. You have reduced interpersonal perceptiveness (i.e. sensitivity).
- 79. Your negative expression of anger (e.g. ridicule, outward expression of irritability toward others) has increased.
- 82. Your social concern/compassion has decreased.

VII. Positive Behavioral Changes

- 9. Your behavior has changed in ways you would consider positive since the experience.

VIII. Negative Behavioral Changes

- 8. Your behavior has changed in ways you would consider negative since the experience

Source: Griffiths, R.R., Richards, W.A., McCann, U., & Jesse, R. (2006), "Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance." *Psychopharmacology*, 187(3), 268-83, commentaries on pp. 284-292. Available on the [Council of Spiritual Practices' Psilocybin Research](#) page ([pdf](#)).