

The Association of Marijuana or CBD Use to Mental Health Among Young, Middle Age and Older Women

Background

- Studies show that age plays a significant factor in the association between marijuana use and mental health.
- There is a lack of research on age and gender differences in marijuana use, particularly among women.

Aim of Study

- To determine whether marijuana or CBD use is associated with differences in mental health symptoms in women.
- To determine whether the association between marijuana or CBD and mental health differs by age groups (young 18-49 vs. middle age 50-64; vs. old age ≥ 65 years).

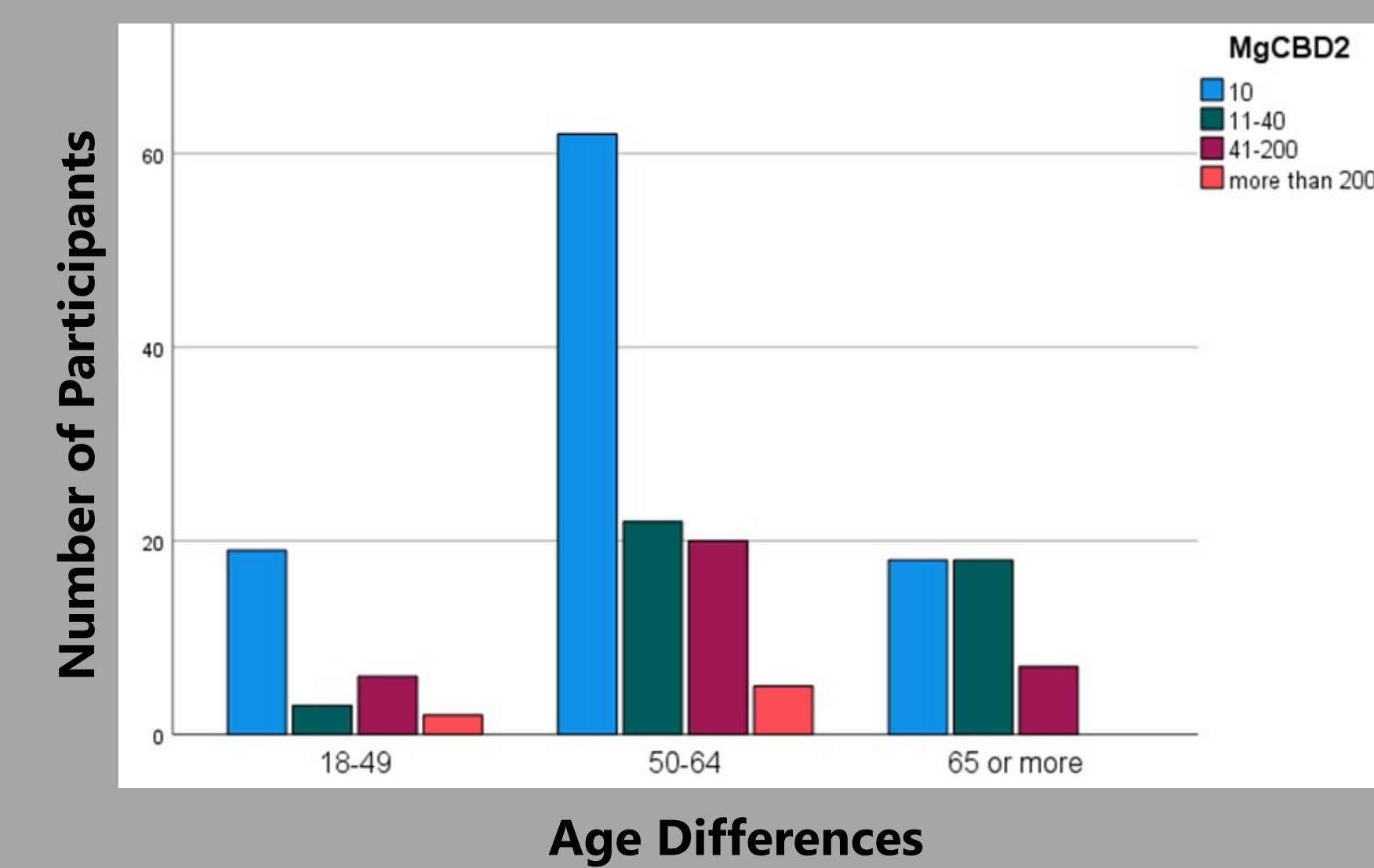
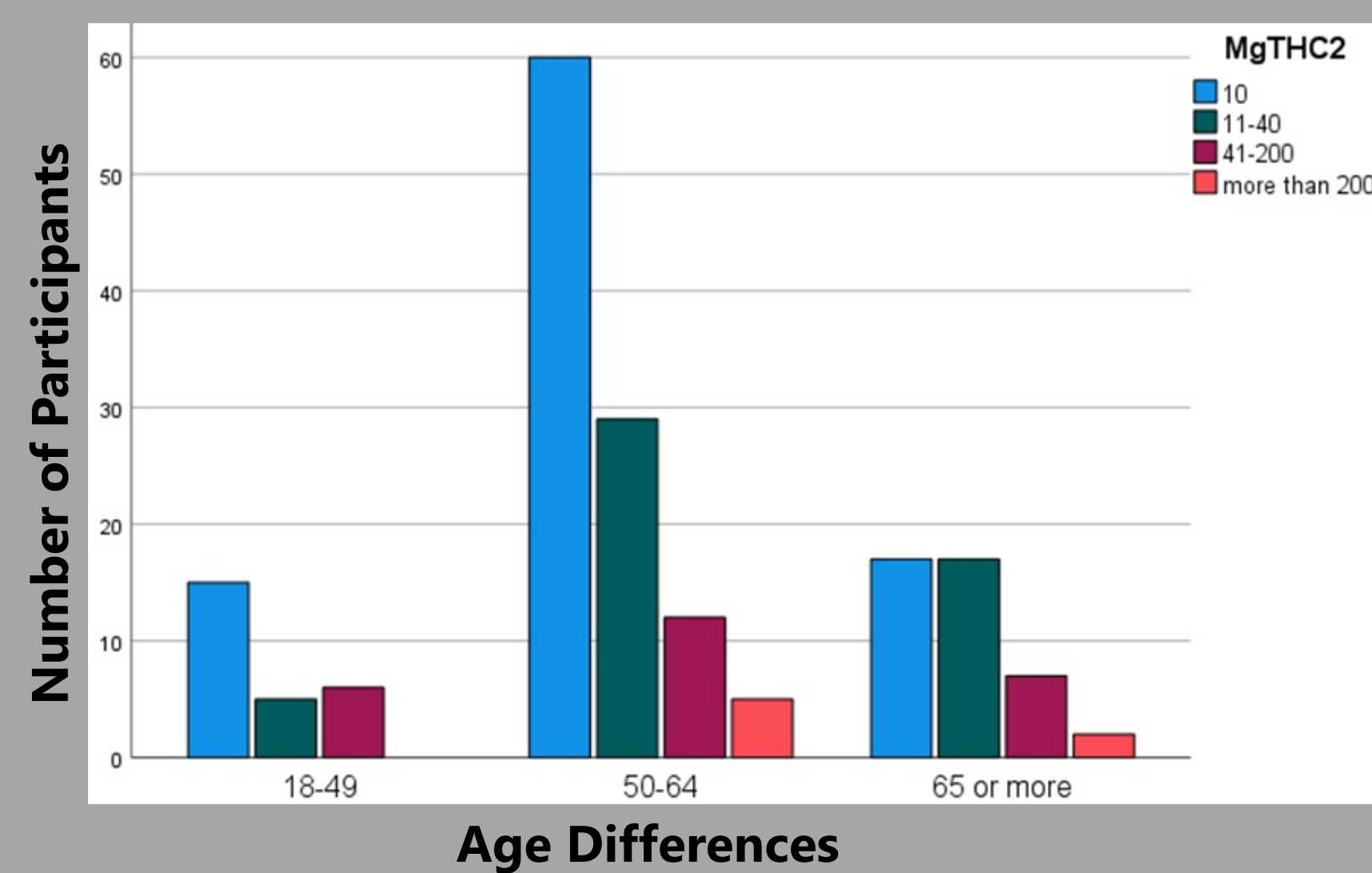
