

SUPPLEMENTARY MATERIAL

The efficacy and safety of psilocybin-assisted therapy for major depressive disorder: a meta-analytic review of clinical outcomes

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Supplementary Table 1. Pooled standardized effect size, variance estimates, and heterogeneity diagnostics from the random-effects meta-analysis model.

Row	Statistic	Value
1	Pooled effect size (Cohen's d)	-0.79
2	Standard error (SE)	1.21
3	95% confidence interval	-3.98 to 2.40
4	p-value	0.63
5	Between-study variance (τ^2)	3.35
6	Standard error of τ^2	2.45
7	I ² (Inconsistency Index)	96.9%
8	H ² (relative excess variability)	32.47
9	Cochran's Q Statistic	287.04
10	Q degrees of freedom (df)	9
11	Q-test p-value	< 0.001

Supplementary Table 2. Egger's regression test results for asymmetry in the funnel plot.

Row	Statistic	Value
1	Intercept (β_0)	4.02
2	Standard error of intercept	1.29
3	95% confidence interval	1.44 to 6.60
4	z-value	3.12
5	p-value	0.012
6	Number of studies included	10

Supplementary Table 3. Mixed-effects meta-regression models evaluating the impact of blinding methodology and control condition on treatment effect heterogeneity.

Moderator	Category	Estimate (β)	SE	95% CI	p-value
Blinding	Double-blind	-6.78	6.24	-19.02 to 5.45	0.277
	Single-blind	0.10	7.99	-15.57 to 15.77	0.990
	None	-0.67	6.92	-14.24 to 12.89	0.922
	None after intervention	-0.10	7.99	-15.76 to 15.56	0.990
Control type	Escitalopram (10-20 mg daily)	13.50	3.03	7.57 to 19.43	<0.001
	Low-dose psilocybin (1 mg)	9.20	3.16	3.01 to 15.39	0.004
	Niacin (100 mg)	-0.30	4.00	-8.14 to 7.54	0.94
	Escitalopram (SSRI, 6 weeks)	13.33	3.15	7.15 to 19.51	<0.001
	Waitlist	14.12	2.98	8.28 to 19.95	<0.001

SE, standard error; CI, confidence interval.

Supplementary Table 4. Meta-regression results for continuous moderators of psilocybin efficacy.

Moderator	Coefficient (β)	SE	95% CI	p-value	τ^2	I²	R²
Number of sessions	Overall Model (QM)	—	—	< 0.001	0.31	57.8%	98.8%
	Sessions 1–3	5.25	1.22	2.87 to 7.64	< 0.001		
	Sessions 2	6.25	1.06	4.17 to 8.34	< 0.001		
	Sessions 5	6.70	1.17	4.41 to 8.99	< 0.001		
	Sessions 6 (multi-phase)	-7.85	3.12	-13.95 to -1.74	0.012		
Mean age	0.31	0.28	-0.24 to 0.87	0.27	17.60	98.0%	0%
Follow-up duration	0.10	0.12	-0.13 to 0.33	0.40	30.18	99.4%	0%

SE, standard error; CI, confidence interval.

Supplementary Table 5. Leave-one-out analysis and model robustness tests evaluating the impact of individual studies on the pooled effect estimate.

Study removed	New pooled d	95% CI	Direction changed?	Significance changed?
Study 6	-0.55	-3.22 to 2.12	No	No
Study 7	-0.42	-2.98 to 2.14	No	No
Remaining studies (N-1)	All < ± 0.45 shift	All CIs include zero	No	No

CI, confidence interval.