

Age-Group Differences in Reasons for Cannabis Use during Pregnancy: Results from the COVID-19 Cannabis Moms Study

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Global Cannabis and Psychedelics Research Collaboratory



CANNABIS MOM STUDY

BACKGROUND

- Studies suggest pregnant women use cannabis for symptom management or recreation.
- Pregnancy is not a qualifying condition for medical cannabis.
- Reasons for use among pregnant women may vary by age group, though research in this area remains limited.

OBJECTIVE

- To examine differences in reasons for cannabis use during pregnancy by age (18-34 vs ≥34 years old).

METHODS

- This is a cross-sectional study (N=252) of pregnant or breastfeeding women during the COVID-19 pandemic.
- Self-reported data were collected on cannabis use in lifetime, past year, past 30-days, and during pregnancy.
- Self-reported data were collected about pregnancy and breastfeeding history.
- Analysis included pregnant respondents (n=81; 32.1% of the overall sample).
- Chi-squared/Fisher's exact tests and descriptive statistics were used to analyze cannabis use, reasons for use, and type of cannabis consumed by age group.

RESULTS

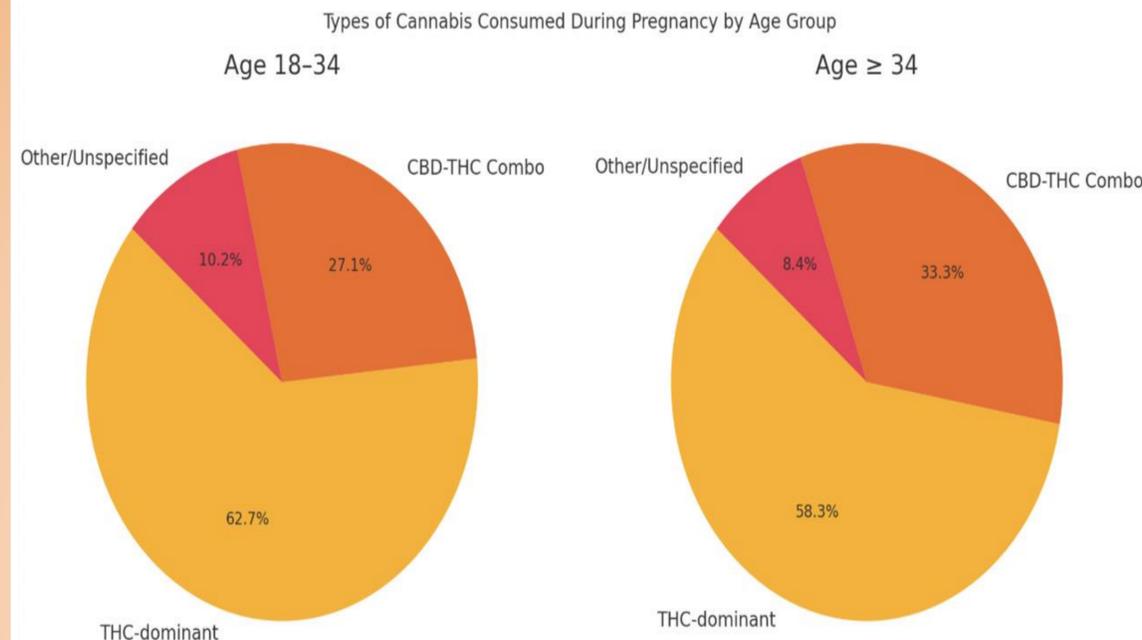


Figure 1: Types of Cannabis Consumed During Pregnancy by Age Group

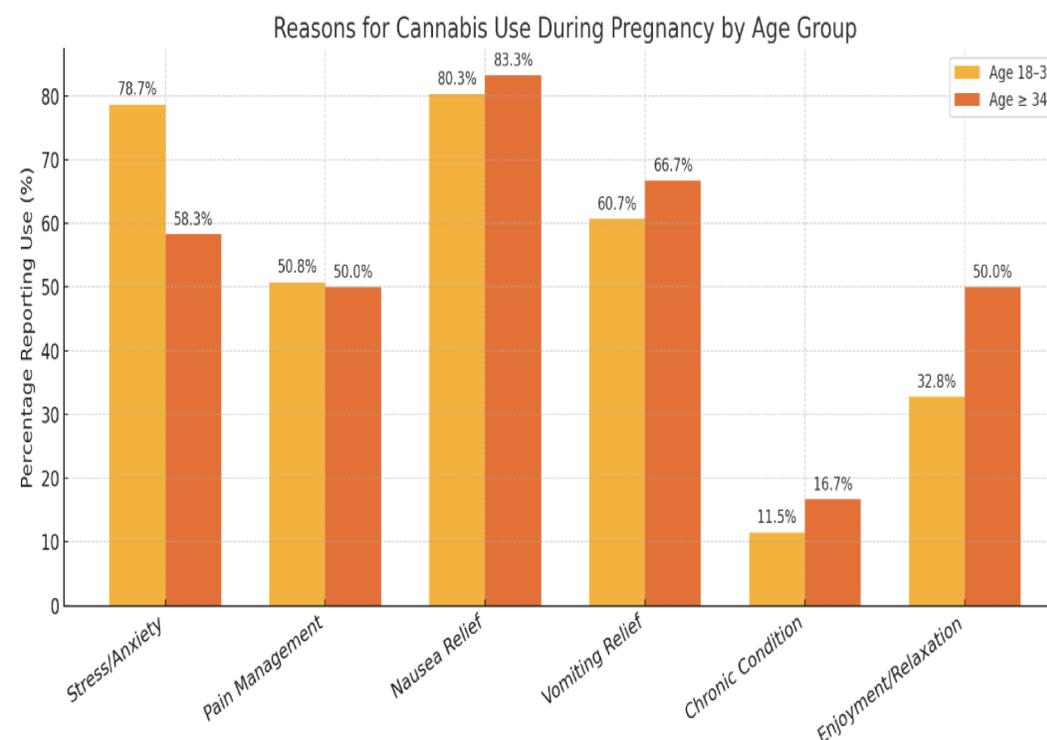


Figure 2: Reasons for Cannabis Use During Pregnancy by Age Group

KEY FINDINGS

- A higher proportion of younger adults were currently pregnant in the overall study (35.9% compared to ≥ 34 years (20.6%; p=0.024)
- A slightly higher proportion of 18–34-year-olds reported use to relieve stress/anxiety (78.7% vs. 58.3%, p=0.15), and manage pain (50.8% vs. 50.0%, p=0.96) than participants ≥ 34 years
- Younger adults (18–34 years) made up a larger share of currently pregnant participants (35.9%) compared to those ≥ 34 years (20.6%, p = 0.024)
- A slightly higher proportion of ≥ 34 years consumed cannabis during pregnancy for nausea relief (83.3% vs 80.3%, p=0.81), vomiting relief (66.7% vs. 60.7%, p=0.76), managing a chronic health condition (16.7% vs. 11.5%, p=0.64), and enjoyment/relaxation (50.0% vs. 32.8%, p=0.33).
- A higher proportion of 18–34-year-olds consumed THC-dominant cannabis (62.7% vs. 58.3%, p=0.90); ≥ 34 years consumed a combination of CBD-THC (33.3% vs. 27.1%, p=0.89).

CONCLUSION

- Results showed no statistically significant differences by age group in reasons for cannabis use during pregnancy.
- Public health strategies should be implemented to improve the health of women who consume cannabis during pregnancy should be age-inclusive.

ACKNOWLEDGMENTS

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