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

5%

9%

13%
18-25
years old

Prevalence of Major Depressive Episodes Amoung Adults

CANNABIS

BENEFITS

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

RISKS

- THC is a psychoactive cannabinoid. Large doses of THC can cause sedative effects and mental health problems.
- Higher THC levels may also mean a greater risk for addiction if people are regularly exposing themselves to high doses.
- The mechanisms are not clear. May be analgesic, psychological, or affective. The optimal formulation, route of administration, dose, and cannabinoid profile are not clear.

REDUCE RISKS

- High CBD and low THC ratio of cannabinoids reduces risks while maintaining benefits.
- Slow titration period (up to 2 weeks) to find the proper dose per cannabis product and route of administration.
- Avoid cannabis use before adulthood since it can adversely affect the developing brain.

SOURCES:

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