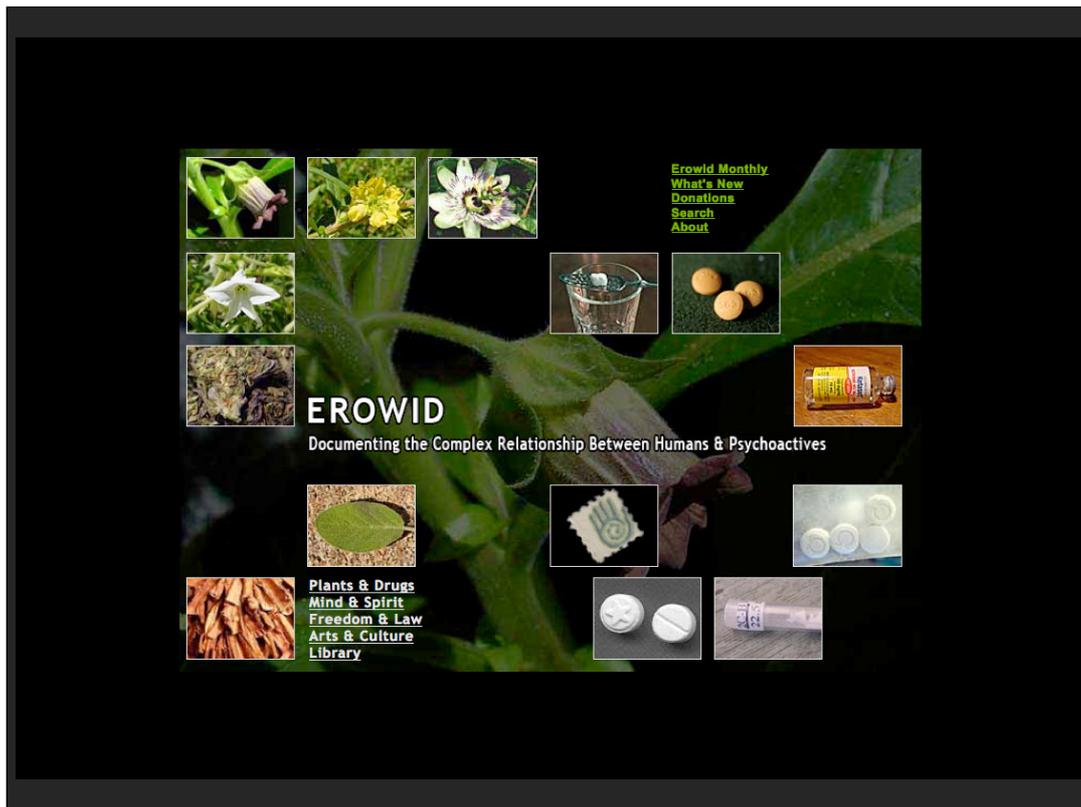


Experience Counts: Research Chemical Self-Reports on Erowid.org

Sylvia Thyssen
Managing Editor
Erowid Center
7 Jun 2010—Club Health

I'm happy to be here and to have the opportunity to learn about the public health initiatives and research being conducted in the EU and other countries represented at Club Health this year.

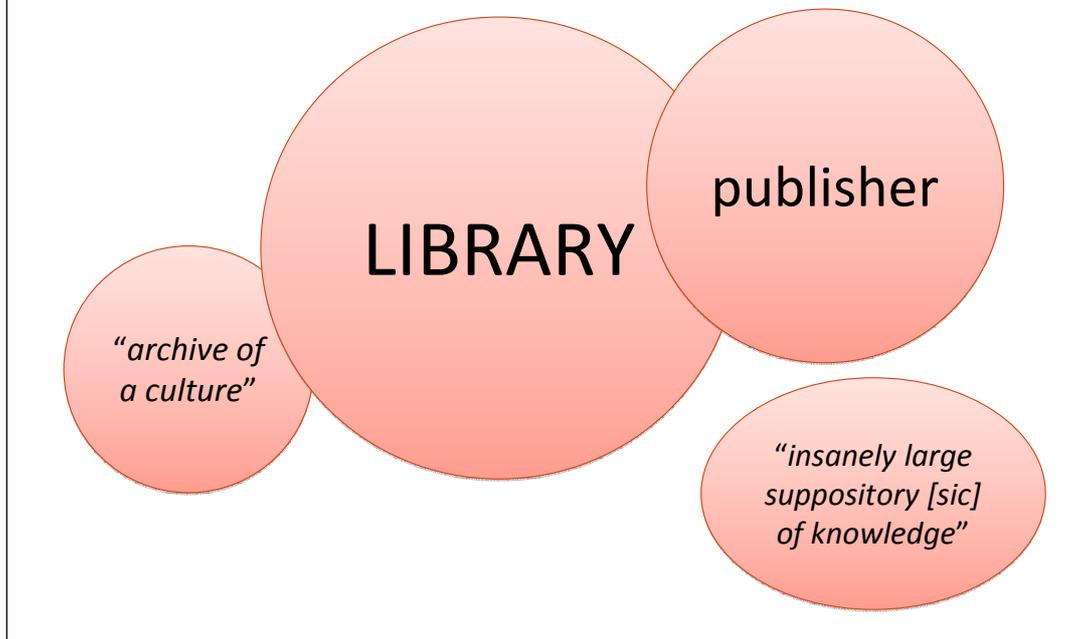


Raise your hand please if you have visited Erowid before?

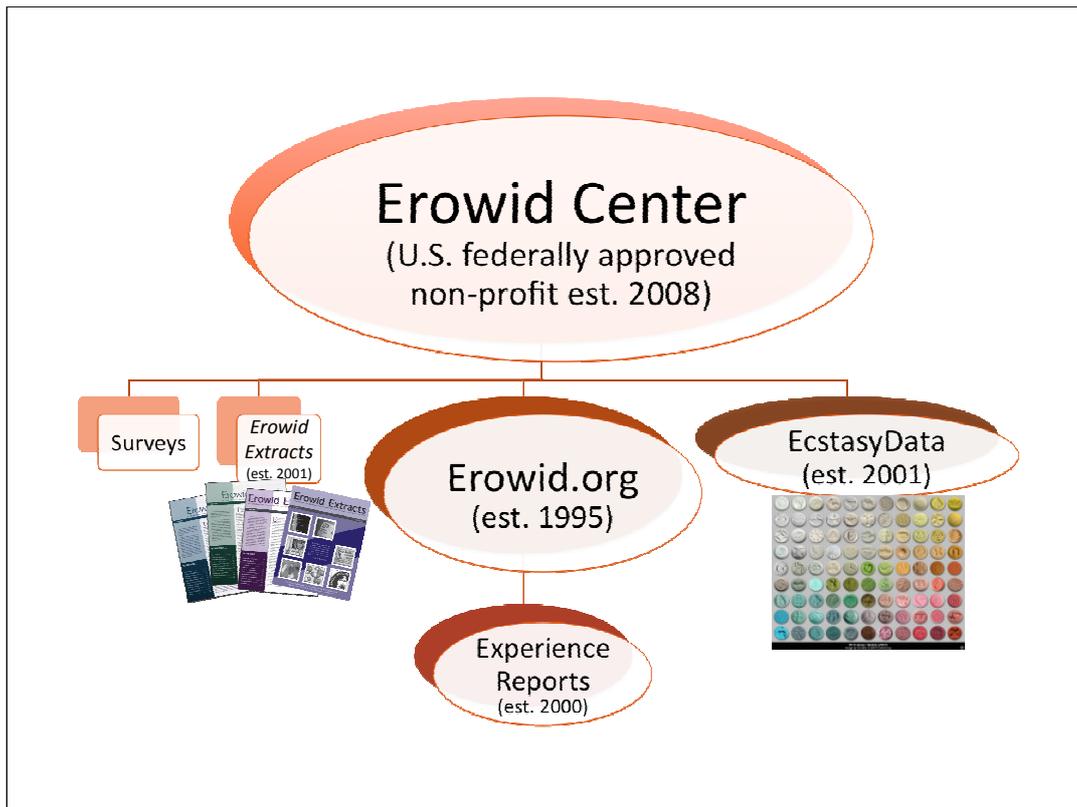
Is there anyone who hasn't heard of it?

Erowid is an English-language website that features information about psychoactive plants and chemicals. It receives about 60K visitors from around the world each day, or about 12 million visitors per year.

What is Erowid.org?



The site is a compilation of the ideas and efforts of thousands of individuals, including clinicians, educators, academics, and users.



