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Here is some information that you may find helpful:

Hallucinogen persisting perception disorder (HPPD) is a rare, little-known, and chronic disorder in which a person will experience flashbacks of illusions or distorted perceptions similar to those frequently experienced during a prior hallucinogenic or psychedelic drug experience. Though the taking of hallucinogens (commonly LSD, ecstasy, or psychedelic mushrooms) is a proven cause, people who have never previously taken drugs may also suffer from HPPD symptoms. Symptoms include trails of images, intensified colors, imagined movements, or *visual snow*, which is when a person sees tiny dots across their entire visual field¹. There are two types: one in which people experience HPPD in the form of random, brief flashbacks, and another in which one will experience ongoing changes to their vision. The disorder often causes distress and impairment in everyday life. It is a sometimes permanent condition, and as of this year, there is still no solid evidence of any specific medication treatment as being commonly effective for HPPD. Possible treatments include benzodiazepines, certain prescription drugs, and talk therapy, but these solutions typically have varying degrees of effectiveness. No single treatment has proven to be widely effective. For example, prescription drugs and medication (such as Lamictal, clonazepam, and Keppra) can help some people, but then worsen symptoms for others. The search for effective treatments is continuing, but as of now, the best solution seems to be to avoid any additional use of hallucinogenic drugs from the moment a person notices symptoms of HPPD: many people do experience improvement after several years of maintaining sobriety.

It is important to understand that patients and families suffer greatly from the lack of scientific information and insufficient clinical research. Frustration and discouragement is frequently made worse by the lack of awareness amongst clinicians and psychiatrists--some patients may even be misdiagnosed as having psychotic disorders. These circumstances can complicate HPPD by contributing to feelings of helplessness and hopelessness, which can lead to depression and anxiety. Fortunately, depression and anxiety frequently respond to standard treatment.

Various HPPD Resources

Dr. Locke's curated bibliography of all HPPD and visual snow related papers:

<https://drstevenlocke.com/wp-content/uploads/2020/12/HPPD-bibliography.pdf>

Dr. Locke has many articles related to HPPD posted on his website. Some of these are summarized below. The rest can be found on his HPPD page:

¹ Patients may find it helpful to fill out Dr. Locke's HPPD questionnaire [here](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6464987/>

This study presents a case report of a 21 year old African American man who had an experience with drugs seven months prior that not only landed him in probation, but also left him with symptoms of HPPD. The study outlines criteria for a diagnosis of HPPD, describes symptoms, and suggests possible treatments, all for the purpose of “highlighting the devastating effects this disorder had on this patient.”

<https://n.neurology.org/content/94/6/e564.long>

In a 2020 study published by the American Academy of Neurology, a team of researchers set about validating the symptoms and case studies of those with visual snow. They used a group of patients with self-assessed visual snow and a population of patients with possible HPPD who presented visual snow symptoms and gave them a survey to assess the common characteristics of visual snow patients. This study was used to validate current criteria for a diagnosis of visual snow, presenting concrete examples and evidence.

<https://www.frontiersin.org/articles/10.3389/fpsy.2017.00240/full>

This article published by the Frontiers in Psychology delves more into the science behind HPPD for those who would like to know where their condition comes from. It gives the historical background, common symptoms, causes, and types, as well as detailing numerous controlled studies that have been conducted to try and find the best possible treatment for this little-known disorder.

<https://thepsychologist.bps.org.uk/volume-27/edition-9/when-trip-doesnt-end>

Dr. Henry Abraham is one of the leading researchers on HPPD. This paper describes his research, theories for effective treatments, and the personal accounts of many of his patients. His work has led to the recognition of HPPD in psychiatry, pioneering the movement towards trying to find a cure. He has since passed on his work to psychiatrists like Dr. Locke.

Dr. Locke also provides access to many platforms that may help patients with HPPD. Some are summarized below. The rest can be found on his HPPD page.

<https://www.hppdonline.com/>

This Support Forum provides an open space for patients to ask questions, share stories, and explore a supportive community environment while dealing with this difficult disorder.

<https://www.facebook.com/groups/visualsnownewsfeed/>

This Facebook group provides the latest news stories and research updates on the disorder, making the information more accessible for both physicians and patients.

<https://www.visualsnowinitiative.org/>

Our partnership with the Visual Snow Initiative brings you short introduction videos on HPPD, visual snow, and how it can affect someone. It also records many first hand accounts from those who suffer from the disorder.