

Dispositional mindfulness profiles and cannabis use among U.S. college students

Jenny D. Earnest, Hannah A. Carlon, & Margo C. Hurlocker

Department of Psychology, University of New Mexico
Correspondence: mhurlocker@unm.edu



Introduction

- Mindfulness refers to non-judgmental awareness in the present moment and is often cited as protective against risky substance use. However, the specific association between the five facets of mindfulness and risky cannabis use has been inconsistent.
- This inconsistency may be partially due to the use of variable-centered approaches, which assume samples represent a homogenous population—person-centered approaches overcome this limitation by identifying distinct subgroups.
- One study to date has examined subgroups of mindfulness in relation to patterns of cannabis use, finding three clusters. The Non-Judgmentally Aware cluster demonstrated less problematic cannabis use.¹
- Latent profile analyses (LPA)—a more flexible person-centered approach—may further elucidate the mindfulness-cannabis use relationship.

Purpose

- As a secondary analysis of data derived from the Stimulant Norms and Prevalence (SNAP) study, the current study used latent profile analysis to identify distinct profiles of dispositional mindfulness and explore how they relate to risky cannabis use.

Methods

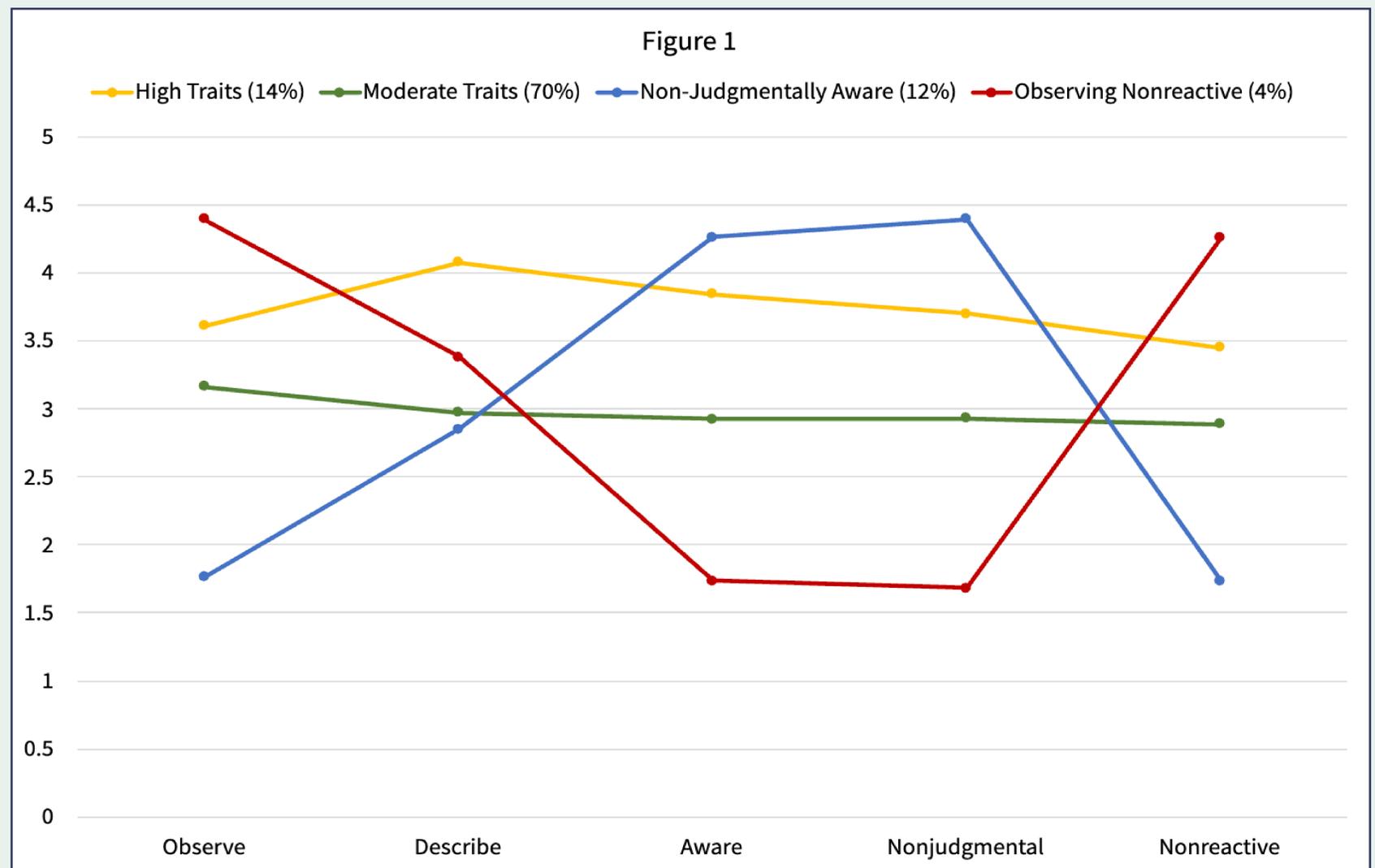
Participants

- 683 college students (69.6% female) who endorsed past-month cannabis use.
- 47.4% White non-Hispanic, 14.4% Black, 7.6% Hispanic, 3.4% Asian, 25.3% Multi-racial).

Measures

- Five-Facet Mindfulness Questionnaire (FFMQ)
- Brief Marijuana Consequences Questionnaire (B-MACQ)
- Cannabis Use Disorder Identification Test Revised (CUDIT-R)

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Results

- 4 distinct profiles were found: High Traits (14%; high scores across all facets), Moderate Traits (70%; moderate scores across all facets), Non-judgmentally Aware (12%; high scores on non-judgment and acting with awareness), and Observing Nonreactive (4%; high scores on observing and nonreactivity).
- The Observing Nonreactive profile demonstrated more hazardous cannabis use than all other profiles, and the High Traits profile demonstrated more hazardous use than the Moderate Traits and Non-judgmentally Aware profiles.
- The Observing Nonreactive and High Traits profiles demonstrated more cannabis consequences than the Moderate Traits and Non-judgmentally Aware profiles.

Implications / Future Directions

- We replicated prior findings of a High Traits and a Non-Judgmentally Aware profile, but also found a Moderate Traits and an Observing Nonreactive profile.
- Whereas high levels of the nonjudgmental and awareness facets appear protective against risky cannabis use, high levels on all facets, particularly the observing and nonreactive facets, appear related to risky cannabis use and merit further inquiry.
- Gaining clarity on how the facets of mindfulness relate to cannabis use outcomes can help guide the substance use field toward more effective prevention and treatment of risky cannabis use.

References

1. Bronchain, J., Raynal, P. & Chabrol, H. (2020.) Dispositional mindfulness profiles and cannabis use in young adults. *Journal of Rational-Emotional & Cognitive-Behavioral Therapy*. <https://doi.org/10.1007/s10942-020-00382-z>