It is run by Erowid Center, a member-supported non-profit organization registered in the United States. Roughly 25% of these members live outside of the U.S., mainly in Canada and EU countries. Erowid Center also oversees EcstasyData, which is a U.S.-based laboratory pill testing program. It publishes a print newsletter as well, conducts surveys, and consults on other projects.

The experience reports or self-reports collection is one part of Erowid.

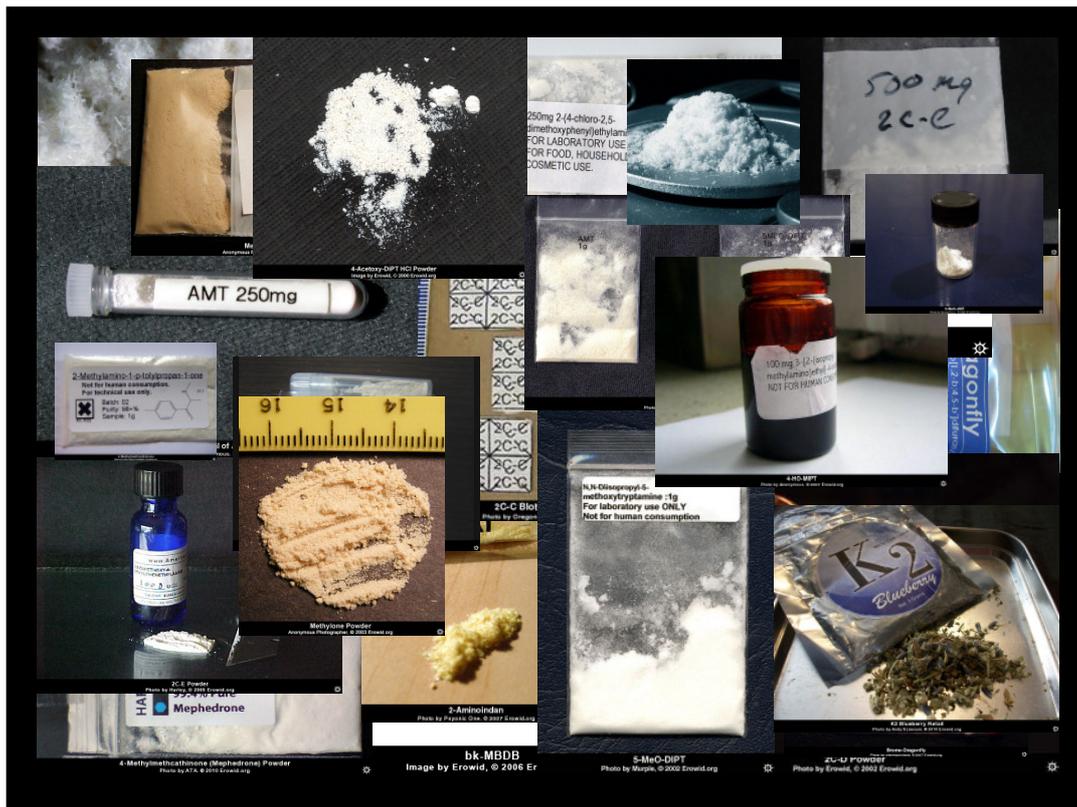


Editors strive to present comprehensive information and a diversity of perspectives to a wide audience, by featuring formal research findings as well as data provided by users. The idea is that professional groups and the public can work together to collect and share knowledge about psychoactives, in ways that provide insight into this complex and difficult field.

So Erowid acts as a bridge between various groups, by working with academic, medical, and experiential experts.



This term, research chemical, has been used in reference to novel recreational substances for about 10 years – I think the term currently favored in the EU might be legal highs...

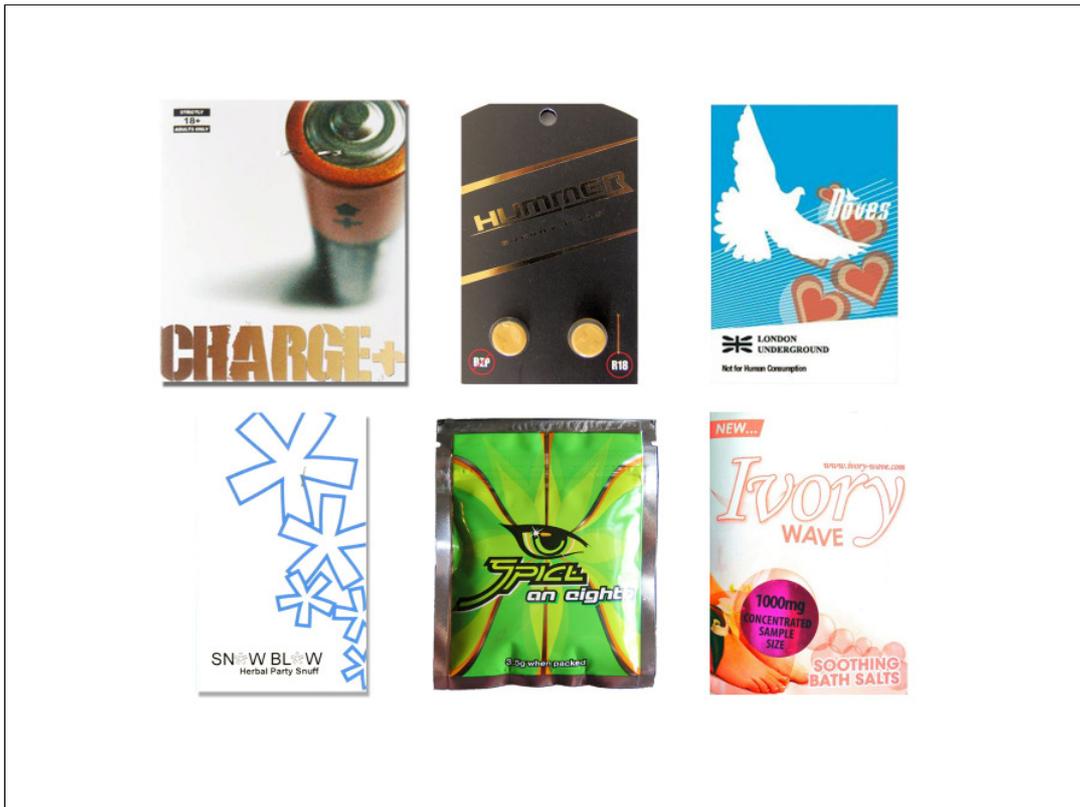


Many of you are likely very familiar with the issues surrounding some of these substances. Mail-order sales of grey-market research chemicals began in the early 1970s, and gained ground with the popularization of the Internet. Currently, popular ones have effects profiles similar to stimulants, empathogens, hallucinogens, and cannabis.

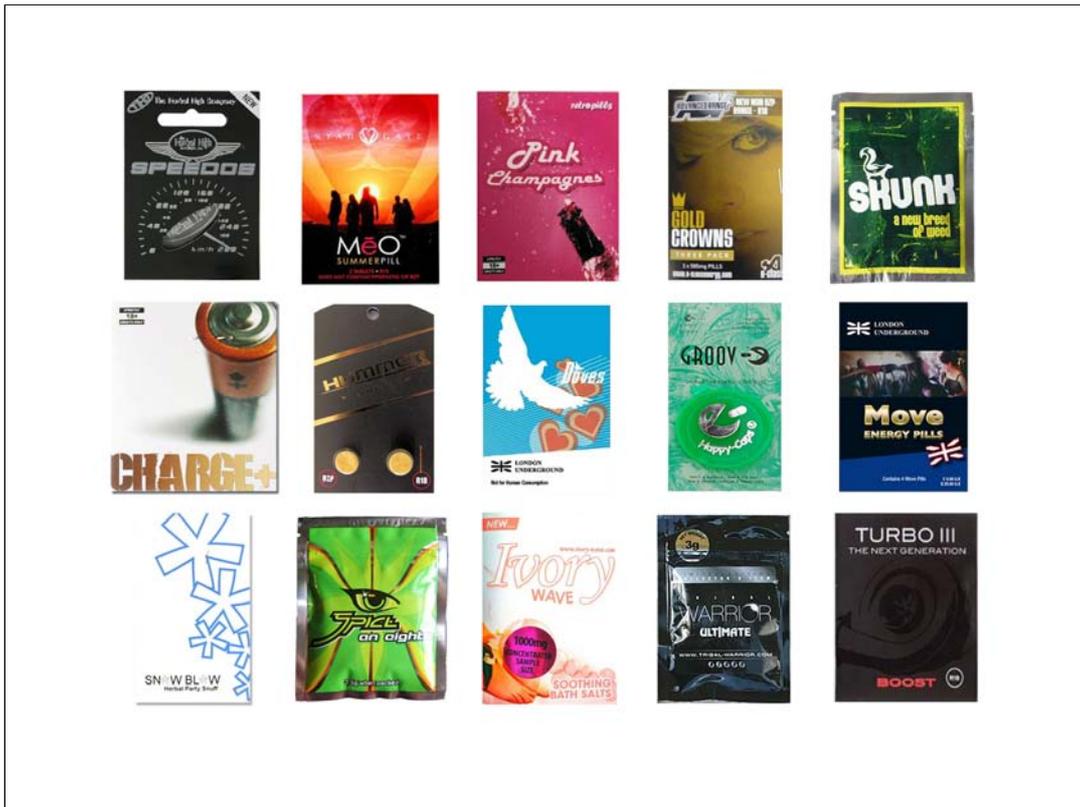
Little or no formal research has been done on the toxicology or pharmacology of these drugs.



