

# Cannabis for Depression? A Look at the Evidence

by Ariana Ayu, RN, MSc

## References

- Abuhasira, R., Schleider, L. B.-L., Mechoulam, R., & Novack, V. (2018). Epidemiological characteristics, safety and efficacy of medical cannabis in the elderly. *European Journal of Internal Medicine*, 49, 44–50. <https://doi.org/10.1016/j.ejim.2018.01.019>
- Alsaraireh, F. A., & Aloush, S. M. (2017). Mindfulness Meditation Versus Physical Exercise in the Management of Depression Among Nursing Students. *Journal of Nursing Education*, 56(10), 599–604. <https://doi.org/10.3928/01484834-20170918-04>
- Backes, M. (2017). *Cannabis Pharmacy: The Practical Guide to Medical Marijuana -- Revised and Updated* (Kindle ed.). Black Dog & Leventhal.
- Bahorik, A. L., Leibowitz, A., Sterling, S. A., Travis, A., Weisner, C., & Satre, D. D. (2017). Patterns of marijuana use among psychiatry patients with depression and its impact on recovery. *Journal of Affective Disorders*, 213, 168–171. <https://doi.org/10.1016/j.jad.2017.02.016>
- Bahorik, A. L., Sterling, S. A., Campbell, C. I., Weisner, C., Ramo, D., & Satre, D. D. (2018). Medical and non-medical marijuana use in depression: Longitudinal associations with suicidal ideation, everyday functioning, and psychiatry service utilization. *Journal of Affective Disorders*, 241, 8–14. <https://doi.org/10.1016/j.jad.2018.05.065>
- Bean, S., & Smith, M. J. (2016). Medical cannabis: Identifying ethical and policy implications for healthcare organizations in Canada. *Journal of Pain Management*, 9(4), 473–479. [https://www.researchgate.net/publication/315110888\\_Medical\\_cannabis\\_Identifying\\_ethical\\_and\\_policy\\_implications\\_for\\_healthcare\\_organizations\\_in\\_Canada](https://www.researchgate.net/publication/315110888_Medical_cannabis_Identifying_ethical_and_policy_implications_for_healthcare_organizations_in_Canada)
- Bluett, R. J., Gamble-George, J. C., Hermanson, D. J., Hartley, N. D., Marnett, L. J., & Patel, S. (2014). Central anandamide deficiency predicts stress-induced anxiety: behavioral reversal through endocannabinoid augmentation. *Translational Psychiatry*, 4(7), e408. <https://doi.org/10.1038/tp.2014.53>
- Bonn-Miller, M. O., Loflin, M. J. E., Thomas, B. F., Marcu, J. P., Hyke, T., & Vandrey, R. (2017). Labeling Accuracy of Cannabidiol Extracts Sold Online. *JAMA*, 318(17), 1708. <https://doi.org/10.1001/jama.2017.11909>
- Campos, A. C., Moreira, F. A., Gomes, F. V., Del Bel, E. A., & Guimarães, F. S. (2012). Multiple mechanisms involved in the large-spectrum therapeutic potential of cannabidiol in psychiatric disorders. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 367(1607), 3364–3378. <https://doi.org/10.1098/rstb.2011.0389>
- Canlio. (2016, October 20). *Dr. Gabor Maté - Cannabis and addiction* [Video]. YouTube. [https://youtu.be/k2R3\\_728Xxc](https://youtu.be/k2R3_728Xxc)