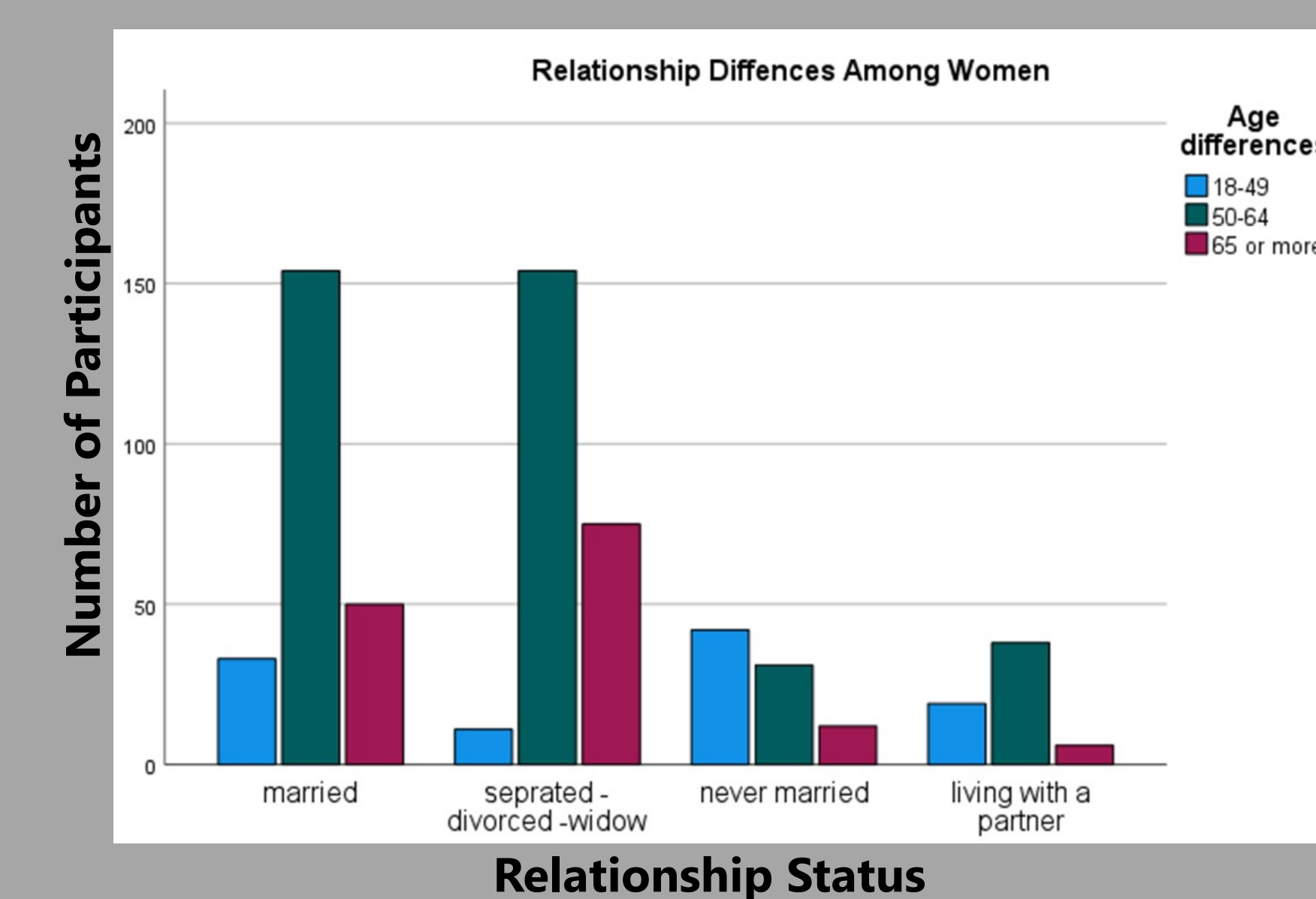
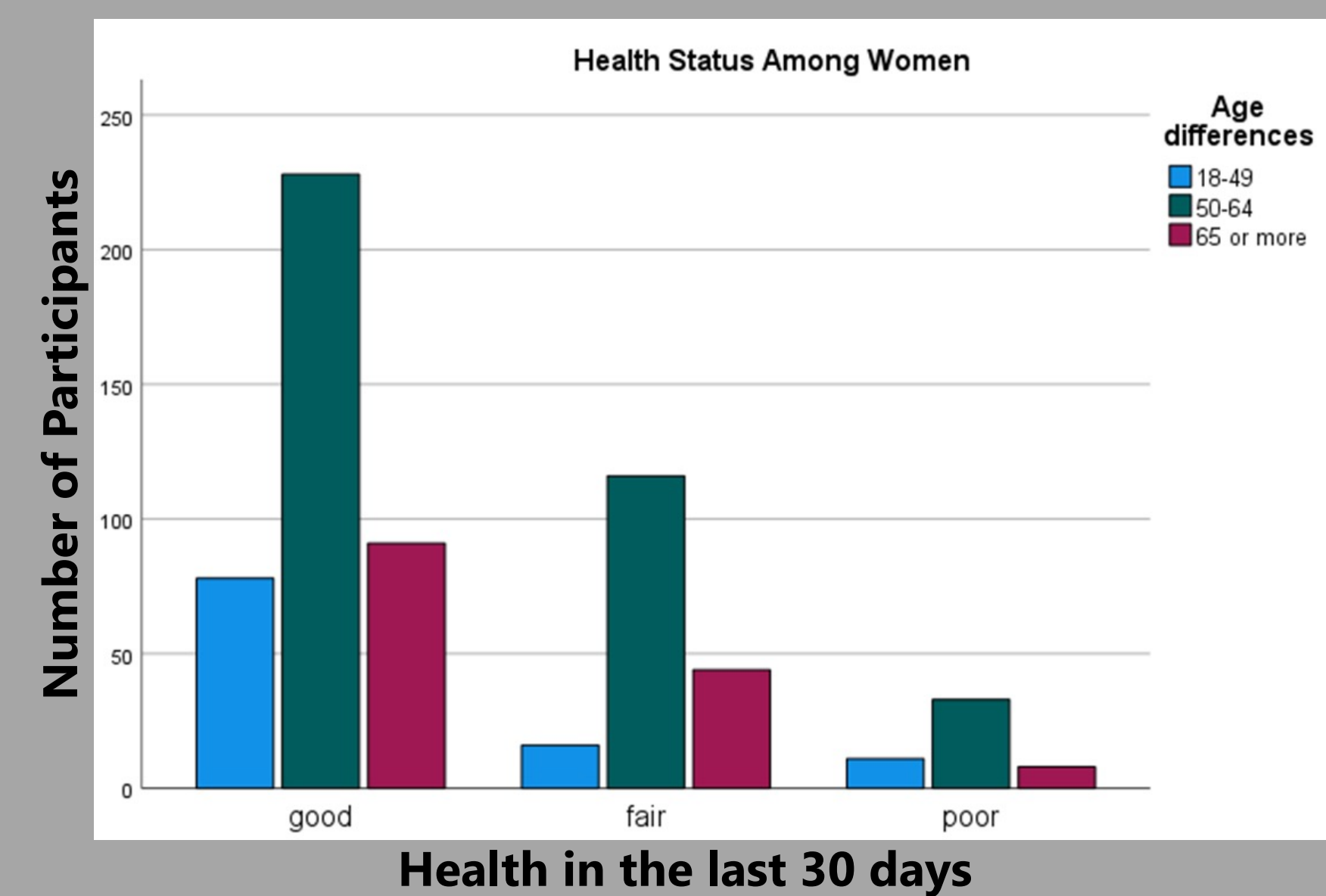
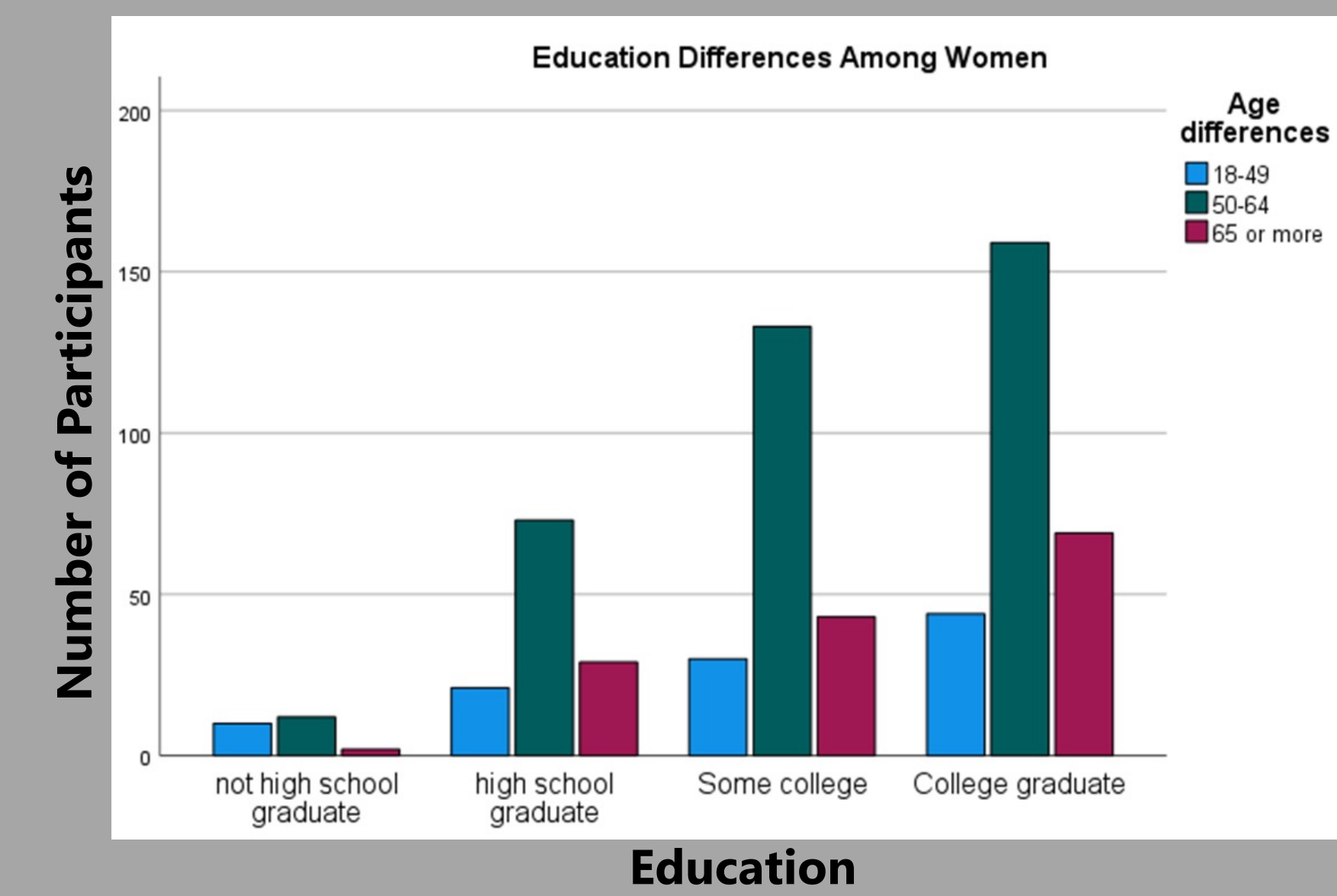
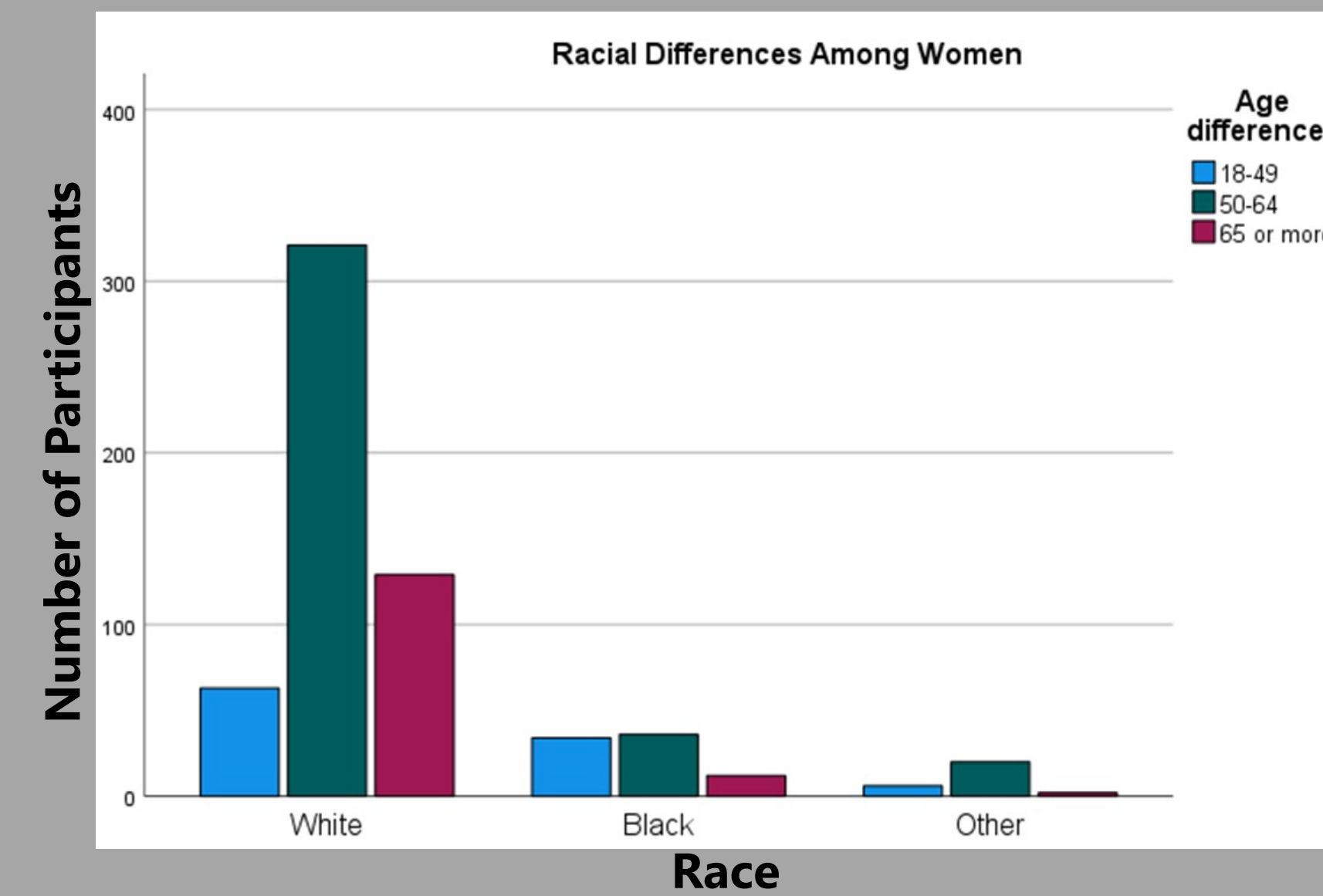
Design

