Cannabis Use, Sex, and Medication Profiles: Associations with Psychotropic, Non-Psychotropic, and Mixed-Use Medications

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BACKGROUND

- Some patients consume Cannabis as a perceived safer alternative to pharmaceutical medications.
- There are mixed findings regarding medication use among Cannabis consumers.
- Cannabis consumers report higher rates of psychiatric and physical conditions. These associations may differ by sex.
- Given potential drug-cannabis-interactions, it is crucial to understand differences in the medications used by cannabis use status (CB+/CB-).
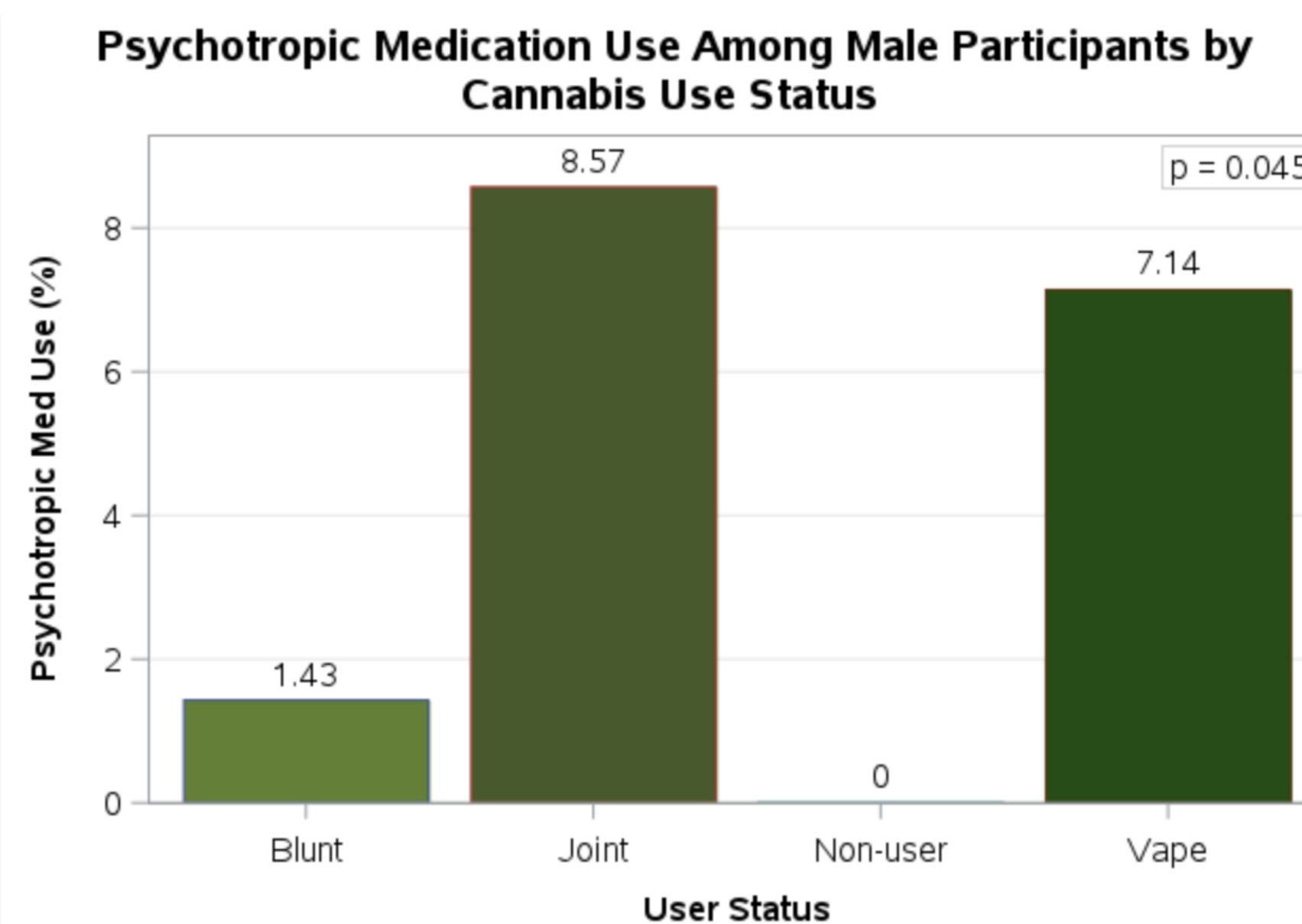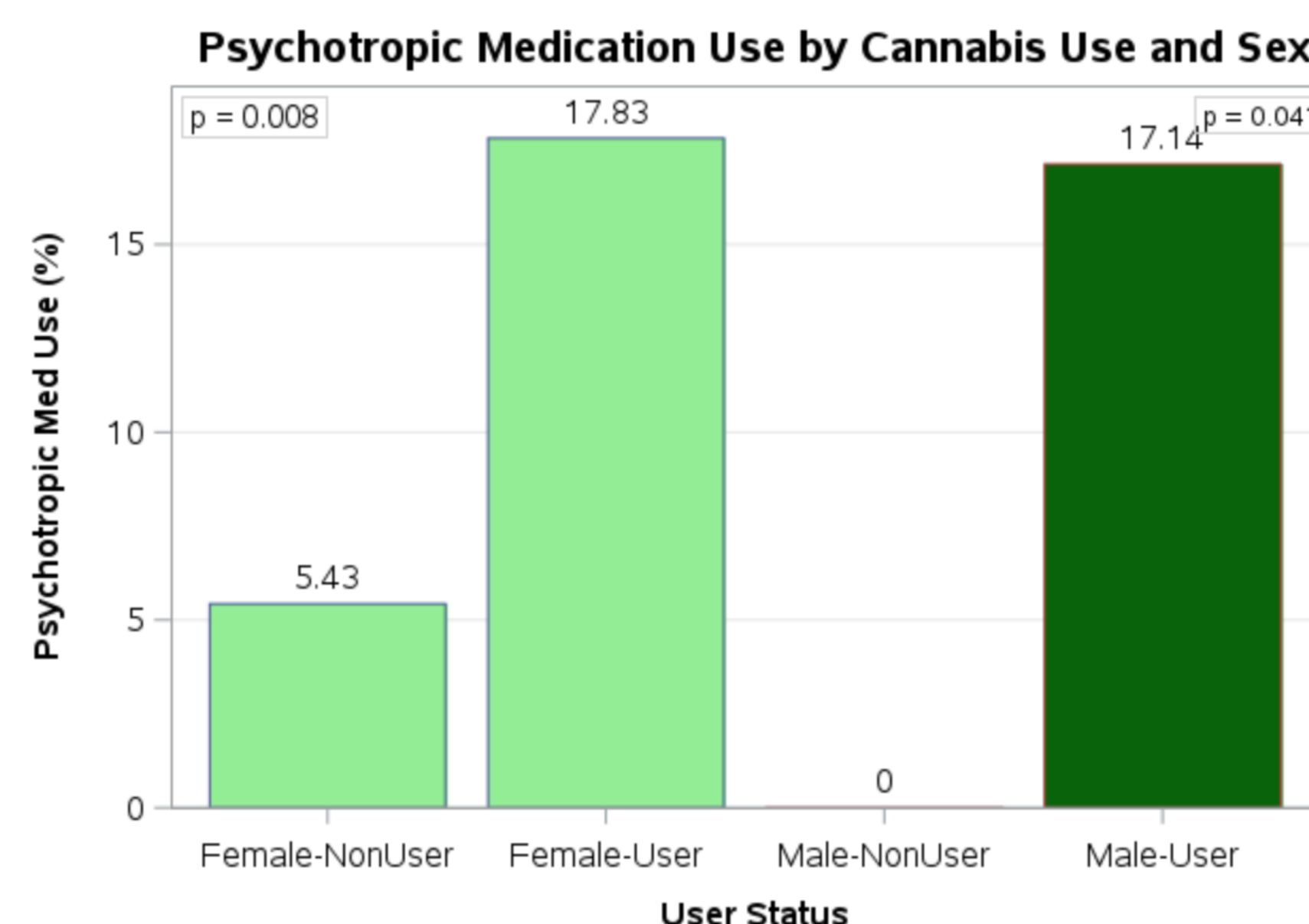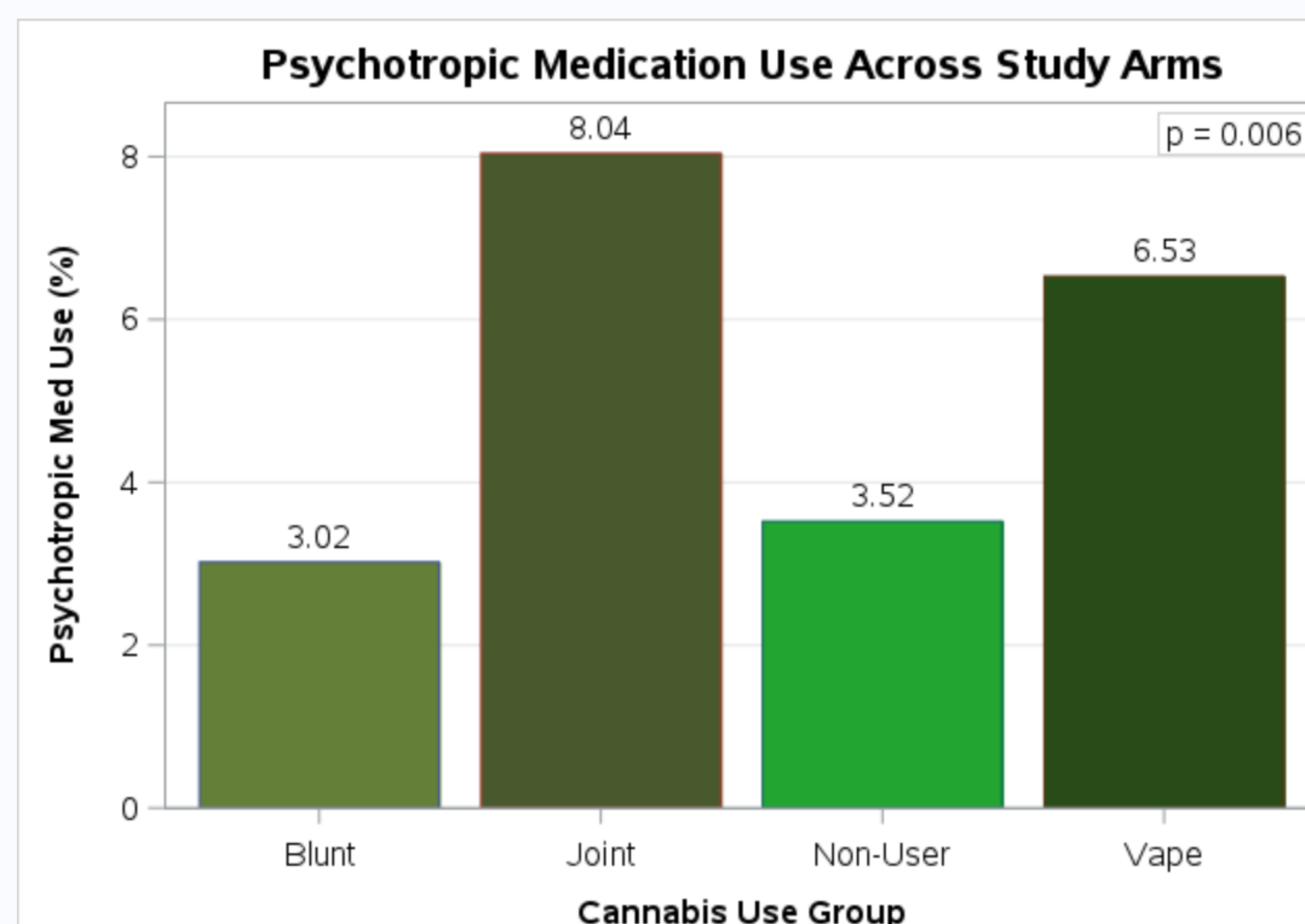
OBJECTIVE