# Cannabis for Depression? A Look at the Evidence

by Ariana Ayu, RN, MSc

## References

- Cole, T. J. (2016, April 29). *Hemp for Brownfields, Green Spaces and Gardens in Pennsylvania*. Pennsylvania Hemp Industry Council. <http://www.pahic.org/2016/04/>
- Cuttler, C., Spradlin, A., & McLaughlin, R. J. (2018). A naturalistic examination of the perceived effects of cannabis on negative affect. *Journal of Affective Disorders, 235*, 198–205. <https://doi.org/10.1016/j.jad.2018.04.054>
- Dossey, B. M., Luck, S., & Schaub, B. G. (2015). *Nurse coaching: Integrative approaches for health and wellbeing* (Kindle ed.). International Nurse Coach Association.
- Empower the Mind. (2016, October 18). *Gabor Maté - Manifesting the mind - Inside the psychedelic experience* [Video]. YouTube. <https://youtu.be/ZdO-Nyk4-jU>
- Falsafi, N. (2016). A Randomized Controlled Trial of Mindfulness Versus Yoga. *Journal of the American Psychiatric Nurses Association, 22*(6), 483–497. <https://doi.org/10.1177/1078390316663307>
- Fitzgibbon, M., Finn, D. P., & Roche, M. (2015). High Times for Painful Blues: The Endocannabinoid System in Pain-Depression Comorbidity. *International Journal of Neuropsychopharmacology, 19*(3), pyv095. <https://doi.org/10.1093/ijnp/pyv095>
- Gorfinkel, L. R., Stohl, M., & Hasin, D. (2020). Association of Depression With Past-Month Cannabis Use Among US Adults Aged 20 to 59 Years, 2005 to 2016. *JAMA network open, 3*(8), e2013802. <https://doi.org/10.1001/jamanetworkopen.2020.13802>
- Grunberg, V. A., Cordova, K. A., Bidwell, L. C., & Ito, T. A. (2015). Can marijuana make it better? Prospective effects of marijuana and temperament on risk for anxiety and depression. *Psychology of Addictive Behaviors, 29*(3), 590–602. <https://doi.org/10.1037/adb0000109>
- Haller, H., Anheyer, D., Cramer, H., & Dobos, G. (2019). Complementary therapies for clinical depression: an overview of systematic reviews. *BMJ Open, 9*(8), e028527. <https://doi.org/10.1136/bmjopen-2018-028527>
- Hari, J. (2018). *Lost connections: Why you're depressed and how to find hope* (Kindle ed.). Bloomsbury USA.
- Harvard Health Publishing. (2019, June 24). *What causes depression?* Harvard Health. <https://www.health.harvard.edu/mind-and-mood/what-causes-depression>
- Hayes, J. F., Lewis, G., & Lewis, G. (2019). Newer-Generation Antidepressants and Suicide Risk. *Psychotherapy and Psychosomatics, 88*(6), 371–372. <https://doi.org/10.1159/000502295>

# Cannabis for Depression? A Look at the Evidence

by Ariana Ayu, RN, MSc

## References

- Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review, 31*(7), 1126–1132. <https://doi.org/10.1016/j.cpr.2011.07.003>
- Huang, W-J., Chen, W-W., & Zhang, X. (2016). Endocannabinoid system: Role in depression, reward and pain control (Review). *Molecular Medicine Reports, 14*(4), 2899–2903. <https://doi.org/10.3892/mmr.2016.5585>
- Khan, A., Fahl Mar, K., Gokul, S., & Brown, W. A. (2018). Decreased suicide rates in recent antidepressant clinical trials. *Psychopharmacology, 235*(5), 1455–1462. <https://doi.org/10.1007/s00213-018-4856-1>
- Levis, B., Benedetti, A., & Thombs, B. D. (2019). Accuracy of Patient Health Questionnaire-9 (PHQ-9) for screening to detect major depression: individual participant data meta-analysis. *BMJ, 11476*. <https://doi.org/10.1136/bmj.11476>
- Li, X., Diviant, J. P., Stith, S. S., Brockelman, F., Keeling, K., Hall, B., & Vigil, J. M. (2020). The Effectiveness of Cannabis Flower for Immediate Relief from Symptoms of Depression. *The Yale journal of biology and medicine, 93*(2), 251–264
- Lowe, D., Sasiadek, J. D., Coles, A. S., & George, T. P. (2019). Cannabis and mental illness: a review. *European archives of psychiatry and clinical neuroscience, 269*(1), 107–120. <https://doi.org/10.1007/s00406-018-0970-7>
- Lucatch, A. M., Coles, A. S., Hill, K. P., & George, T. P. (2018). Cannabis and Mood Disorders. *Current addiction reports, 5*(3), 336–345. <https://doi.org/10.1007/s40429-018-0214-y>
- MacCallum, C. A., & Russo, E. B. (2018). Practical considerations in medical cannabis administration and dosing. *European Journal of Internal Medicine, 49*, 12–19. <https://doi.org/10.1016/j.ejim.2018.01.004>
- Mangieri, R. A., & Piomelli, D. (2007). Enhancement of endocannabinoid signaling and the pharmacotherapy of depression. *Pharmacological Research, 56*(5), 360–366. <https://doi.org/10.1016/j.phrs.2007.09.003>
- Maryland Medical Cannabis Commission. (n.d.). *Maryland Medical Cannabis Commission*. The Natalie M. LaPrade Maryland Medical Cannabis Commission. Retrieved July 24, 2020, from <https://mmcc.maryland.gov/Pages/home.aspx>
- Meffert, B. N., Morabito, D. M., Mosich, M. K., Loflin, M. J., Sottile, J., & Heinz, A. J. (2019). Navigating Blind in the Green Rush: Clinical Considerations and Harm Reduction Practices for Cannabis. *Current Drug Research*

