The Unparalleled Evils of Cannabis

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THANKS SO MUCH!

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ABMRF? CMRF?
Which Evils?

- Problems
- Respiratory Irritation
- Gateway
- Cognition
- Social Problems
- Mental Health?
- Medical
What’s different now?

• Medical use
• Legal consequences
• Changing perceptions of norms
• Modes of administration
What could we do?

• Treat depression, EOL-angst, PTSD, etc.?
• Help the opiate epidemic?
• Decrease bias (gender/ethnic)
• Publish effect sizes
• REPLICATE!
• Get IRBs to mellow out.
Is a Vaporizer Pen Right for You?

Why Vape Pens?

Marijuana is quickly absorbed by the lungs and injected into the bloodstream through vaping. Compared to alternatives, the effects of vaping are stronger so you receive the same benefits with a smaller amount.

Different Methods

Patients can choose to vape cannabis flower or cannabis concentrates. Certain types of vaporizers are only meant for cannabis flowers or concentrates, patients can do their own research in which method they prefer before purchasing a vaporizer.

How to Vape

Patients simply put the flower into the vaporizer, heat the device, and inhale the vapor. It’s best to start slowly and gently to get used to the vaporizer.
Problems?

Problems?

- N > 4,000
- 19 items 0-5
- Biggest problems:
  - Procrastinate
  - Memory loss
  - Lower energy
  - Family Problems
Problems?

- **Subjective importance?**
  - What they could have had:
    - Lost Job
    - Missed work/school
    - Financial difficulties
    - Withdrawal (loss of appetite?)
Problems?

- **OPIATES** as contrast?
  - Diagnosable depression
  - HIV positive status
  - Severe economic distress
  - Homelessness
Protectives

• Lower quantity
• Lower frequency
• Use later in the day
• Plan ahead
  • If this is what it takes....
  • Motivational Interviewing
  • Relapse Prevention
  • TSF
Opiate Substitution

- Could!
- Doesn’t!
- Do people not understand?
  - Analgesic effects Inverted U
  - “Goldilocks” dose varies with tolerance
Active ingredients

- THC
  - Analgesic
  - Anxiolytic
  - Soporific
  - Appetite enhancer
  - Anti-nausea
  - Antinflammatory
## Pre- and post-intervention outcomes for individuals without respiratory illness ($n = 12$).

<table>
<thead>
<tr>
<th></th>
<th>Pre-M (SD)</th>
<th>Post-M (SD)</th>
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<tr>
<td>Respiratory distress</td>
<td>26.1 (14.2)</td>
<td>6.92 (4.66)</td>
<td>6.22 (11)</td>
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<sup>a</sup> Significant at the 0.05 level.
Cannabisblüten vor und nach dem Verdampfen (Copyright Vapormed, Photograph by Joop)
Volcano Erupts
What can we do instead?

- Expectancies for eating disorders
- Women’s health expectancies
- Cannabis-assisted Psychotherapy
ED?

ED?

• decrease restrictive eating, compensatory behaviors, preoccupation with body shape and weight
• fear of eating and weight gain.
• NO HELP FOR BINGES!
• No link to frequency or problems
What can we do instead?

• Treatments for depression leave 35% of clients unimproved.
Psilocybin for depression
Psilocybin for depression

- Excellent screening
- Therapeutic support
- Set and Setting
  - Eye shades
  - Music
  - Guides
  - Expectancies
- https://kindminds.ca/
Of all illnesses and maladies in the world, there are few that prove as much of a nuisance as migraines.

For the last 20 years, it has been claimed that migraines might be caused by inflammation of the dura mater and the outer casing of the brain.

Among the most common migraine causes are: a woman’s menstrual cycle, weather changes, food poisoning and strong chemical odors. The specific physiological cause, however, is mostly unknown.

Other studies have shown that serotonin rates dropping to alarmingly low levels may have a direct connection with experiencing migraine attacks.

When it comes to medicines that can help alleviate pain resulting from migraine attacks, cannabis might be one of the most effective, as well as one of the safest out there.

Other than the CBs, ECS also harbors and produces 2-AG as well as anandamide, which are endocannabinoids whose main function is regulating neuropeptide release.

Cannabis can activate serotonin receptors which support its role as a potential migraine prophylactic.

Cannabis treatment is not without its flaws. There is a risk that it could lead to developing tolerance against the substance in the body.

Studies conducted in recent years have repeatedly shown that cannabis can help decrease migraine rates by over 50% per month.

Whatever the consequences of cannabis treatment, there is undoubtedly enough market and demand for it. And it is expected to grow in the near future.

IT IS ESTIMATED THAT CLOSE TO 5 MILLION ADULTS EXPERIENCE MIGRAINE EVERY DAY. Similarly, statistics show that over 14 migraines occur per every month in total.

PEOPLE WHO EXPERIENCE MIGRAINE RISK SEVERAL OTHER ILLNESSES THAT COME WITH THE CONDITION, SUCH AS FEELING DEPRESSED, ANXIOUS, AND DEVELOPING INSOMNIA.
Psilocybin for depression

- **Mechanisms?**
  - Default mode network
  - Mystical Experiences (Oceanic Boundlessness)
  - Emotional Breakthrough
Why not cannabis?

- Mechanisms?
  - Default mode network
  - Mystical Experiences (Oceanic Boundlessness)
  - Emotional Breakthrough
Aversive but meaningful?

What’s OBN?

• I experienced an all-embracing love
• Many things appeared to be breathtakingly beautiful
• My experience had religious aspects.
• I experienced a touch of eternity.
• Everything seemed to unify into an oneness.
• Conflicts and contradictions seemed to dissolve
• I had the feeling of being connected to a superior power.
Oceanic Boundlessness

- “Highest High”?
- Approx 20% had “breakthrough” expectancies
Expect antidepressant effects?

- Established mechanisms...
- TWO MORE SAMPLES > 500 EACH
Expect antidepressant effects?

- Established mechanisms...

- TWO MORE SAMPLES > 500 EACH
Expect antidepressant effects?

- “New research suggests that depressed people can benefit from taking the hallucinogen psilocybin and sitting quietly in a safe laboratory setting while listening to music, wearing an eye mask, and focusing on the effects. Do you think a dose of cannabis might help depression if administered under comparable circumstances?” from 0 (Not at all) to 100 (A great deal). Scores ranged from 0 to 100, Mean = 65.40; SD = 26.384
Dysfunctional Attitudes

- It is difficult to be happy, unless one is good looking, intelligent, rich and creative.
- If I do not do well all the time, people will not respect me.
- If a person asks for help, it is a sign of weakness.
- If I do not do as well as other people, it means I am an inferior human being.
- If I fail at my work, then I am a failure as a person.
- If you cannot do something well, there is little point in doing it at all.
Expectancies for Cannabis-Induced “Emotional Breakthrough”, Ego Dissolution, OBN, Antidepressant Effects, Dysfunctional Attitudes, and Use (N = 570)

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E.O.L.?  

RSMJ!

• Invite colleagues
• Submit to *Cannabis*
• Pre-register
• Report effect sizes
• FOLLOW YOUR BLISS