








Raters & Therapists in Psychedelic Trials: What's the Difference?

Many psychedelic clinical trial protocols require a therapist, a rare role in clinical research. Because of their uncommon usage, their role is easily misunderstood and can be confused with the responsibilities of a rater. However, therapists and raters have two distinctly different roles, and maintaining a strategic balance is integral to the success of the study.

So, what's the difference?

	Therapist	Rater
Core Objective	 To provide psychological support during a psychedelic experience	To collect unbiased, accurate patient data about the efficacy and safety endpoints before and/or after the psychedelic experience
Relationship With Patient	 Should have formed a therapeutic alliance and built a bond of trust with the patient	Needs to remain neutral, objective, and focused on study outcomes; maintain research alliance
Collects Study Data	 Depends on the focus of the trial; in general, they are focused on the patient's therapy and monitoring the psychedelic experience	Yes, endpoint and safety data
Must Maintain The Blind	 No, it is usually obvious when a patient is having a psychedelic experience	Yes, it is essential to the validity of the study data
Delivers Psychotherapy	 Yes, they are responsible for helping the patient through whatever thoughts or memories arise	No, all interactions are objective, and raters need to maintain neutrality in their interactions while the patient is undergoing treatment to prevent biased ratings and scoring inflation
Main Threats To Their Objective	 Safety of patient and site staff, and patient self-harm and/or suicidality	Accidental unblinding, not managing patient expectations of experience, and not having distinct roles assigned at the site (such as blinded primary efficacy rater vs. PRO administrator)
Main Threats To Their Objective	 Yes, they need training to administer psychedelics and deliver the standardized therapy associated with psychedelic-assisted therapy	Yes, they must be trained in a standardized manner to accurately administer and rate key study assessments, including inclusionary/exclusionary measures and efficacy and safety endpoints

You can find more information on the difference between raters and therapists and how to protect the validity of your study data, [here](#) →

Worldwide Clinical Trials provides full-service psychedelic clinical trial support, including rater and therapist training. [Learn more](#) about how we can help you execute your psychedelic trial or [contact us](#).