- Online cross-sectional study
- A subset of participants who used CBD or THC in the past 12 months.

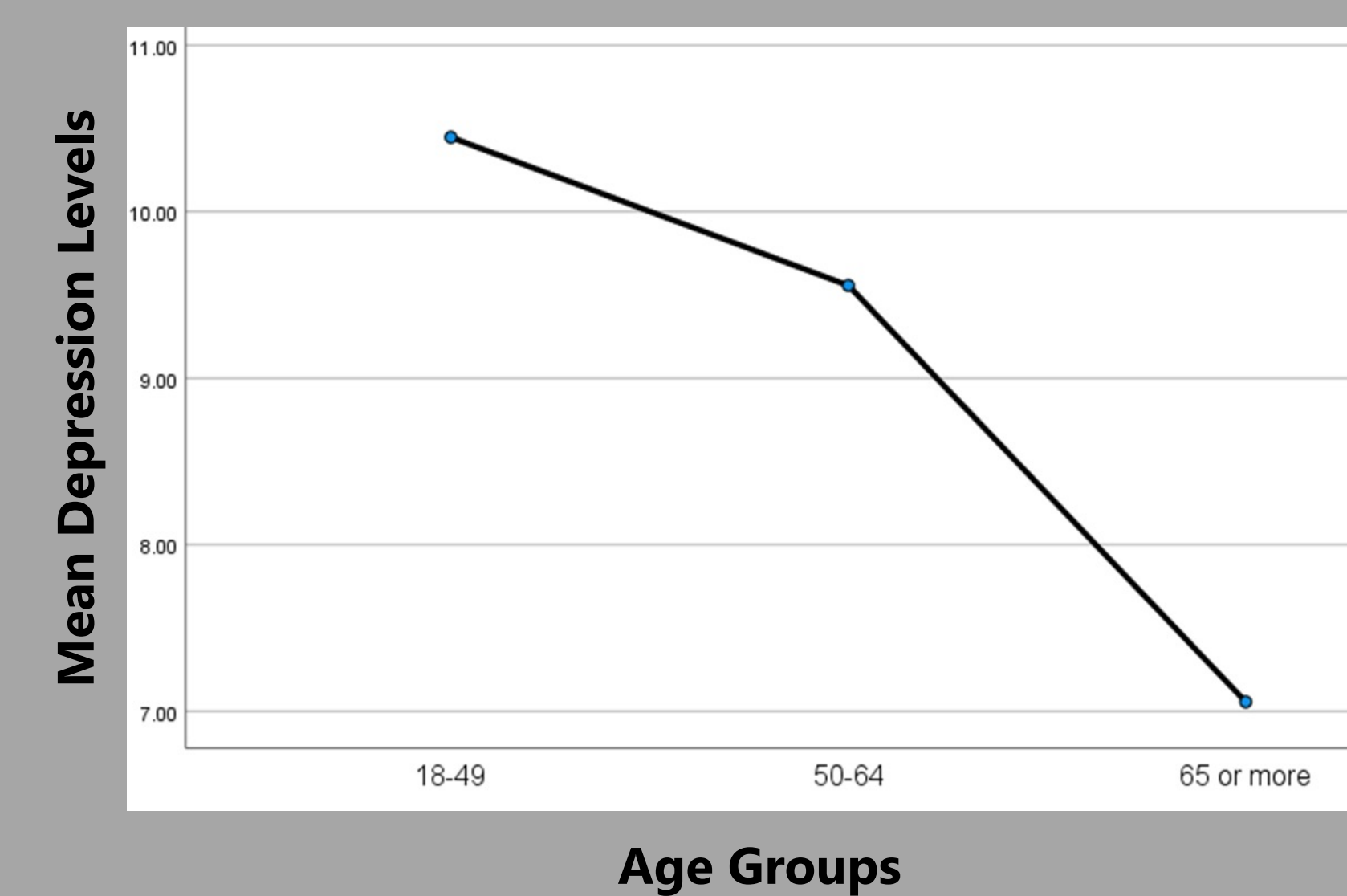
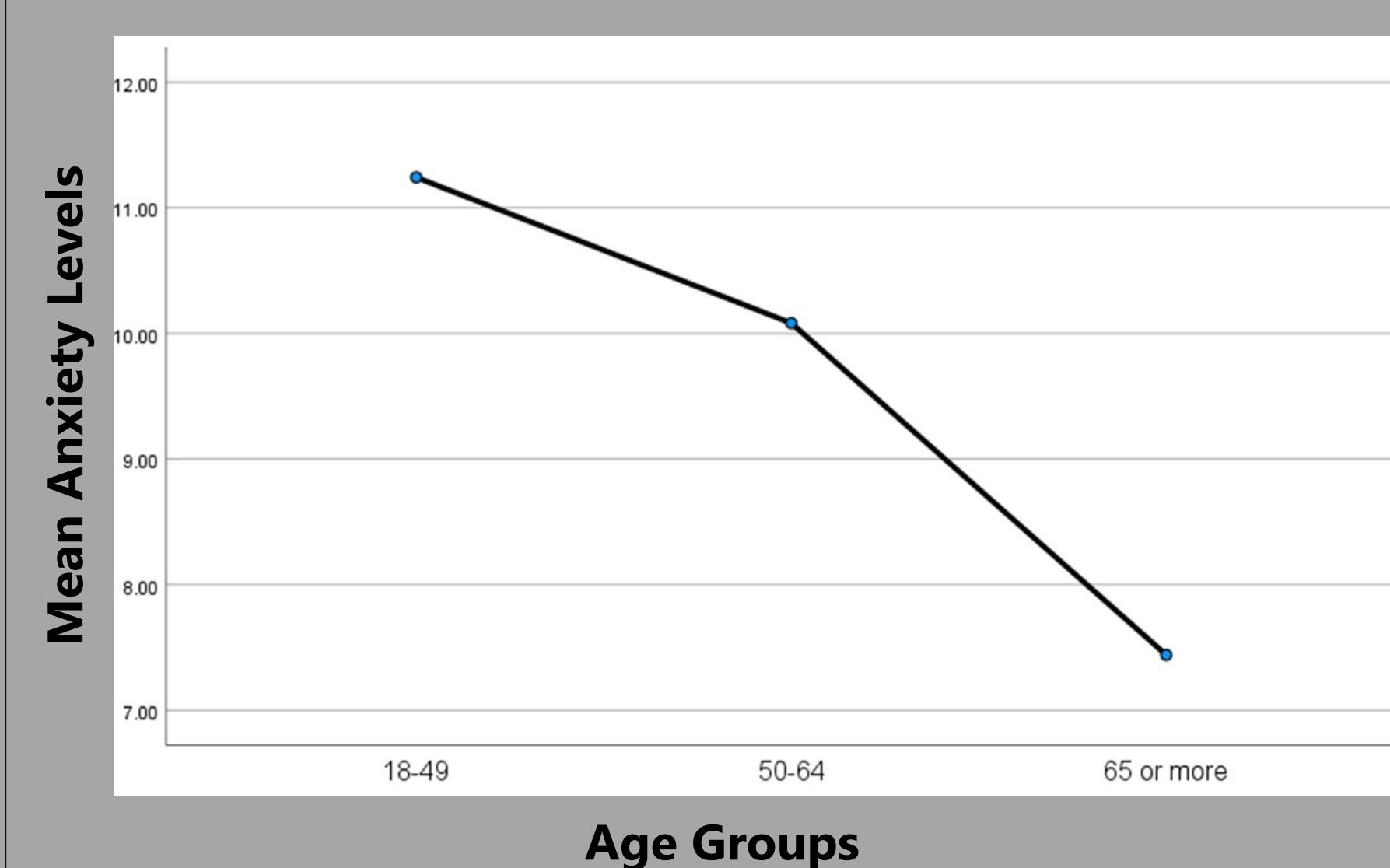
Methods

