Benefits, Risks, & Quality of Life

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INTRODUCTION
- Young adults users with and without chronic pain perceive high benefits and low risk of their cannabis use
- Little is known about whether perceived benefits and risks are associated with health outcomes, such as quality of life (QOL)
- RQ: Do young adults with and without pain differ in associations of perceived benefits, risks, and QOL?

METHOD
- N = 176, ages 18-29, Mage=21.14
- 42.7% female, 4.0% non-binary, 76.7% white
- 80.7% use ≥ daily
- 51.1% met chronic pain criteria
- Reported perceived cannabis benefits and risks (e.g. “What are your chances of experiencing positive/negative health outcomes due to your marijuana use at some point in your life?” (1=Very low, 7=Very high)
- Mental and physical health were assessed using the RAND-36 measure of health-related QOL.
- T-test and Multiple regression planned analyses.

RESULTS
- No differences by pain status on overall perceived benefits (d=.14, p=.37) or risks (d=.02, p=.91)
- There were significant main effects of perceived benefits (β=.19, CI:0.03, 0.19, p=.006) and risks (β=-.27, CI:-0.50, -0.03, p=.03) on Mental health and no differences by chronic pain status.
- No main effect of perceived benefits (β=0.06, CI:-0.03, 0.11, p=.30) or risks (β=-.06, CI:-0.27, 0.15, p=.56) on physical health. There was a significant pain status X benefit interaction (β=-.18, CI:-.29, -.01, p=.04, R²Δ=.015).

DISCUSSION
- Perceiving higher benefits and lower risk of cannabis use is associated with better mental health
- Young adults without chronic pain who perceive more benefits report better physical health

![Graph showing the relationship between perceived benefits and physical component score]

For more information or a list of references, contact Bethany Shorey-Fennell: b.shoreyfennell@wsu.edu