# Cannabis for Depression? A Look at the Evidence

by Ariana Ayu, RN, MSc

## References

- Reviews*, 11(1), 3–11. <https://doi.org/10.2174/2589977511666181109153958>
- NIDA. (n.d.). *Director's Page*. National Institute on Drug Abuse (NIDA). Retrieved August 5, 2020, from <https://www.drugabuse.gov/about-nida/directors-page>
- Noel, C. (2017). Evidence for the use of “medical marijuana” in psychiatric and neurologic disorders. *Mental Health Clinician*, 7(1), 29–38. <https://doi.org/10.9740/mhc.2017.01.029>
- O'Connell, K. (2017, April 27). *How Hemp Can Heal Our Soil & Why It Matters To Consumers*. Ministry of Hemp. <https://ministryofhemp.com/blog/hemp-soil-remediation/>
- Olla P, Ishraque MT, Bartol S (2020) Evaluation of breath and plasma tetrahydrocannabinol concentration trends post-cannabis exposure in medical cannabis patients, *Cannabis and Cannabinoid Research* 5:1, 99–104, DOI: 10.1089/can.2018.0070
- Releaf. (n.d.). *Releaf App | Cannabis Treatment Tracking & Research*. *Releaf App*. Retrieved August 9, 2020, from <https://releafapp.com>
- Round, J. M., Lee, C., Hanlon, J. G., Hyshka, E., Dyck, J., & Eurich, D. T. (2020). Changes in patient health questionnaire (PHQ-9) scores in adults with medical authorization for cannabis. *BMC public health*, 20(1), 987. <https://doi.org/10.1186/s12889-020-09089-3>
- Russo, E. B. (2017). Cannabidiol Claims and Misconceptions. *Trends in Pharmacological Sciences*, 38(3), 198–201. <https://doi.org/10.1016/j.tips.2016.12.004>
- Sarris, J., O'Neil, A., Coulson, C. E., Schweitzer, I., & Berk, M. (2014). Lifestyle medicine for depression. *BMC Psychiatry*, 14(1), 1–13. <https://doi.org/10.1186/1471-244x-14-107>
- Scherma, M., Masia, P., Deidda, M., Fratta, W., Tanda, G., & Fadda, P. (2018). New Perspectives on the Use of Cannabis in the Treatment of Psychiatric Disorders. *Medicines*, 5(4), 107. <https://doi.org/10.3390/medicines5040107>
- Shen, H. (2020). News Feature: Cannabis and the adolescent brain. *Proceedings of the National Academy of Sciences*, 117(1), 7–11. <https://doi.org/10.1073/pnas.1920325116>
- Skelton, K. R., Benjamin-Neelon, S. E., & Young-Wolff, K. C. (2020). Management of Cannabis Use in Breastfeeding Women: The Untapped Potential of International Board Certified Lactation

# Cannabis for Depression? A Look at the Evidence

by Ariana Ayu, RN, MSc

## References

- Consultants. *Breastfeeding Medicine*, 15(2), 117–120. <https://doi.org/10.1089/bfm.2019.0272>
- Turna, J., Patterson, B., & Van Ameringen, M. (2017). Is cannabis treatment for anxiety, mood, and related disorders ready for prime time? *Depression and Anxiety*, 34(11), 1006–1017. <https://doi.org/10.1002/da.22664>
- Vandrey, R., Raber, J. C., Raber, M. E., Douglass, B., Miller, C., & Bonn-Miller, M. O. (2015). Cannabinoid Dose and Label Accuracy in Edible Medical Cannabis Products. *JAMA*, 313(24), 2491. <https://doi.org/10.1001/jama.2015.6613>
- Volkow, N. D., Hampson, A. J., & Baler, R. D. (2017). Don't Worry, Be Happy: Endocannabinoids and Cannabis at the Intersection of Stress and Reward. *Annual Review of Pharmacology and Toxicology*, 57(1), 285–308. <https://doi.org/10.1146/annurev-pharmtox-010716-104615>
- Waldrep, J. (2018, October 22). *How Cannabis Prohibition Has Made Marijuana More Dangerous*. Forbes. <https://www.forbes.com/sites/jordanwaldrep/2018/10/22/how-cannabis-prohibition-has-made-marijuana-more-dangerous/#8108f45474e9>
- Womack, S. R., Shaw, D. S., Weaver, C. M., & Forbes, E. E. (2016). Bidirectional Associations Between Cannabis Use and Depressive Symptoms From Adolescence Through Early Adulthood Among At-Risk Young Men. *Journal of Studies on Alcohol and Drugs*, 77(2), 287–297. <https://doi.org/10.15288/jsad.2016.77.287>
- Zeng, X., Chiu, C. P. K., Wang, R., Oei, T. P. S., & Leung, F. Y. K. (2015). The effect of loving-kindness meditation on positive emotions: a meta-analytic review. *Frontiers in Psychology*, 6, 1–14. <https://doi.org/10.3389/fpsyg.2015.01693>
- Zlebnik, N. E., & Cheer, J. F. (2016). Beyond the CB1 Receptor: Is Cannabidiol the Answer for Disorders of Motivation? *Annual Review of Neuroscience*, 39(1), 1–17. <https://doi.org/10.1146/annurev-neuro-070815-014038>