

Perception of Risks of Cannabis and CBD Use during Pregnancy among Pregnant versus Non-Pregnant Patients in an Obstetrics and Gynecology Clinic

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Introduction

- The American College of Obstetrics and Gynecology (ACOG) advises against use of cannabis and cannabidiol (CBD) products during pregnancy.
 - However, recent studies suggest that cannabis use is increasing for the relief of pregnancy-related symptoms, such as nausea and anxiety.
- Prevalence of cannabis use data is available on a delayed basis for people who are pregnant, but sparse documentation for CBD use prevalence is available.
 - Few studies have examined the current risk perceptions of CBD and cannabis use for pregnancy, which is important given the changing legal landscape and availability.

Study Objective:

To assess risk perceptions of cannabis and CBD use during pregnancy among pregnant and non-pregnant patients.

Methods

Study Design and Participants

- The study design is a cross-sectional survey employing convenience sampling.
- Participation was offered to all presenting to a tertiary care OB/GYN Women's Health Clinic in Florida from October 2022-February 2023.

Instrument Development and Data Collection

- The survey combined items from validated instruments that assess cannabis/CBD use and risk perceptions, including:
 - the Pregnancy Risk Assessment Monitoring System (PRAMS),
 - the NIDA-modified Alcohol, Smoking, and Substance Involvement Survey (NM-ASSIST), and
 - items assessing sociodemographics and pregnancy/breastfeeding.
- Data were collected via the Research and Electronic Data Capture (REDCap[®]) software following completion of indication of consent and explanation of preservation of anonymity.

Data Analysis

- Comparisons of response frequency distributions for pregnant versus nonpregnant participants were calculated with chi-square analysis for individual risk perception items.
- Participants that did not answer more than one question were not included in analysis (n=0 excluded for missingness).

Results



261 Responses

- 198 (75.9%) currently pregnant
- 55 (22.1%) not pregnant
- 8 (3.1%) did not disclose pregnancy status
- 13 (5.0%) were breastfeeding



52.3% pregnant vs 41.8% not pregnant

...indicated that they were **not sure** about how risky it was to use CBD once or twice a week during pregnancy.



40.0% pregnant vs 34.5% not pregnant

...indicated that they were **not sure** about how risky it was to use marijuana [cannabis] once or twice a week during pregnancy.

Figure 1: Perceived Risk for Use of Marijuana Once or Twice a Week During Pregnancy, Pregnant vs. Not Pregnant

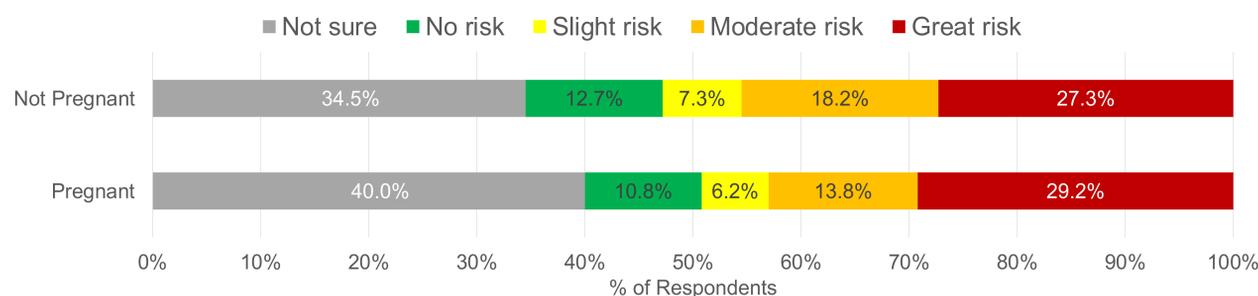
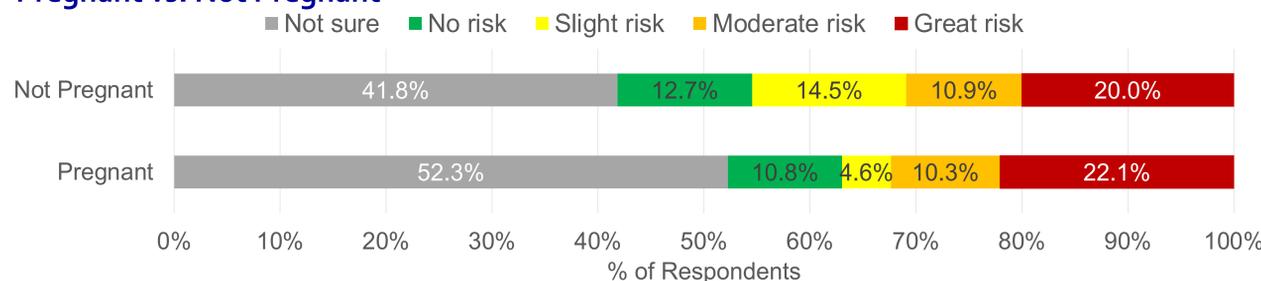


Figure 2: Perceived Risk for Use of CBD Once or Twice a Week During Pregnancy, Pregnant vs. Not Pregnant



Results, continued

- For the question, "How risky is it to use marijuana [cannabis] once or twice a week during pregnancy?", responses are in Figure 1.
 - Difference in response distribution was not significant (p=0.88).
- For the question, "How risky is it to use CBD once or twice a week during pregnancy?" responses are in Figure 2.
 - Difference in response distribution was not significant (p=0.12).

Discussion

Findings indicate uncertainty of risk about cannabis and CBD use during pregnancy, regardless of current pregnancy status...

suggesting need for tailored communication about cannabis and CBD in pregnancy.

- More than a third of respondents were not sure about risks associated with cannabis or CBD use during pregnancy regardless of pregnancy status, while a smaller proportion report perceptions of 'great risk' of cannabis or CBD use during pregnancy.
- This study assessed cannabis and CBD use in participants but was not designed to generate prevalence of use estimates.
- Limitations:
 - the sampling strategy did not allow for prevalence estimates to be calculated without significant bias
 - there is potential for bias in responses due to stigma of substance use during pregnancy

Contacts

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