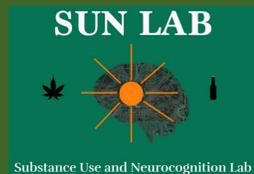




Effects of Age and Sex on Primary Method and Form of Cannabis Use

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Introduction

- While cannabis is the most commonly used illicit substance, few studies have focused on the relationship between sociodemographic factors and primary method or form of cannabis use.^{1,2}
- The current study examined the effects of age and sex on primary method (joints, hand pipe, bong, hookah, vaporizer, edibles, other) and form (marijuana, concentrates, edibles, other) of cannabis use.

Methods

- Recruitment occurred between October and November, 2019
- Online survey consisting of demographic, substance use, and general mental health questionnaires
- Participants were divided based on sex and age (Y=adults 18-25, O=adults 26 and older)

Inclusionary Criteria

- 18 years of age and older
- U.S. citizens
- Reported lifetime cannabis use
- Fluent in English

Exclusionary Criteria

- Survey completion in under 5 minutes
- Discrepancies in self-reported age and cannabis use on survey

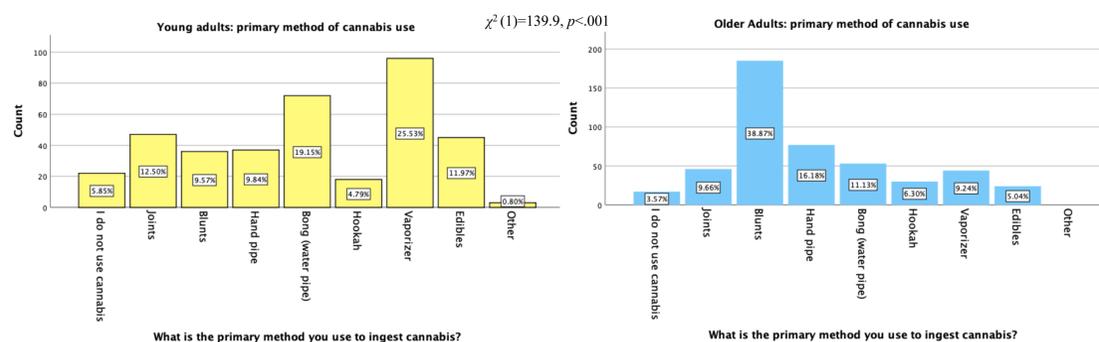
Daily Sessions, Frequency, Age of Onset, and Quantity of Cannabis Use Inventory³ — this questionnaire collects information relating to cannabis use methods and forms

➤ (E.g. *What is the primary method you use to ingest cannabis? What is the primary form of cannabis you use?*)

Statistical Analysis: Chi square analysis was used to examine the effects of age and sex on the primary form and method of cannabis use ($p < .05$). Post hoc comparisons using Bonferroni correction (adjusted $p = 0.002$) were used to identify significant effects of age and sex within the chi square analysis, for both primary form and method of cannabis use.

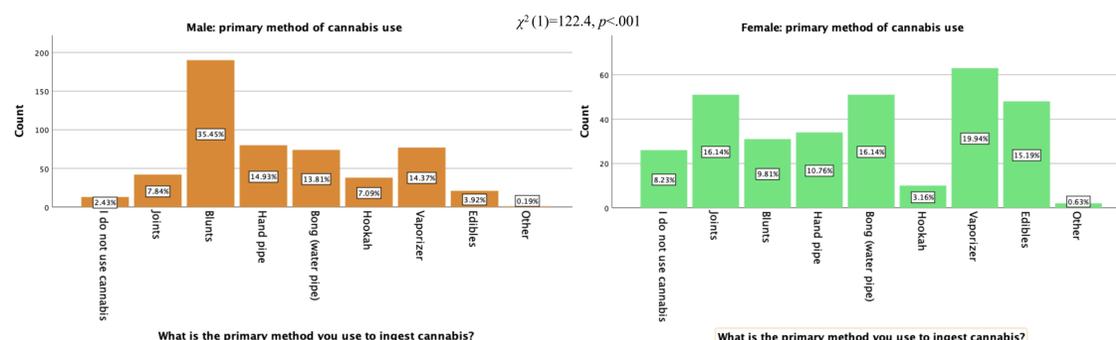
Results

Age differences in the primary method of cannabis use

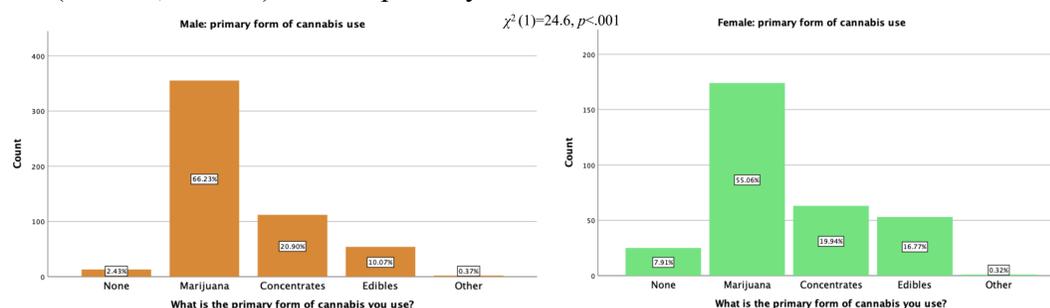


- For primary method, young adults are significantly more likely to report using:
 - Bongs (Y=19%; O=11%),
 - Vaporizers (Y=26%; O=9%)
 - Edibles (Y=12%; O=5%)
- Participants 26 or older are significantly more likely to report using blunts (O=39%; Y=10%) as their primary method of cannabis use.
- There were no significant differences for age groups for primary form of cannabis use.

Sex differences in the primary method and form of cannabis use



- Males are significantly more likely to report blunts as their primary method of cannabis use (M=81%; F=13%).
- Females are significantly more likely to report joints (F=16%; M=8%) and edibles (F=15%; M=4%) as their primary method of cannabis use.



- Males are significantly more likely to report marijuana (M=81%; F=55%) as their primary form of cannabis use.
- Females are significantly more likely to report edibles (F=17%; M=10%) as their primary form of cannabis use.

Participant Characteristics	Total (N=852)
Age	M(SD) or %
Adults 18 to 25	376
Adults 26 and Older	476
Sex (% Male)	63.00%
Ethnicity	
Hispanic/Latinx	32.20%
Not Hispanic/Latinx	66.80%
Unknown	1.00%
Race	
White	65.60%
Black or African American	19.10%
American Indian or Alaskan Native	4.60%
Asian	3.80%
More than One Race	3.50%
Native Hawaiian/Other Pacific Islander	2.00%
Other	1.20%
Unknown	0.20%

Discussion

- We found a significant effect of age on the primary method of cannabis use, and a significant effect of sex on the primary method and form of cannabis use.
- Future studies should examine how additional sociodemographic factors can affect patterns of cannabis use and long-term health outcomes.
- Further data is needed on preferences for primary method and form of cannabis use in middle-age and older adults.
- Future studies may also address how recreational marijuana legalization may affect age and sex differences in cannabis use in states where cannabis is legal recreationally vs. those where it is not.

References

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