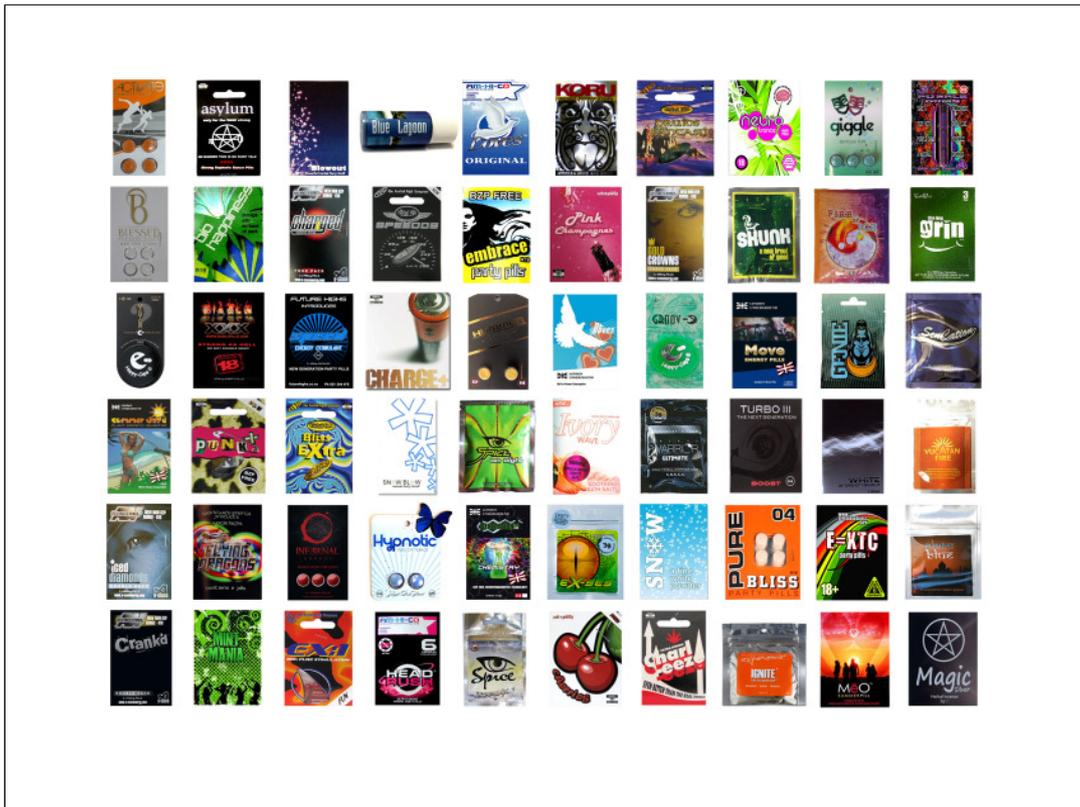
a chemical may have been used
by a handful of people over a
few months...



...or, it may have quickly found its way into the hands and bloodstreams of hundreds or thousands of people...



Today, more and more products are being produced...

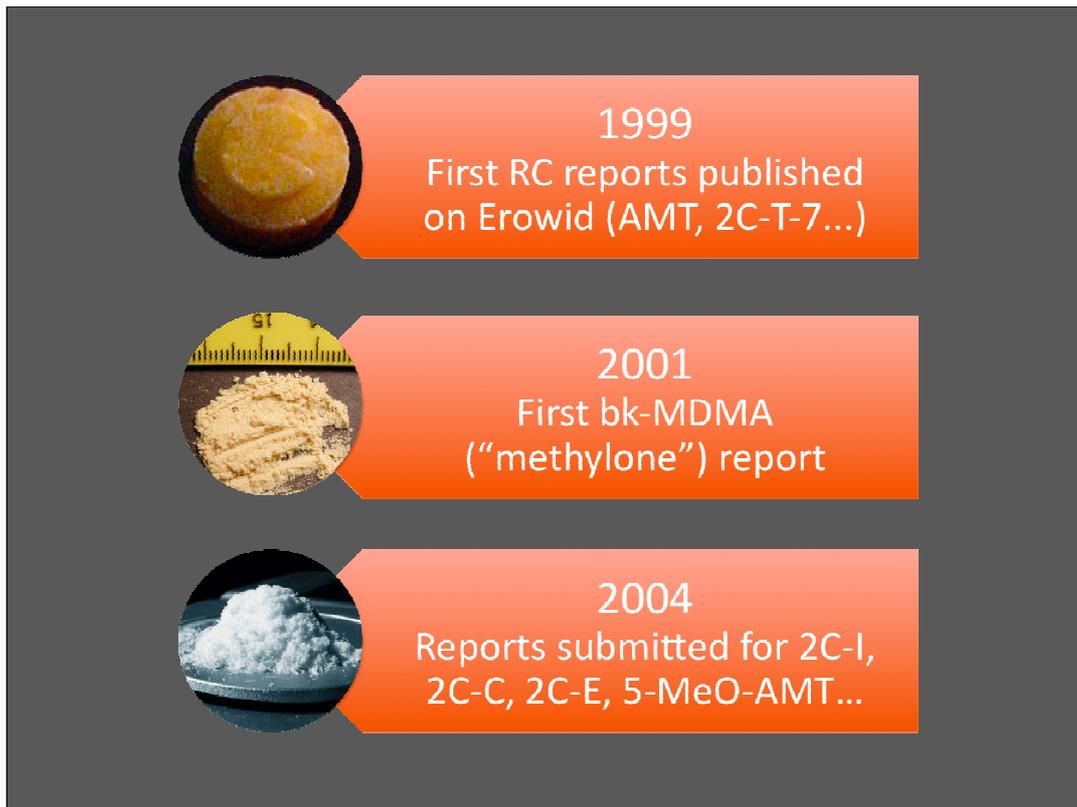


...no longer just as powders, but in tablets and other forms -- many are clearly marketed for parties or other recreational contexts, even as they are labeled **not for human consumption**. As governments move to control ones that become popular, others are synthesized or marketed to replace them, and the whole situation is compounded by the proliferation of communication technologies and the ease of manufacturing products in China and developing countries.

[pause]



Erowid began publishing information about research chemicals in 1999, mostly in the form of self-reports submitted by visitors to the site.



In the early 2000s, tryptamines and phenethylamines were appearing in research chemical self-reports, having effects compared to classic psychedelics or MDMA. ... By 2004, internet-based vending had become prevalent. 2004 was notable as the year that the US Drug Enforcement Administration's Operation Web Tryp...

Operation Web Tryp Press Release – July 22, 2004

U.S. DRUG ENFORCEMENT ADMINISTRATION

HOME | USDOJ.GOV | PRIVACY POLICY | CONTACT US | SITE MAP

Search dea.gov

News Release [printer friendly page]
FOR IMMEDIATE RELEASE
July 22, 2004

DEA ANNOUNCES ARRESTS OF WEBSITE OPERATORS SELLING ILLEGAL DESIGNER DRUGS

WASHINGTON, DC – DEA Administrator Karen P. Tandy today announced the culmination of "Operation Web Tryp" that resulted in ten arrests and targeted five websites. Operation Web Tryp investigated Internet websites distributing highly dangerous designer drug analogues under the guise of "research chemicals" primarily shipped to the U.S. from China and India. These websites are known to have thousands of customers worldwide. One website operator is known to conduct estimated sales of \$20,000 per week, while another is known to have been in business for more than five years. These websites sold substances that led to the fatal overdose of at least two individuals and 14 non-fatal overdoses.

