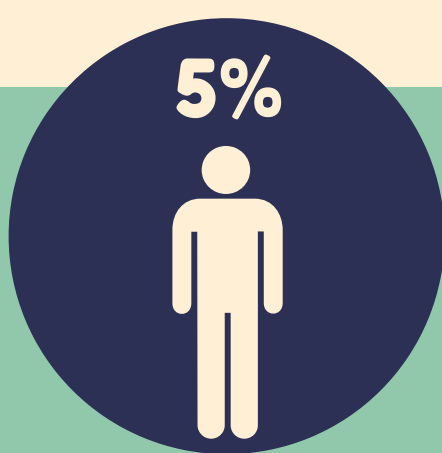


DEPRESSION

Depression is one of the nation's most common mental health disorders.

Common symptomatic features below are accompanied by somatic and cognitive changes that affect the individual's capacity to function:

- Sadness, Emptiness, Anxiousness
- Restlessness, Irritability
- Thoughts of death or suicide
- Feelings of guilt, worthlessness, helplessness
- Difficulty concentrating, making decisions, remembering
- Loss of interest or pleasure in hobbies and activities



Prevalence of Major Depressive Episodes Among Adults



CANNABIS

BENEFITS

No RCTs were identified that specifically evaluated cannabis in patients with depressive disorder.

RISKS

There is an association between cannabis use and a small increased risk of developing depressive disorders, which increases with increased frequency of use.

SOURCES:

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/STATISTICS/MAJOR-DEPRESSION.SHTML#PART_155029](https://www.nimh.nih.gov/health/statistics/major-depression.shtml#part_155029)
[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/PUBLICATIONS/DEPRESSION-LISTING.SHTML](https://www.nimh.nih.gov/health/publications/depression-listing.shtml)
[HTTPS://WWW.NAP.EDU/CATALOG/24625/THE-HEALTH-EFFECTS-OF-CANNABIS-AND-CANNABINOIDS-THE-CURRENT-STATE-OF-THE-SCIENCE](https://www.nap.edu/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state-of-the-science)
POR OF 1.17; LEV-RAN ET AL., 2013