

November 8, 1972

Dr. Gordon Juster
Neuropsychiatric Evaluation Unit
Yale-New Haven Hospital
Memorial Unit - 10 West
New Haven, Connecticut 06504

Dear Dr. Juster:

At the request of Mr. Joseph Naylor, we are summarizing our experiences with him.

He volunteered for a series of experiments in which subjects receive, at weekly intervals, single oral doses of psychoactive drugs. The dosages are selected as "threshold" - the minimum necessary to elicit behavioral or physiologic effects. The recording includes verbal behavior, EEG, heart rate, and mental status. Volunteers are males, over 21 years of age, with a history of drug use (usually cannabis and hallucinogens).

The goal of the study is to define the EEG and behavioral correlations of psychoactive drugs.

Mr. Naylor volunteered on April 12, 1971 and was found to have a normal EEG. A screening interview was unremarkable; he indicated no symptoms or treatment suggestive of mental illness.

We had an adaptation experiment in which he received a placebo.

On April 22, May 6, May 13, and May 20, 1971 he received four compounds: diazepam 10 mg., placebo and two new benzodiazepenes related to diazepam. During each session, and in the post session period as reported the next day, he exhibited the usual symptoms of mild sedation. From the self reports, it was not possible to separate active drugs from placebo, although the EEG recordings were distinguishable.

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Six weeks (7/9/71) after the last session, he called to say he did not feel well. He reported that he had been involved in an accident a day after the third EEG session, and insisted on knowing the nature of the drug given. The same information described before the experiment was described again, and he was told that the sessions included placebo. A physician was not available the day he visited, and he was asked to return the next day; but he did not.

On July 31, 1972 (after one year) he came spontaneously to the study unit and was seen by a physician, who noted that Mr. Naylor complained of headaches, intolerance of heat, feeling dazed, malaise and trouble with concentration. Also he reported "electrical static sounds from inside my head". The physician found him anxious, somewhat dishevelled, and persevering about the question of drugs causing his symptoms.

He insisted again on knowing more about the drugs given him, and again he was told about the general nature of the compounds, their sedative qualities, etc. He did not seem to accept this reassurance.

The new compounds used in the study were given to 23 subjects, without untoward effect, and have since been identified as diazepam-like, undergoing clinical trials as sedative-anxiolytics.

I trust these data are useful.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry

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