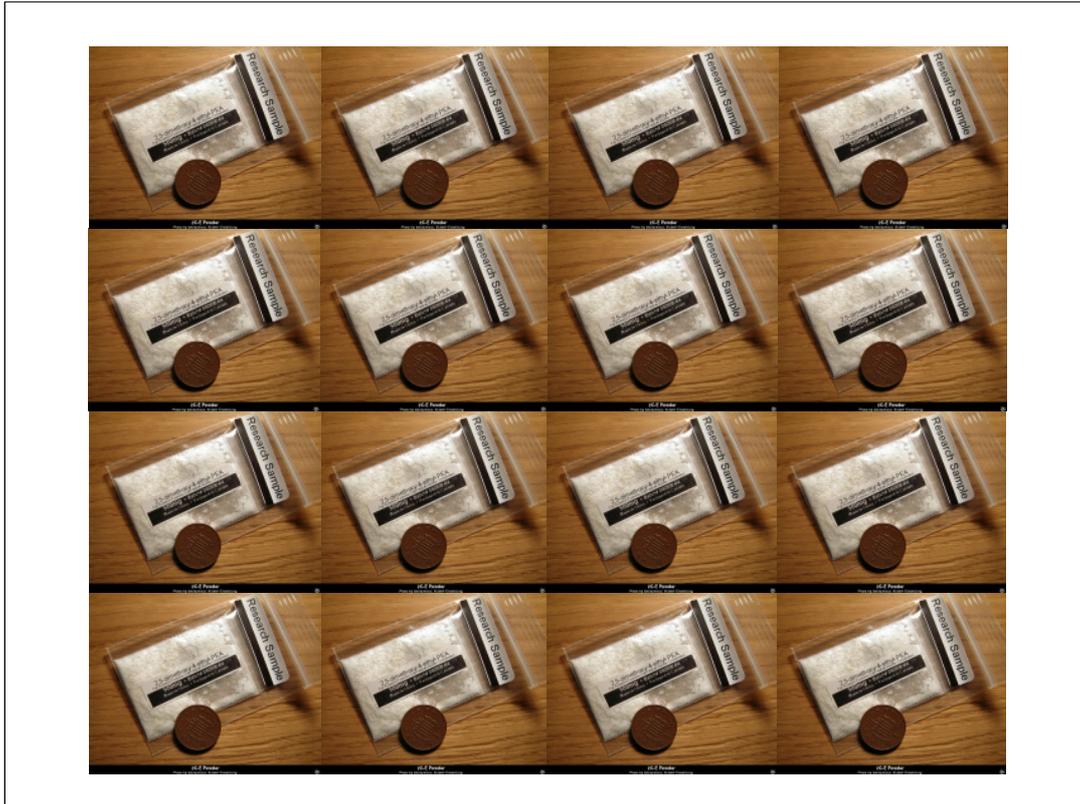
"The Internet has become the street corner for many drug users and traffickers. Drug pushers who use the Internet will find themselves out of business and behind bars," Administrator Tandy said. "These dealers now enter into the privacy of our own homes to entice and sell destruction to our children veiled under the illusion of being safe and legal. The formulation of analogues is like a drug dealer's magic trick meant to fool law enforcement. They didn't fool us and we must educate our children so they are not fooled either. Today's action will help prevent future deaths and overdoses, and will serve as notice for those dealing in designer drugs and the illegal use of the Internet."

ENFORCEMENT ACTIONS

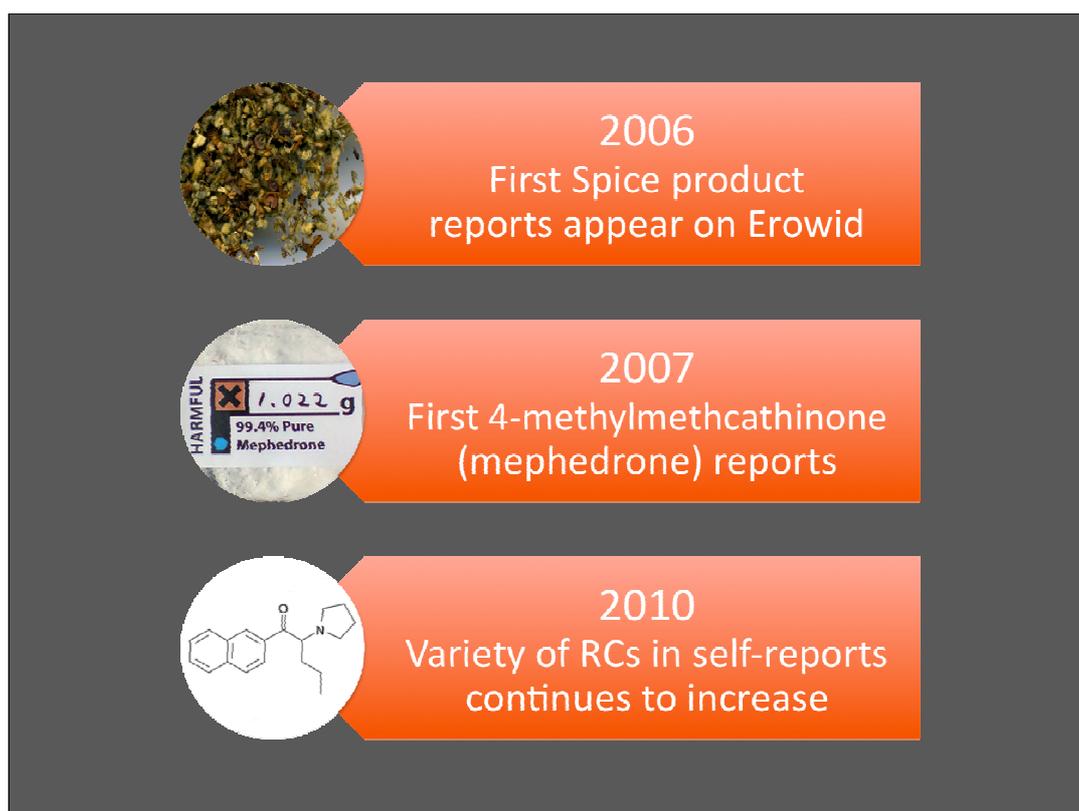
This operation resulted in the following website operators arrests on July 21, 2004:

- WWW.RACRESEARCH.COM and WWW.DUNCANLABPRODUCTS.COM
April Curtis and Doug Thompson, website operators of WWW.RACRESEARCH.COM, were arrested yesterday, July 21, in Arizona and Georgia, respectively. The arrests are based on charges of conspiracy to distribute controlled substance analogues out of the Southern District of New York. WWW.RACRESEARCH.COM has so far been linked to non-fatal overdoses of two college students. This investigation by DEA New York and the New York Police Department

arrested 10 people in the U.S. as part of a crackdown on research chemicals sales. Operation Ismene was its counterpart in the UK. Online vendors went underground for a while....



But, the human drive for altering consciousness plus greed and capitalism in an unregulated market being what they are, points of sale began emerging again in earnest not too long after...

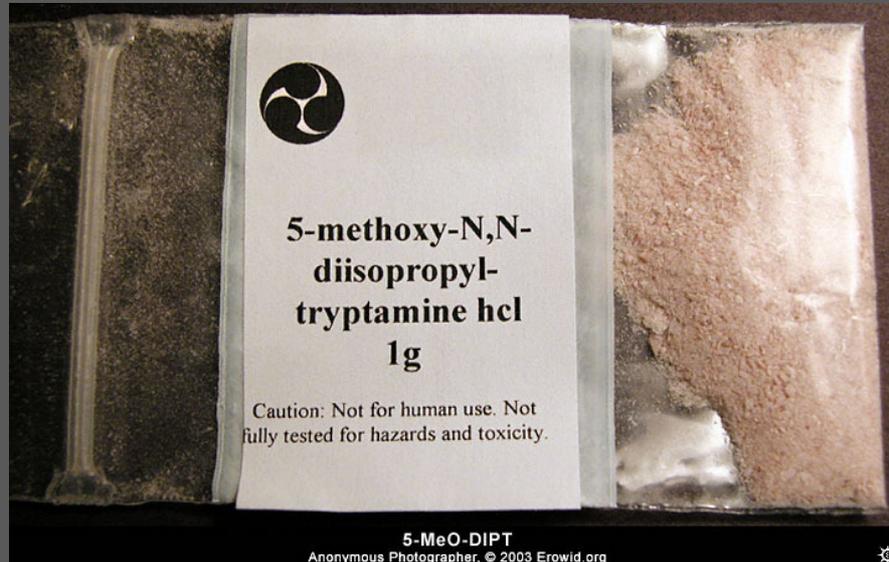


In the second half of the 2000s, smoking blends like Spice with research chemicals concealed in them made their debut, and a new wave of stimulants -- piperazines and synthetic cathinone derivatives -- grew in popularity. Today, the range of research chemicals mentioned in self-reports continues to expand.

