

# Distress Tolerance and Hazardous Cannabis Use: Does the Form of Cannabis Matter?

Melissa Sotelo, B.A. & Anita Cservenka, Ph.D.



Contact information:  
melissa.sotelo@oregonstate.edu

## BACKGROUND

- Cannabis users report lower distress tolerance, which may be related to greater vulnerability for hazardous cannabis use (Zvolensky et al., 2009)
- Primary form of cannabis used (marijuana flower, concentrates, or edibles) has not been examined as a potential moderator of this relationship
- **We examined whether primary form of cannabis used moderates the association between distress tolerance and hazardous cannabis use**

## METHODS

### Participants:

- 695 (67.6% male, mean age±SD = 27.0±6.05) past-month cannabis users

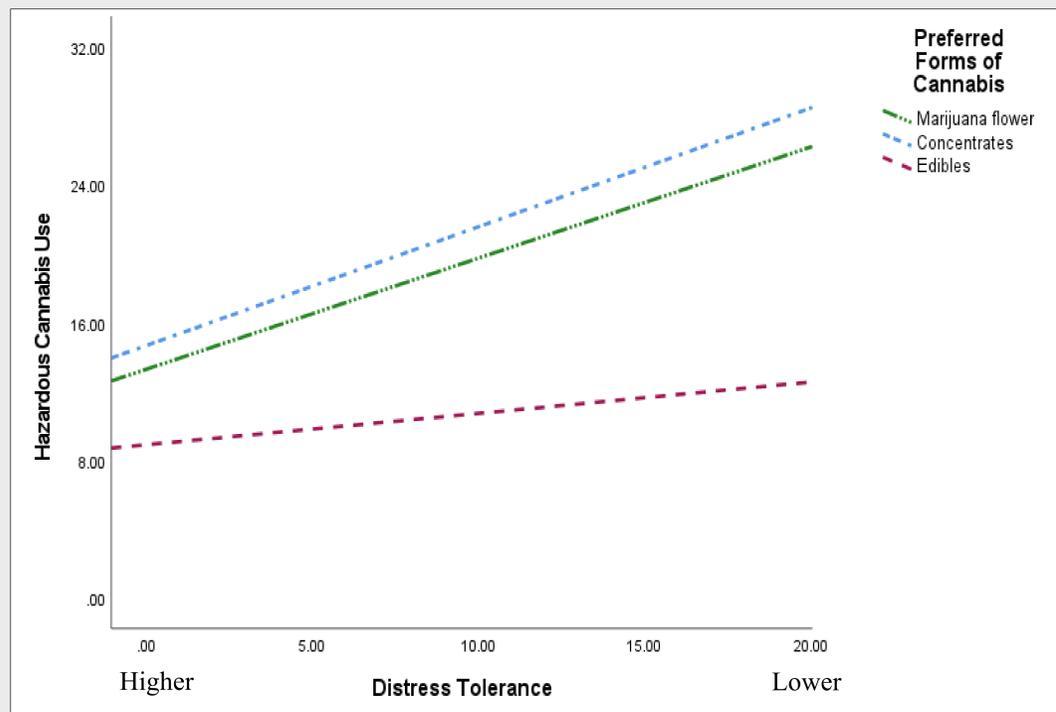
### Measures:

- Distress Tolerance Scale (DTS; Simons & Gaher, 2005)
- Cannabis Use Disorder Identification Test-Revised (CUDIT-R; Adamson & Sellman, 2003)
- Daily Sessions, Frequency, Age of Onset, and Quantity of Cannabis Use Inventory (Cutler & Spradlin, 2017)

### Statistical Analyses:

- Multiple linear regression assessed whether distress tolerance, preferred form of cannabis, and their interaction were associated with hazardous cannabis use, controlling for demographic covariates
- Post-hoc simple slopes analysis used to investigate any significant ( $p < 0.05$ ) interaction

*Preferred Form of Cannabis Moderates the Relationship Between Distress Tolerance and Hazardous Cannabis Use*



	Total (N=695)
<b>Cannabis Form Preference</b>	<b>M(SD) or %</b>
Marijuana flower preference	68.20%
Concentrates preference	20.00%
Edibles preference	11.80%
<b>Past 30-day Substance Use</b>	
Cannabis Use Days	11.18 (8.21)
Alcoholic Drinks	6.53 (14.91)
Cigarettes	11.45 (100.50)
E-Nicotine Use Days	1.49 (5.03)
Illicit Substances	0.17 (1.20)
<b>Scores on Predictor and Outcome Variables</b>	
DTS Total score	11.69 (3.10)
CUDIT-R Total score	13.03 (5.99)

## RESULTS

- Lower distress tolerance was significantly associated with more hazardous cannabis use
- Preference for concentrates compared to marijuana flower, preference for marijuana flower compared to edibles, and preference for concentrates compared to edibles were associated with more hazardous cannabis use
- The relationship between distress tolerance and hazardous cannabis use was moderated by preference for form of cannabis used
  - Significant association for those who preferred using concentrates or flower as their primary form of cannabis, but not edibles

## DISCUSSION

- These results may help inform the development of interventions for those with low distress tolerance to minimize hazardous cannabis use
- In particular, discourage the use of concentrates for those with low distress tolerance