

# Mindfulness Practices and the Quality of Life Among Young Adult Cannabis Consumers in South Florida: Preliminary Results from Herbal Heart Study

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## OBJECTIVE

- To investigate associations between mindfulness and quality of life among young adult cannabis users, providing valuable insights into their holistic experiences.

## BACKGROUND

- Rising cannabis use among young adults underscores the need for research on its effects.
- Mindfulness, linked to psychological and health benefits, is gaining attention in cannabis research.
- Contemporary studies increasingly explore the intersection of mindfulness and cannabis science.
- However, its impact on quality of life in young adult cannabis users, especially in South Florida, requires further investigation.

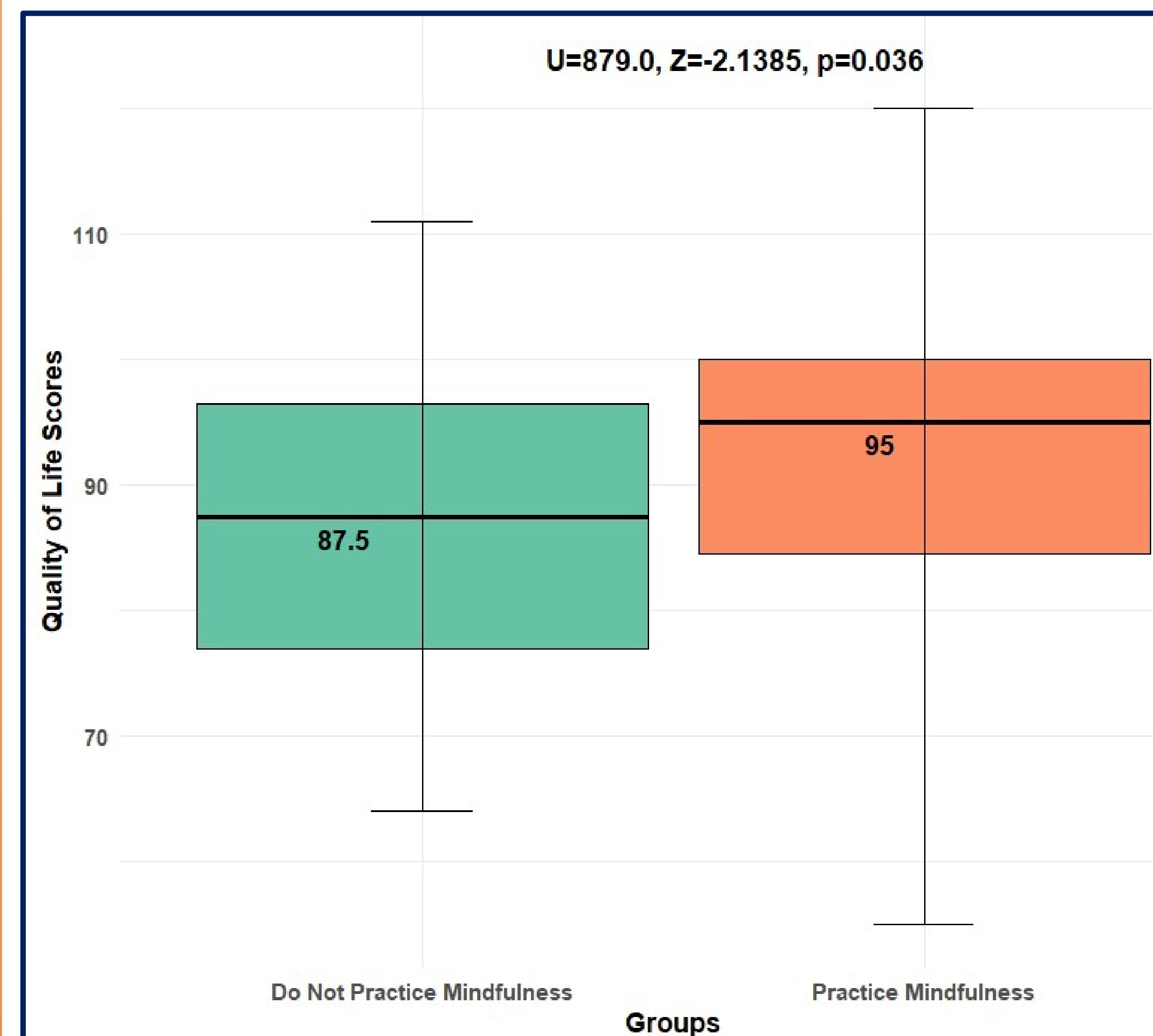
## METHODS

- Data is a subsample of cannabis users (n=76) from the baseline visit of the ongoing Herbal Heart Study cohort (N=150), studying the impact of cannabinoids and cannabis consumption routes on subclinical cardiovascular risk among young adults (18-35 years), residing in South Florida.