AET	AMT	BDB	BK-MBDB	BK-MDMA	BK-PMMA	BROMO-DRAGONFLY	CP-47,497
CP-55,940	DET	DIPT	DOM	DON	ETHYL-CATHINONE	GVL	GHV
HOT-2	IAP	JWH-018	JWH-073	JWH-200	JWH-250	MBDB	MDAI
M DPR	MIPT	NAPHYL-PYRO-VALERONE	SALVINORIN B ETHOXYMETHYL ETHER	TMA-2	TMA-6	1,4-B	2-AI
2-METHYL-2-BUTANOL	2C-B-FLY	2C-C	2C-D	2C-E	2C-G-N	2C-H	2C-I
2C-P	2C-T-2	2C-T-4	2C-T-7	2C-T-21	2C-T-FM	2-Me-DMT	3C-B
3C-P	4-ACETOXY-DET	4-ACETOXY-DIPT	4-ACETOXY-DMT	4-ACETOXY-MIPT	4-FMC	4-FMP	4-HYDROXY-DIPT
4-HYDROXY-MIPT	4-METHOXY-METHCATHINONE	4-MMC	4-MTA	5-MeO-AMT	4-MeO-PCP	5-MeO-PCP	5-MeO-DIPT
			5-MeO-DPT				

So here are all the research chemicals mentioned to date in self-reports... I want to look at this one, 5-MeO-DiPT...

Foxy Dilemma



It can be challenging to decide when to start publishing information about a new substance. In 1999, Erowid began publishing self-reports about 5-MeO-DIPT, which is known as "Foxy". By posting information about this substance before its use had spread to a large number of users, Erowid inadvertently advertised a chemical few people had been exposed to. The site was also accused of accelerating law enforcement interest and media attention on this new drug. That experience has informed editorial choices around when and how to begin publishing information related to novel compounds.



The Practice of Experience Report Reviewing

For the rest of my talk I'm going to touch on how and why Erowid publishes self-reports and what some of the challenges are.

Volunteers filter self-reports



We consider reports for publication in two stages: triaging, and reviewing. Since 2004, about 170 people have engaged in the triage training process and 40% of them have triaged 500 reports or more. Because of the volunteer nature of this work, about 25 are active volunteers at any given time. A smaller group of reviewers publishes the reports that have been triaged. These volunteers are based in the US, Canada, EU countries, Australia and South Africa.

priority placed on privacy

- Each self-report goes through a filtering process before appearing live on the site.
- Report authors do not self-publish.
- Site visitors cannot contact one another directly.
- Obvious identifying details are deleted from reports.

Erowid is not a discussion board or forum, a social networking site, or a publicly edited wiki.

Today, more and more websites put content online that is then filtered **after publication**, via social means, with the use of tags, moderators, ratings and so forth.

At this time, Erowid is still working within the more traditional model of publishing, which filters content before publication, with this added emphasis of protecting the privacy of authors.

In the last ten years...

86,000

- Reports that have been submitted

20,000

- Reports that have been published

30,000

- Reports that have been wholly or partially filtered in the triaging system

13,000

- Reports that remain to be triaged

To date, 86,000 self-reports have been submitted to Erowid, and 20,000 have been published. The rest are in various stages of filtering, or have been considered too poor to publish.

Erowid Experience Vaults Admin Live Front Page | Live Search | Psychoactives Vault

Experience Manager

Current Campaign	Festival Reports Campaign [details]	63 Left
Time Campaign	August 2007 Campaign [details]	195 Left

Current Campaign	Training Set [details]	23
------------------	--	----

Saved Searches-

[Good Authors](#)

[Death / Hospital](#)

[Rarer Subs, Nootropics](#) (400)

[Admin Attention!](#) (34)

[Reaction/Antidepressant](#) (14)

[Favorite Authors](#) (25)

[Edit Searches](#)

English Reports

Submitted (43291)

- Un-Triaged (13040)

- Single Triaged (2287)

- Fully Triaged (27964)

Fully Reviewed (20163)

Crew Reviewed Only (12665)

Crew Trash (6379)

[Triage Stats](#)

[Change Data](#)

[Registered Authors](#)

[Triage Guidelines](#)

[Review Guidelines](#)

[Show Public List](#)

[Add Report - Basic](#)

[Add Report - Advanced](#)

Author

Active Review Team

3 days (+)		2 weeks (+)	
Review	Review	Review	Review
Antheia (24)	Antheia (215)	Spoon (24)	Spoon (24)
Spoon (24)	Spoon (24)	kernel (1)	kernel (13)
kernel (1)	kernel (13)		Peregrine (7)
			tforcelma] (1)
			earth (1)

Experience Review & Triage Stats (Refresh)

In last 360 days (see 30)

Name	R	T	Name	R	T
antheia	2211	2420	lotn	0	2214
spoon	300	23	mujolila	0	1297
tforcelma]	71	531	kernel	183	27
Peregrine	91	227	scab13	0	263
Water	0	229	shiitake	0	188
revmeo	0	177	prometheus	0	166

I'd like to very briefly describe how a report gets published on Erowid. This slide and the next two appear very detailed, but don't worry about being able to read them: they are simply meant to give a general sense of the system's complexity.

After being submitted by authors, reports are databased, and can be browsed by volunteers who have password-protected access. A report reviewer sees this screen after logging in. They'll typically click on this "fully triaged" link to find better-rated reports. Or they might prefer to search on a keyword.

Erowid Experience Vaults Admin [Live Front Page](#) | [Live Search](#) | [Psychoactives Vault](#)

R T Crew Index | Submitted | Your Reviews | Your Triage | Add New

Edit Report

ID: 84817
 Status: LIVE Admin Approved Reload from DB Reviewing Guidelines
View Report

Review	2010 Apr 30	spoon	Average+ (C+) (40)	
Triage	2010 Apr 25	szpaza	Average+ (C+) (40)	Good description of adverse reaction due to dosage in inexperienced users.
Triage	2010 Apr 23	lotn	Average+ (C+) (40)	
Submitted	2010 Apr 11	Author		

Title: Group: Other:
 Author: AuthorID: Topics:
 Substances:
 Primary: Contributing:
 Add:

1,4-Butanediol (1,4-B)
 19-Norandrostenedione (Nor-19)
 2-Aminolindan (2-AI, 2-Indanamine)
 2-Me-DMT (Tihkal-34, 2,N,N-Trimethyl Trypt...)
 2-Methyl-2-Butanol (tert-amyl alcohol)
 2C-B (Bees)
 2C-B-Fly
 2C-C
 2C-D
 2C-E
 2C-G-N
 2C-H (2,5-dimethoxyphenethylamine)
 2C-I
 2C-N
 2C-P
 2C-T-2
 2C-T-21
 2C-T-4
 2C-T-7

Reported Dose:

Time	Dose	Units	Method	Substance	Form	Add
:	:	:	:	:	:	<input type="button" value="Add"/> <input type="button" value="Close"/>

This is an example of a better-rated JWH-018 report that is ready for editing.

The reviewer confirms the primary substance and other substances mentioned, evaluates the text of the report, fills in the dose chart...

Then we scroll down...