- Survey via Qualtrics to learn patterns of THC/CBD use per participant.
- PHQ8 scale to measure depression.
- OASIS scale to measure anxiety.
- Descriptive analysis using Chi-Square for categorical variables and a t-test to compare groups.
- Linear regression to identify associations between marijuana use or CBD and mental health stratified by the different age groups.

Demographics



Descriptive Measures



Results

- Significant group difference in anxiety between women that used marijuana or CBD compared to nonusers was observed ($p = .02$).
- The 18-49 group reported the highest scores in anxiety severity (mean 11.2 DS=5.3) and depression severity (mean 10.4 SD=5.9) compared to the other age groups.
- Age group analyses showed that marijuana or CBD use was negatively associated with anxiety in the 18-49 group ($\beta -.26, p=.001$) but not for the other age groups.

Conclusion

- The use of marijuana or CBD can potentially decrease anxiety in women ages 18-49.
- Studies on THC shows that anxiety may decrease at lower doses but increase anxiety at higher doses, while CBD may decrease anxiety at all doses.
- It would be important to determine the type of marijuana used (THC or CBD), dosage, and frequency.

Future Directions

- Longitudinal studies will provide further insight into determining if THC or CBD, or both, are causally linked to reductions in anxiety among different aged women.

Acknowledgments

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