- The validated Five Facet Mindfulness Questionnaire (FFMQ-15) was administered to measure mindfulness with regards to thoughts, experiences, actions, and daily life.
- The overall scores of all five subscales were calculated based on standardized instruction.
- Quality of life (QOL) was assessed using the 26-item World Health Organization Quality of Life questionnaire (WHOQOL-BREF), comprising four domains: physical health, psychological well-being, social relations, and environment.
- Total scores within each domain were transformed to a 0–100 scale, aligning with WHOQOL-100 standards for comparison.
- Total QOL scores and scores across domains were compared between those practicing and not practicing mindfulness using Mann–Whitney U tests.

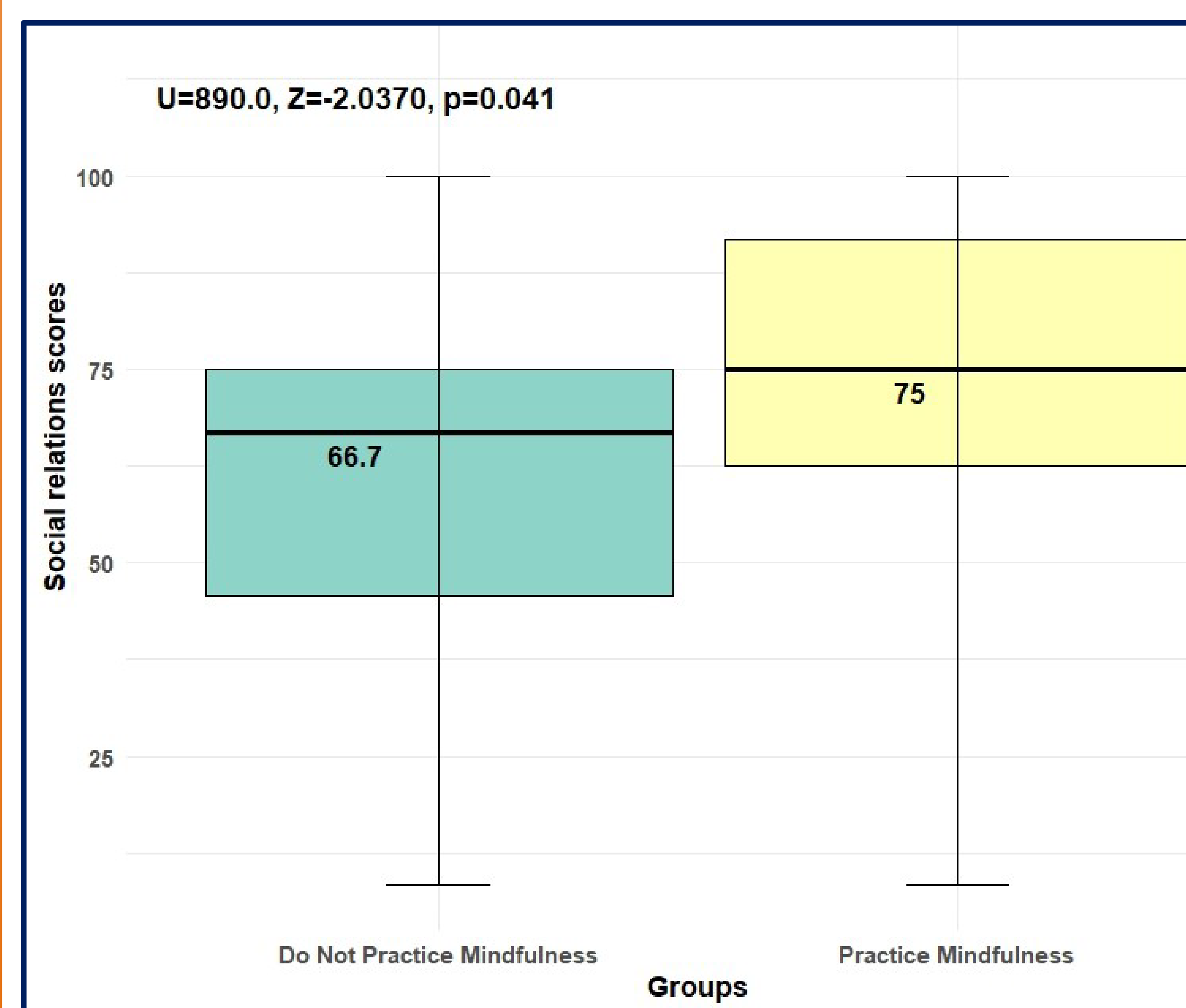
## RESULTS

- Majority of participants were female (57.9%)
- Mean age: 25.0 years (SD=4.3)
- 63.2% reported practicing mindfulness
- 55.3% were Hispanic and 44.7% self-reported as being non-Hispanic
- No significant differences in age, sex, and ethnicity between those cannabis consumers who practice and who do not practice mindfulness
- No significant differences were found between mindfulness practitioners and non-practitioners in the physical health (Z=-1.7255, p=0.089) and environment (Z=-1.3556, p=0.179) domains.