Time	Dose	Units	Method	Substance	Form	Add
00:00	2	milligram	smoked	JWH-018	powder	<input type="button" value="Add"/> <input type="button" value="clear"/>
00:15			oral	Alcohol - Beer/Wine		<input type="button" value="Dwn"/> <input type="button" value="Cpy"/> <input type="button" value="Del"/>
06:00			smoked	JWH-018	powder	<input type="button" value="Dwn"/> <input type="button" value="Cpy"/> <input type="button" value="Del"/>
06:30			smoked	JWH-018	powder	<input type="button" value="Dwn"/> <input type="button" value="Cpy"/> <input type="button" value="Del"/>

Report Rating [L2] Exp. Year [L2] Already Done
 Exp. Intensity [L2] Language [L2] Auto
 Context [L2] Gender [L2] Force 2
 Body Weight [L2] Force 5
 Age:

<input type="checkbox"/> General	<input type="checkbox"/> Difficult Experiences	<input type="checkbox"/> Glowing Experiences
<input type="checkbox"/> First Times	<input checked="" type="checkbox"/> Bad Trips	<input type="checkbox"/> Mystical Experiences
<input type="checkbox"/> Combinations	<input type="checkbox"/> Health Problems	<input type="checkbox"/> Health Benefits
<input type="checkbox"/> Retrospective / Summary	<input type="checkbox"/> Train Wrecks & Trip Disasters	<input type="checkbox"/> Families
<input type="checkbox"/> Preparation / Recipes	<input type="checkbox"/> Addiction & Habituation	<input type="checkbox"/> Medical Use

<input type="checkbox"/> Nature / Outdoors	<input checked="" type="checkbox"/> Overdose	<input type="checkbox"/> Multi-Day Experience
<input type="checkbox"/> Music Discussion	<input type="checkbox"/> Depression	<input type="checkbox"/> Second Hand Report
<input type="checkbox"/> Sex Discussion	<input type="checkbox"/> Hangover / Days After	<input type="checkbox"/> Cultivation / Synthesis
<input type="checkbox"/> Entities / Beings	<input type="checkbox"/> Post Trip Problems	<input type="checkbox"/> Pregnancy / Baby
<input type="checkbox"/> Guides / Sitters	<input type="checkbox"/> Loss of Magic	<input type="checkbox"/> Relationships
<input type="checkbox"/> Poetry	<input type="checkbox"/> What Was in That?	<input type="checkbox"/> Personal Preparation
<input type="checkbox"/> Performance Enhancement	<input type="checkbox"/> HPPD / Lasting Visuals	<input type="checkbox"/> Therapeutic Intent or Outcome

Editor Notes

Display Don't Display Don't Save Rating [Change Date : May 2 2010](#)

This is still the same report. The reviewer gives it a rating from F to A, notes the intensity of the experience, the context, and the primary categories, such as 'first time experience' or 'health problems', as well as secondary categories, like hangover or post-trip problems... .. then the reviewer hits Save...

Erowid Experience Vaults

Index Full List Search Submit Settings About Main Vaults

CLUB HEALTH 2010 • June 7-9, 2010 / Zürich, Switzerland
8th International Conference on Nightlife, Substance Use and Related Health Issues

Incredibly Easy to Overdose: Take Care
JWH-018 & Alcohol
by *Scalman*

DOSE: T+ 0:00	2 mg	smoked	JWH-018	(powder / crystals)
T+ 0:15		oral	Alcohol - Beer/Wine	
T+ 6:00		smoked	JWH-018	(powder / crystals)
T+ 6:30		smoked	JWH-018	(powder / crystals)

BODY WEIGHT: 95 kg

Me - Male (95kg, 29 y/o, moderate experience of cannabis)
K - Male (100kg, 25 y/o, little experience of cannabis)
S - Female (80kg, 25 y/o, little experience of cannabis)

I ordered 1g of JWH-018 from overseas: the package arrived within a couple of weeks in a nondescript envelope. I'd acquired a milligram scale the previous week for the specific purpose of measuring out JWH-018. The chemical came in a small, labelled plastic bag and appeared to be a slightly-off-white powder the consistency of flour with a tendency to 'clump' into balls.

I've been a very-irregular (once every few months; mostly just socially) of cannabis for many years. I was joined by my friends K and S, both with less experience (introduced to it, and drugs in general, by me). We decided it was time to try the JWH-018.

As our 'lab rat', I started with a carefully-measured less-than-1mg dose: I measured 1mg, and then removed almost all of the material from the scale. I placed the chemical in the bowl of an electric vaporiser and heated it until the powder had disappeared. The vapor tasted of almost nothing, with a slight plasticity aftertaste. A timer was set at 00:00.

At 00:15 I felt mostly the same, and was just considering taking another dose when I began to feel a slight marijuana-like contentment and mellowness. I cracked open my first beer and surfed the net for a while. At 01:05 the mellowness had faded, and I guessed that the drug had worn off.

At 06:00, after a couple of beers each, I persuaded K and S to join me in trying the substance again. I prepared 3mg in the vaporised, which we shared (note: this makes subsequent measurement of exactly who got how much of a dose difficult). We each sucked out a portion from the vaporiser. When we removed the glass bulb of the vaporiser, steam was still escaping from the bowl, so we may not have taken a complete dose.

...and the report appears live on the site.

So while self-reports do not undergo the same level of editing and fact-checking as many other parts of Erowid, they do go through this selection and categorization process.

Why publish self-reports?



People who ingest research chemicals are volunteering themselves as lab rats, which is contributing to the state of knowledge, in a sense, but is also risking their health. Much of what is known about the effects of these substances is based on written self-reports.

Recreational Use of Mephedrone (4-Methylmethcathinone, 4-MMC) with Associated Sympathomimetic Toxicity

David M. Wood · Susannah Davies · Malgorzata Puchnarewicz · Jenny Button · Roland Archer · Hanna Ovaska · John Ramsey · Terry Lee · David W. Holt · Paul I. Dargan

© American College of Medical Toxicology 2010

Abstract

Introduction Cathinone is a pharmacologically active alkaloid that can be extracted from the leaves of the khat plant (*Catha edulis*). There are synthetic derivatives of cathinone entering the recreational drug market, including mephedrone (4-methylmethcathinone, 4-MMC). There are discrepancies in the legal status of both the khat plant and its extracted alkaloids between the UK and the USA.

Case Report A 22-year-old man purchased 4 g of mephedrone powder over the Internet from a chemical supplier based in China. He initially ingested 200 mg of the mephedrone orally, with no perceived clinical effects, and thereafter injected the remaining 3.8 g intramuscularly into his thighs. Shortly after the injection, he developed

palpitations, "blurred tunnel vision," chest pressure, and sweating and felt generally unwell; he presented to hospital with continuing features of sympathomimetic toxicity. His symptoms settled over the next 4 h after a single dose of oral lorazepam. Qualitative analysis of the urine and serum sample was undertaken using gas chromatography with mass spectrometric (GC/MS) detection, both positive for the presence of 4-methylmethcathinone. Quantitative analysis of the serum sample was undertaken by liquid chromatography with tandem mass spectrometric detection; the estimated mephedrone concentration was 0.15 mg/l. Routine toxicological analysis of the serum and urine specimens using a broad GC/MS toxicology screen did not detect any other drugs or alcohol.

Other types of data do exist of course; this is one example, a clinical case report describing a hospitalization following self-administration of mephedrone. There are few such publicly-available articles in English involving research chemicals. When they become available, we link to abstracts for case reports like this one...

Self-reports compared to case studies published in peer reviewed journals

Advantages of Self- Reports

- Include events that don't result in a medical emergency
- People can share their experience and still remain anonymous
- Greater number and variety of accounts offer valuable data to physicians, nurses, counselors, educators, and users

Because not all ingestions of research chemicals end up as hospitalizations, or get published in peer-reviewed journals, there is much to be learned from experimenters who write about their experiences. Self-reports offer insight into contexts in which substance use takes place, as well as users' beliefs and expectations. ...[pause]

one opinion

The screenshot shows a web page from Erowid Experience Vaults. At the top, there is a navigation bar with links for Index, Full List, Search, Submit, Settings, About, and Main Vaults. Below this is a header for 'CLUB HEALTH 2010 • June 7-9, 2010 / Zürich, Switzerland' and '8th International conference on Nightlife, Substance Use and Related Health Issues'. The main title of the report is 'Never Again... 4-Methylmethcathinone' by user 'HarRaz'. The report includes a 'DOSE:' field with values 'repeated', 'insufflated', '4-Methylmethcathinone', and '(powder / crystals)'. The 'BODY WEIGHT:' field is '180 lb'. The text of the report describes the user's experience, mentioning a 'Good first Impressions' and 'My throat is still very swollen 4 days later... hurts alot. Really quite unpleasant. Glands are up. Mmmmm... Toxic. Sleeping patterns have been disrupted for days as well. And this is not simply due to sleeping late after the drug. Had plenty of sleep straight after, just seems to have done funny things to my sleeping pattern.' At the bottom, there is a warning: 'Everyone is raving about this one. I advise caution. Research chemicals are "legal" for a reason. Guarantee that this drug will be class B in the UK or higher by mid 2010. The side effects are too unpredictable and not worth the high IMO. I will not be taking it again. Will wait for mandy to rear her brunette locks once more! :)' Metadata at the bottom includes 'Exp Year: 2009', 'Gender: Male', 'Added: Apr 30, 2010', 'ID: 8231', and 'Views: 1'. There are also links for 'View as PDF (for printing)', 'View as LaTeX (for geeks)', and 'Switch Colors'.

And where one report gives us just a small window into a substance's effects...

en masse, opinions
can be discussed objectively



a multiplicity of reports begins to yield data
comparable to survey research results.

