

## Getting Diagnosed

HPPD is an underreported condition that only recently has been identified as a disorder by the American Psychiatric Association (Diagnostic Code 292.89, DSM-5™). It is because of this that many doctors have no experience treating this condition. Patients are encouraged to share this brochure with their physician to provide a background about HPPD. Patients with HPPD often receive medical care from their family doctor, a psychiatrist, a neurologist, and a psychologist/counselor.



# *Understanding* **HPPD**

## **Hallucinogen Persisting Perception Disorder**

Diagnostic Criteria 292.89 (DSM-5™)

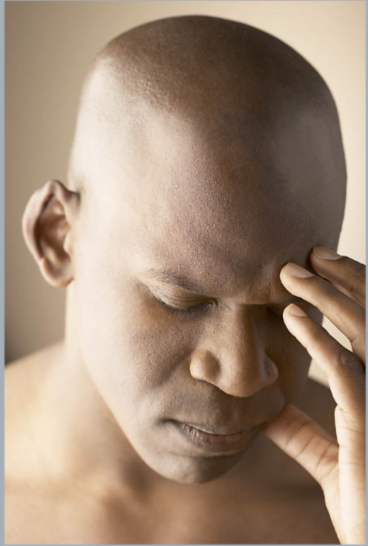
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**Information for Patients, Parents & Physicians**

# Hallucinogen Persisting Perception Disorder

Diagnostic Criteria 292.89 (DSM-5™)

## What is HPPD?



HPPD is estimated to occur in 4.2% of individuals using hallucinogens. HPPD occurs after use of the drug LSD (lysergic acid diethylamide), but may also occur with minimal exposure to hallucinogens and triggered by use of other substances, such as cannabis or alcohol.

HPPD is diagnosed based on these criteria:

A. Perceptual symptoms that are re-experienced after the use of a hallucinogen. These symptoms include:

- Geometric Hallucinations
- False perceptions of movement
- Flashes of Color/Intensified Colors
- Trails of Images of Moving Objects
- Positive Afterimages
- Halos around Objects
- Macropsia/Micropsia

B. Duration of visual disturbances may be episodic or continuous. There is significant distress or impairment in social, occupational, or other areas of functioning.

C. Visual disturbances can last for weeks, months, or years and they are not caused by any other medical conditions.

Several mental disorders may accompany HPPD, including panic disorder, alcohol use disorder, and major depressive disorder.

## What Causes HPPD?

The cause(s) of HPPD are not yet known. Researchers have speculated that HPPD is an anomaly in the brain's "executive function" (Executive function is a set of mental skills that help you get things done. These skills are controlled by an area of the brain called the frontal lobe). It is theorized that HPPD may be brought on by the disinhibition of the COMT enzyme in the breakdown of catecholamines in the brain following hallucinogen use, resulting in sensory gating disruption.

## Is There a Cure for HPPD?

### There is HOPE.

Some HPPD symptoms resolve on their own, or improve over time. Your doctor can explore medications that may help.