**Figure 1. Comparing Quality of Life Scores in Cannabis Users: Mindfulness Practice vs. Non-Practice**



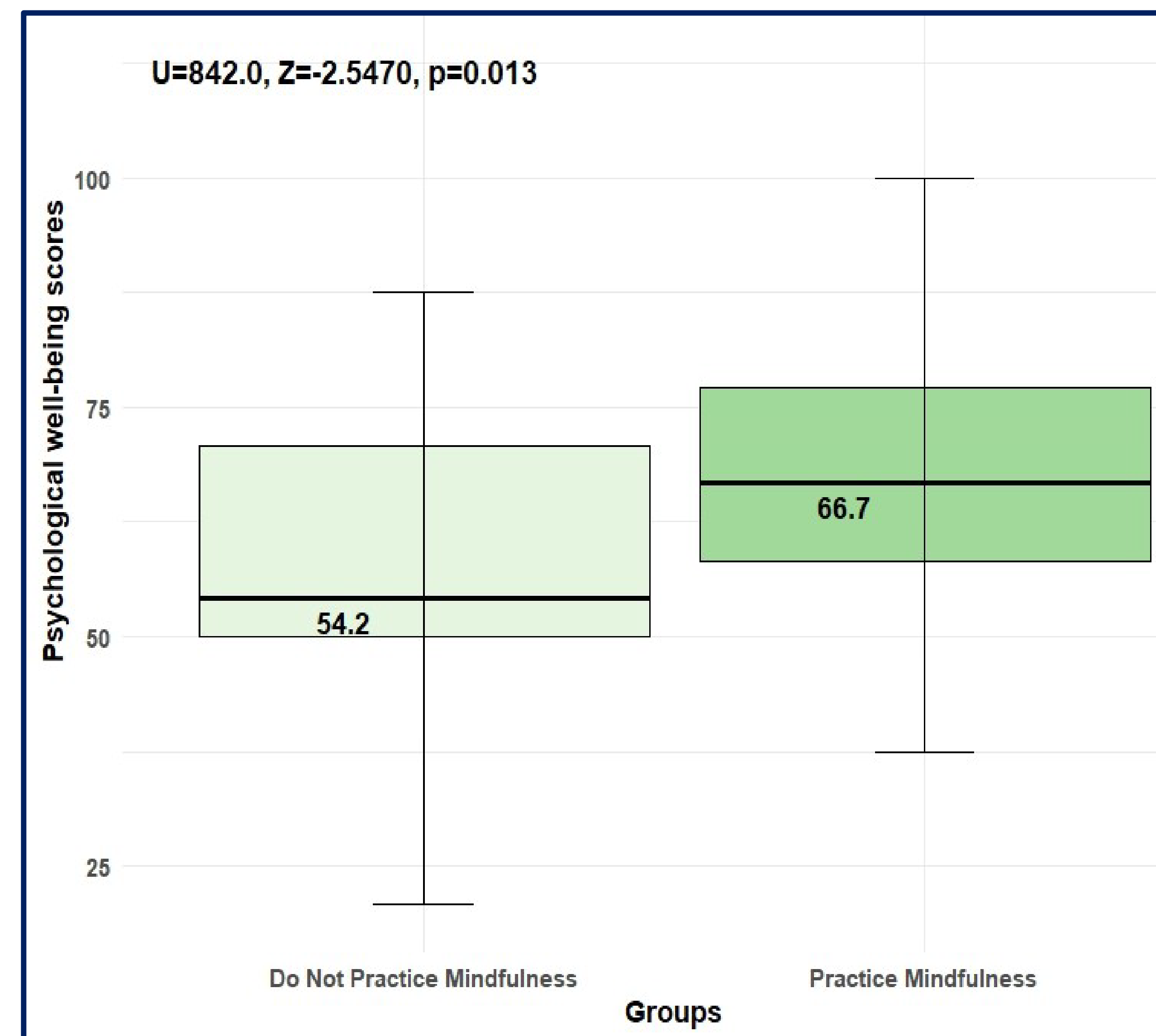
**Figure 3. Comparing Social Relations Score in Cannabis Users: Mindfulness Practice vs. Non-Practice**