***An idea that seems mundane
or inconsequential among members
of one group can be a valuable
insight in another group***

— from “The Social Origin of Good Ideas”
Ronald Burt, University of Chicago (2003)

While many people who submit self-reports may think they are writing for peers who either have experience with or are interested in trying novel psychoactive compounds, Erowid publishes reports with many more audiences than that in mind...

Sample feedback from an MD...

I am a doctor—specifically an emergency room physician in rural Illinois. I have to take care of people who take all kinds of substances ... Most of them can't even remember (or won't admit) what they took. But when they can, **it's nice to be able to type it in to the search on Erowid and see if anyone else has had the same experience...**

... Anyway, **I'm sorry anybody takes mind-altering substances**, because I consider it a preventable cause of a trip to the emergency room. **But if they do, I'm glad they write about it."**

We received this letter from an emergency room doctor who described how he discovered the self-reports on Erowid, and now uses them for his work, and has recommended them to other physicians.

If a person ends up at the hospital after ingesting a research chemical, doctors may only be able to guess at how to treat them. They may not have even heard of the substance the person took. In view of the lack of clinical studies or robust surveying or publicly available documentation about the explosion of new substances, self-reports have value. Erowid regularly gets feedback like this letter, saying that self-reports are useful to health care workers.

What are some of the challenges?

report
quality

having
enough
volunteers

Confusing
names or
obfuscated
substances

I want to touch on some of the challenges of publishing – as well as reading -- self-reports. There are plenty of challenges, but here are three. First off, A LOT of self-reports are submitted to Erowid and we have a small group reading through them, and it's hard to catch up and keep up with submissions... About 40% of reports are not good enough to be on public lists; they are too confusing or lack worthwhile data.

“If a thing is worth doing, it is worth doing badly.”

— G. K. Chesterton, English writer
(1874 –1936)



report
quality

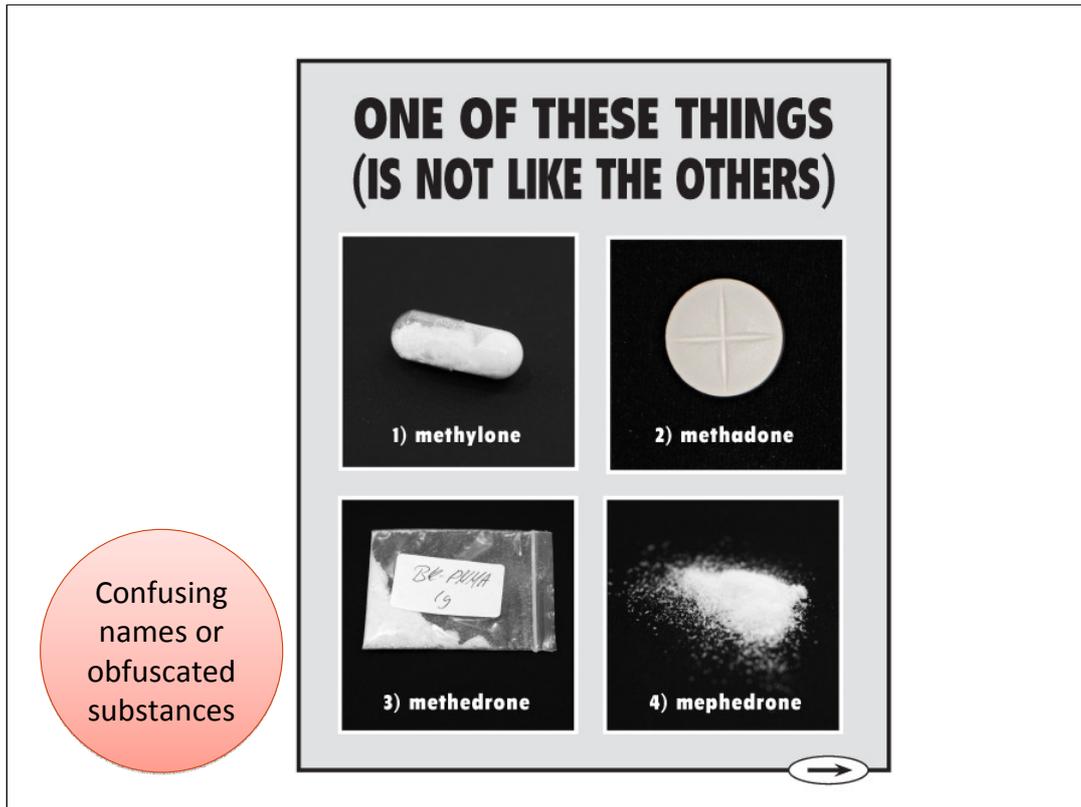
Another 20% or so are not very well written, but maybe there's a short description of a drug interaction or an idiosyncratic effect that is worth documenting... so while it can be difficult to look past poor grammar and descriptions of reckless behavior and self-destructive use, reports can have value even if they aren't the best written or most detailed.

**Downsides
of
Self-Reports**

- Often lack important details
- Usually no way to verify data or follow-up with authors
- Difficult to appropriately weigh fatalities
- **No toxicological data validating the identity of the substance(s) involved**

The reports that lack detail leave a lot of questions for the reader, including: Is the experimenter on any medication? Do they have any diagnosed health problems? Had they eaten? Were they well-rested or tired? What dose did they take? Did they measure the material? If so, how was it measured? And a big question: **How sure are they of the material's identity?**

These sorts of unanswered questions help Erowid volunteers decide on ratings, but are also just one part of the challenge of reading self-reports.



So, how sure are people of a material's identity? The names of research chemicals can be utterly confusing.

If someone presents to hospital having taken methedrone or mephedrone or methylone, nurses can get confused trying to understand what they mean. **Substance names in self-reports can be confusing, as well.**

silly example of obfuscating labeling

“PARTY PILLS”



“PLANT FEEDER”



...STILL “STRONG AS HELL”

A product’s packaging may say little or nothing about the chemical it might contain. This product, Diablo XXX, started out as “party pills”. Then in later packaging, it’s become a plant feeder.

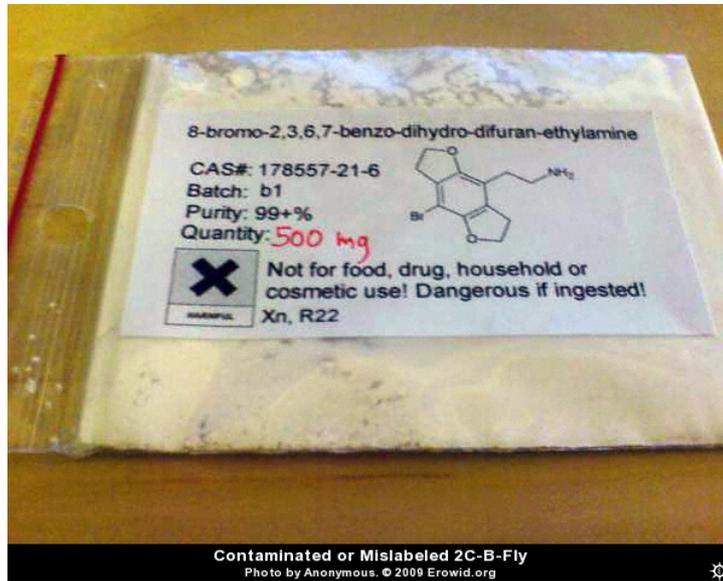
Regardless of the packaging, we may not know what’s in any particular batch of material even if one or multiple samples have been analyzed – and it is difficult to evaluate a self-report when you don’t know what the person took...