- To explore whether medication use and history of medical conditions (HxMC +/-) differ between sex and between CB+ and CB-.

METHODS

- Data are from the Herbal Heart Study which investigates cannabis use and cardiovascular risk
- Participants (N=200) were 18-35 years old.
- CB+ was defined as use by blunt, joint, vape, bowl, or bong at least once a week during the past year.
- HxMC+ includes participants with a history of a medical condition such as diabetes, asthma, or heart disease.
- Medications/supplements were classified into three categories: psychotropic, non-psychotropic, and mixed-use, based on FDA clinical indications.
- Chi-Square tests were conducted to examine: 1) cannabis use, medication use, and HxMC; 2) if these variables were associated with sex.
- Mann-Whitney tests compared medication use between CB+/CB- and HxMC+/-.
- Kruskal-Wallis tests evaluated differences in medication use by route of cannabis administration (blunt vs joint vs vape/mixed).

RESULTS

KEY FINDINGS

- Most of the sample (mean age = 25.62y, SD = 4.81) were female (64.8%), Hispanic/Latino (57.3%), and CB+ (62.8%).
- 58.3% used medications or supplements; 29.2% were HxMC+.
- CB+ was associated with psychotropic medication use (p = 0.002) but not HxMC, or use of other medications.
- Psychotropic medication use was higher among CB+ (17.6% vs 3.5%) and highest in the joint group (p = 0.006).
- Females had higher total (42.2% vs 16.1%, p=0.008) and non-psychotropic medication use (36.2% vs 12.1%, p=0.007) than males.
- Psychotropic medication use was higher for both female (17.8% vs 5.43%, p=0.008) and male (17.4% vs 0.0%, p=0.042) CB+ than CB-.
- Among males, psychotropic medication use was highest among joint consumers (p=0.045).

CONCLUSIONS

- Sex differences in medication and cannabis use were observed in this cohort.
- Findings highlight the need to examine interactions between cannabis and psychotropic medications.
- Future research should explore the impact of cannabis use on broader medication profiles and consider sex differences in medication patterns.

ACKNOWLEDMENTS