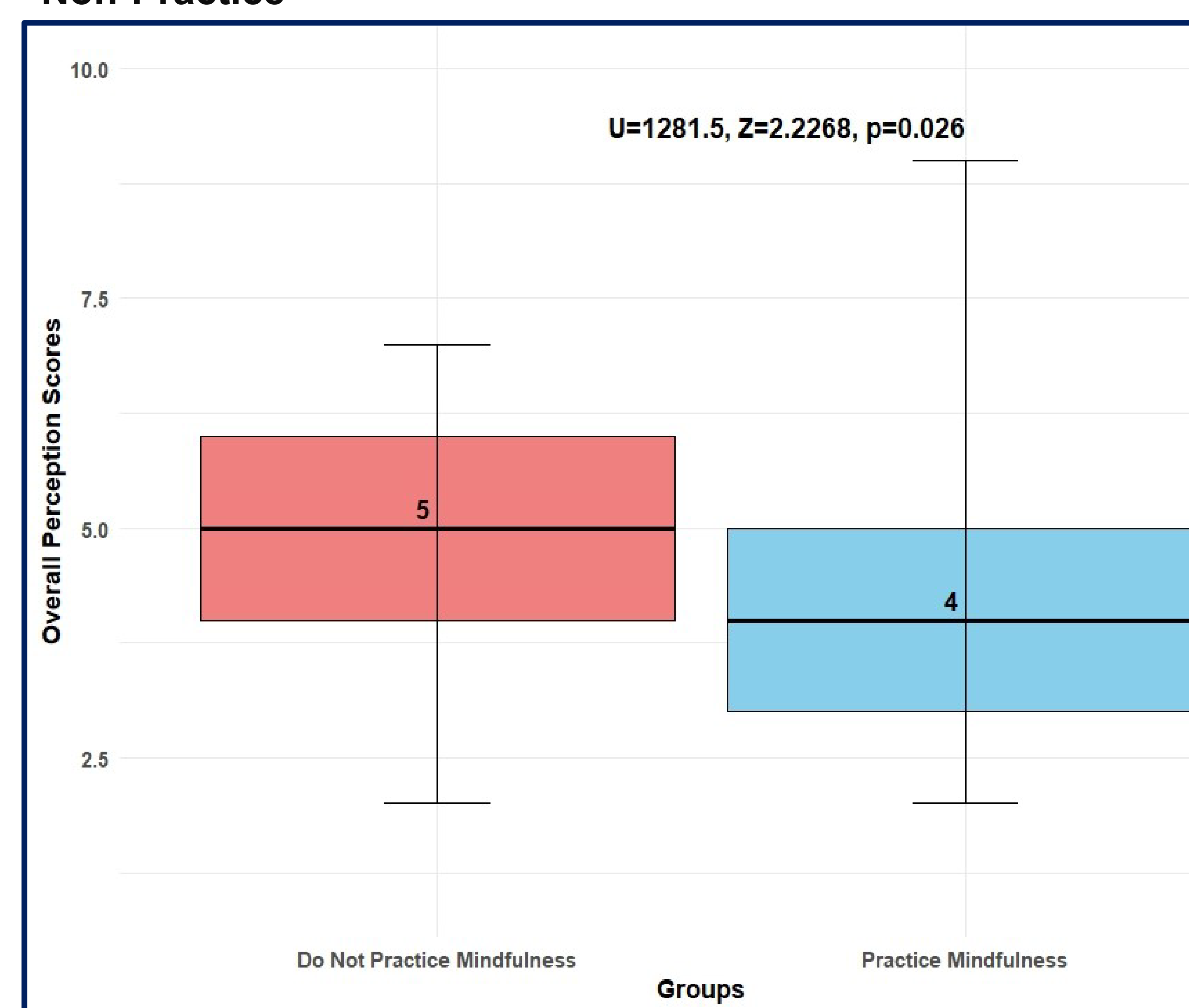
## KEY FINDINGS

- Those who reported practicing mindfulness had higher total median QOL scores as well as in higher scores for psychological well-being and social relations
  - Notably, those incorporating mindfulness practices exhibited lower median score for the overall perception of QOL and general health

**Figure 2. Comparing Psychological Well-being Scores in Cannabis Users: Mindfulness Practice vs. Non-Practice**



**Figure 4. Comparing Overall Perception of QOL and General Health Score in Cannabis Users: Mindfulness Practice vs. Non-Practice**



## CONCLUSIONS

- Findings highlight the complex interplay between mindfulness practices, cannabis use, and quality of life domains within cannabis consumers.
- Further research and nuanced interpretation of these relationships and their impact on young adult health is warranted.

## ACKNOWLEDGEMENTS

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