

The Prevalence of Anxiety and Depression Symptoms in Older Women That Substitute Prescription Medications For Marijuana or CBD

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Background

- Research indicates marijuana has potential therapeutic use to manage anxiety and depression.
- We do not fully understand the effects of THC and CBD on mental health treatment and drug prescription substitution among women.

Aim

- Our aim is to determine if marijuana or CBD was associated with improved mental health in women 50+ years and who substituted THC or CBD for mental health medications.

Methods

Design:

- Online cross-sectional study
- Subset 258 participants who used THC or CBD in the past 12 months.

Measures:

- Question on survey asked if women had substituted their prescription mental health medications with THC/CBD/Both.
- PHQ8 scale to measure depression
- OASIS scale to measure anxiety symptoms.

Analytical plan:

- T-test to measure group differences
- Linear regression to identify associations between marijuana/CBD use and mental health symptoms.



Marijuana as a substitution for mental health medications predicted increased levels of anxiety and depression in older women.

Demographics

Demographic Characteristics	THC/CBD substitution n	THC/CBD non-substitution n	P
	n = 84	n = 244	
Age, mean (SD)	52 (11.8)	55 (13.0)	.10
Race (%)			.81
White	73 (87%)	218 (89%)	
Black	8 (12%)	18 (7%)	
Other	3 (1%)	8 (4%)	
Ethnicity (%)			.56
Hispanic	7 (8%)	47 (18%)	
Education (%)			.65
Less than school diploma	1(2%)	4 (2%)	
High school diploma	16 (19%)	49 (20%)	
Some college	32 (38%)	75 (31%)	
College graduate	35 (41%)	116 (47%)	
Relationship (%)			.13
Married	26 (31%)	98 (40%)	
Separated/divorced	41(49%)	107 (44%)	
Never married	5 (5%)	21(8%)	
Living with a partner	12 (15%)	18 (8%)	
Clinical Characteristics			
Depression	10.5 (5.5)	8.2 (5.3)	.001
Anxiety	11.6 (4.1)	8.7 (4.0)	.001

Analysis

- 37% of participants reported moderate to moderately severe symptoms of depression
- 46% reported moderate to severe symptoms of anxiety
- 22% substituted marijuana and/or CBD for prescription medication.
- **Linear regression analysis** showed a significant positive association between marijuana/CBD use and anxiety and depression (β .29, 95% CI 2.1-4.4; β .19, 95% CI 1.3-4.1, respectively).
- Women who substituted prescription drugs reported increased mental health outcomes compared to women who did not substitute prescription drugs for marijuana or CBD.

Discussion

- Future directions will determine the nature of association between CBD, THC or a combination for anxiety and depression levels.
- This study may inform dosages decision and products to manage mental health symptoms.

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