fairly benign example of mislabeling



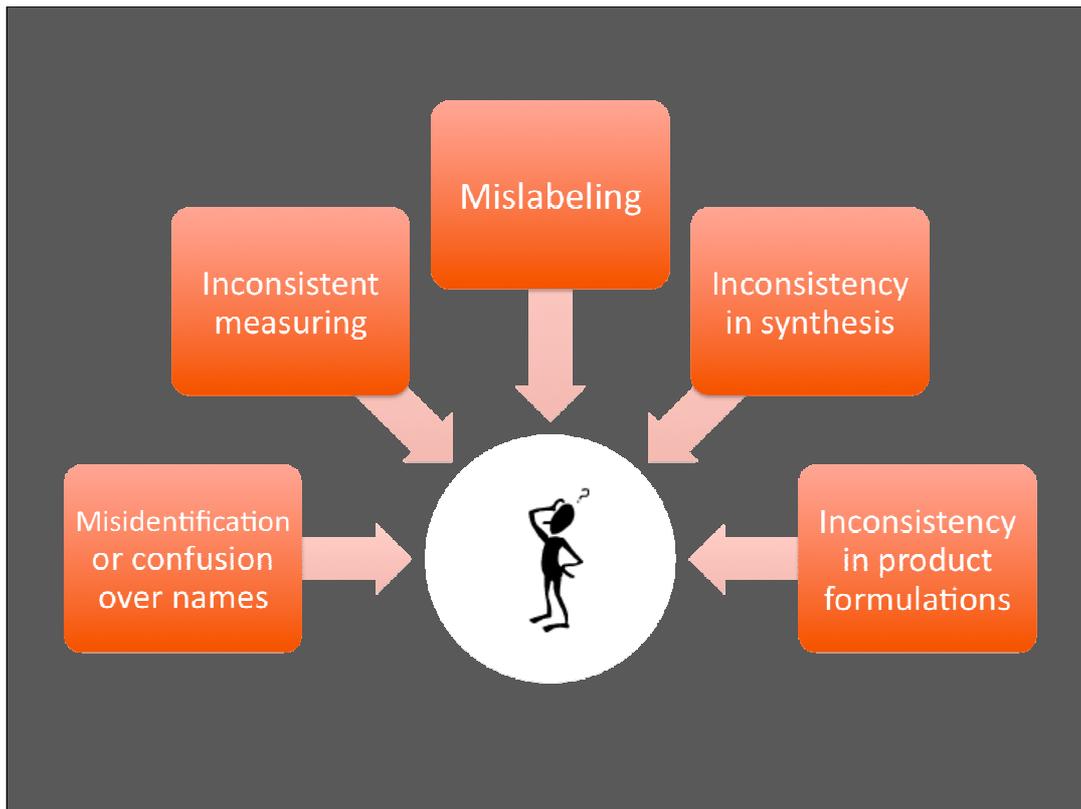
Another serious challenge is misidentification. The molecule displayed on this label is incorrectly representing ethylcathinone rather than 4-methylmethcathinone. [photo from Denmark]

fatal example of mislabeling



Misidentification can have extreme consequences.

This material was sold as 2C-B-fly and caused two deaths and several hospitalizations in 2009. Subsequent chemical analysis revealed that the material was bromo-dragonfly, a long-acting research chemical that is about 10 times more potent than 2C-B-fly.



Not every incident is as tragic as the bromo-dragonfly-related deaths, but mislabeling, misidentification, mis-measuring and inconsistency in synthesis or product formulations can create a confusing picture of a substance's dose and effects, and this is all too evident in self-reports.

Self-reports have value...

“You have saved the lives of countless people and friends (as well as myself). The experience vaults, in my eyes, are the most important. **If you read enough of them without bias, and read a good variety of both positive AND negative experiences**, you will find that your personal insight will be greatly enhanced. Instead of hearing what a drug is like from a drug dealer, you will have a much better idea as to what you’re getting yourself into...

Reading about people recovering has greatly helped my personal drug recovery and gives me more information to pass on to people still going down that road.”

— GREGORY M.

Comment left about Erowid on Facebook during the Chase Community Giving contest

At the time it was established, Erowid editors did not guess at how valuable the self-reports collection would become....

This slide – along with the letter I showed earlier from the emergency room physician -- exemplifies the intrinsic value this data set has to offer to a wide spectrum of audiences.

Data about psychoactives is generated in many ways. Ultimately, collecting and sharing self-reports serves public health objectives as well as individual and societal understanding of the complex issues surrounding research chemicals.

What are possible future updates and directions for self-report publishing?

Improve filtering and searches

Collaborate with other NGOs

Facilitate related research

More and better-written reports

Where do we go from here? If you would like to discuss any aspect of self-reports on Erowid, please come find me later or contact me online; we are interested in connecting with researchers and risk reduction groups, to learn about your methods and results and to discuss possible collaborations.

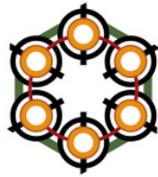
Thank you.

Sie können uns auf Deutsch kontaktieren:

Contactez nous en français à:

Questions, comments & suggestions:

sage@erowid.org



THE VAULTS OF
EROWID

Plants & Drugs Mind & Spirit Freedom & Law Culture & Art Library

Path : [chemicals](#) > [4_methylmethcathinone](#)

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4-Methylmethcathinone / Mephedrone

COMMON NAMES
Mephedrone, 4-MMC, Meow, M-Cat

EFFECTS CLASSIFICATIONS
Stimulant; Euphoriant

CHEMICAL NAME
2-Methylamino-1-p-tolypropan-1-one

DESCRIPTION
4-Methylmethcathinone is a synthetic stimulant with empathogenic effects that is chemically similar to methcathinone. Between 2007 and 2009, it became available for purchase online, was used increasingly in Europe, Australia, and New Zealand, associated with several deaths, and then controlled in some countries as a result. Because of the similarity in names, it is sometimes confused with 'Methedrone' (4-methoxymethcathinone) or 'Methylone' (bk-MDMA).

2-Methylamino-1-p-tolyl
Not for human consumption.
For technical use only.
Cas. none yet
Purity: 99.5%
Batch: 101
Sample: 10g
by [evista](#), © Erowid.org

BASICS **EFFECTS** **IMAGES** **LAW** **DOSE** **CHEMISTRY**

RESEARCH CHEMICAL

[UK Deaths possibly related to 4-Methylmethcathinone, Mar 2010](#)

Here's where we collect information for mephedrone. Even if little formal research has been conducted with a substance, we're seeking to compile the best available information about a chemical's effects, appearance, law, dose and chemistry... Scrolling down this index...

[UK Deaths possibly related to 4-Methylmethcathinone, Mar 2010](#)

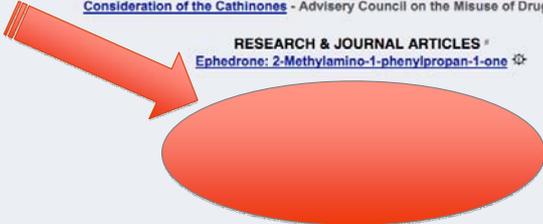
GENERAL INFORMATION ⁺
[4-Methylmethcathinone Bits & Pieces](#) ⁺
[Health Problems Related to 4-methylmethcathinone](#) ⁺

RELATED VAULTS ⁺
[Cathinone & Methcathinone](#) ⁺
[Ethylcathinone](#) ⁺
[Methylone](#) ⁺

HEALTH ⁺
[4-Methylmethcathinone-Related Death, 2008](#) ⁺

ARTICLES & WRITINGS ⁺
[Consideration of the Cathinones](#) - Advisory Council on the Misuse of Drugs, Mar 2010 ⁺

RESEARCH & JOURNAL ARTICLES ⁺
[Ephedrone: 2-Methylamino-1-phenylpropan-1-one](#) ⁺



OFF-SITE RESOURCES

SECONDARY RESOURCES ⁺
[4-Methylmethcathinone](#), Wikipedia
[Mephedrone](#), Crew 2000
[Analysis of Four Products](#), Bluelight
[Mephedrone posts at Drugs-Forum.com](#)

We find the link to self-reports for mephedrone...

Erowid Experience Vaults

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4-Methylmethcathinone Reports

(also Mephedrone, 4-MMC, 4-MMC, Meow, M-Cat, 2-Methylamino-1-p-tolylpropan-1-one) (50 Total)

[Show New](#) [Show All](#) [Main Vault](#)

General First Times Combinations Retrospective / Summary	Difficult Experiences Health Problems Addiction & Habituation	Glowing Experiences
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General [» » more » »](#) [25]

Rubbery Abandon	Harmoniousaccord	4-Methylmethcathinone
Sparkle	Jovialla	4-Methylmethcathinone (Mephedrone)
Wasting a Night on Unknown Chemicals	Smushy	4-Methylmethcathinone (Mephedrone)
Dangerously Addictive, but Awesome	Fazer	4-Methylmethcathinone
Did Nothing for Me Yet Worked for My Friends...	vitti...	4-Methylmethcathinone (Mephedrone)
Surprisingly Like E	DFsGeezaman	4-Methylmethcathinone
Stimulation Without Euphoria	Sparky	4-Methylmethcathinone
Interesting Properties	The Tforce Image	4-Methylmethcathinone (Mephedrone) & Alcohol - Beer
Interesting & Worth a Try!	SI Nova	Mephedrone & Methyiona
A Powder Whose Effects Last and Last	WEIRWOLF	Mephedrone & Methyiona

First Times [» » more » »](#) [18]

And the mephedrone self-report index.

Reports are listed in categories such as general descriptions, accounts mentioning health problems, addiction & habituation, combinations, etc.