



TITLE: Medical Marijuana For The Treatment Of Mental Illness: Clinical Evidence

DATE: 30 July 2014

RESEARCH QUESTION

1. What is the clinical effectiveness of marijuana for the treatment of adults with post-traumatic stress disorder?
2. What is the clinical effectiveness of marijuana for the treatment of adults suffering from anxiety?
3. What is the clinical effectiveness of marijuana for the treatment of adults with depression?

KEY FINDINGS

One non-randomized study regarding the clinical effectiveness of marijuana for the treatment of adults with mental illness was identified.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2014, Issue 7), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2008 and July 22, 2014. Internet links were provided, where available.

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and non-randomized studies.

Disclaimer: The Rapid Response Service is an information service for those involved in planning and providing health care in Canada. Rapid responses are based on a limited literature search and are not comprehensive, systematic reviews. The intent is to provide a list of sources of the best evidence on the topic that CADTH could identify using all reasonable efforts within the time allowed. Rapid responses should be considered along with other types of information and health care considerations. The information included in this response is not intended to replace professional medical advice, nor should it be construed as a recommendation for or against the use of a particular health technology. Readers are also cautioned that a lack of good quality evidence does not necessarily mean a lack of effectiveness particularly in the case of new and emerging health technologies, for which little information can be found, but which may in future prove to be effective. While CADTH has taken care in the preparation of the report to ensure that its contents are accurate, complete and up to date, CADTH does not make any guarantee to that effect. CADTH is not liable for any loss or damages resulting from use of the information in the report.

Copyright: This report contains CADTH copyright material and may contain material in which a third party owns copyright. **This report may be used for the purposes of research or private study only.** It may not be copied, posted on a web site, redistributed by email or stored on an electronic system without the prior written permission of CADTH or applicable copyright owner.

Links: This report may contain links to other information available on the websites of third parties on the Internet. CADTH does not have control over the content of such sites. Use of third party sites is governed by the owners' own terms and conditions.

One non-randomized study regarding the clinical effectiveness of marijuana for the treatment of adults with mental illness was identified. No relevant health technology assessments, systematic reviews, meta-analyses, or randomized controlled trials were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses

No literature identified.

Randomized Controlled Trials

No literature identified.

Non-Randomized Studies

1. Greer GR, Grob CS, Halberstadt AL. PTSD symptom reports of patients evaluated for the New Mexico Medical Cannabis Program. J Psychoactive Drugs. 2014 Jan;46(1):73-7.
[PubMed: PM24830188](#)

PREPARED BY:

Canadian Agency for Drugs and Technologies in Health

Tel: 1-866-898-8439

www.cadth.ca

APPENDIX – FURTHER INFORMATION:

Non-Randomized Study

Conference Abstract

2. Reznik I. Medical cannabis use in post-traumatic stress disorder: a naturalistic observational study [Internet]. Abstract presented at: IACM 6thc conference on cannabinoids in medicine and 5th European workshop on cannabinoid research; 2011; Sept. 8-10; Bonn (Germany). [cited 2014 Jul 30]. Available from: http://www.cannabis-med.org/studies/ww_en_db_study_show.php?s_id=481

Position Statement – Uncertain Methodology

3. Position statement on the use of medical marijuana for posttraumatic stress disorder [Internet]. Arlington (VA): American Psychiatric Association; 2013 Jul. [cited 2014 Jul 30]. Available from: http://www.google.ca/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=40&ved=0CFE_QFjAJOB4&url=http%3A%2F%2Fwww.psychiatry.org%2FFile%2520Library%2FLearn%2FArchives%2Fps2013_MarijuanaPTSD.pdf&ei=IVTRU4bIH63isATcIIGoCw&usq=AFQjCNHXrdsGzybj9hZ_mOxRZ5mvm3zA

Review Articles

4. Campos-Outcalt D, Guidas E, Rosales C. Medical marijuana for the treatment of post-traumatic stress disorder [Internet]. Tucson (AZ): The University of Arizona Mel and Enid Zuckerman College of Public Health; 2013 Dec. [cited 2014 Jul 30]. Available from: <http://www.azdhs.gov/medicalmarijuana/documents/debilitating/debilitating-conditions-ptsd-13.pdf>
5. Tambaro S, Bortolato M. Cannabinoid-related agents in the treatment of anxiety disorders: current knowledge and future perspectives. *Recent Pat CNS Drug Discov.* 2012 Apr 1;7(1):25-40. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3691841>
[PubMed: PM22280339](#)
6. Marco EM, Garcia-Gutierrez MS, Bermudez-Silva FJ, Moreira FA, Guimaraes F, Manzanares J, et al. Endocannabinoid system and psychiatry: in search of a neurobiological basis for detrimental and potential therapeutic effects. *Front Behav Neurosci.* 2011;5:63. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3186912>
[PubMed: PM22007164](#)
7. Crippa JA, Zuardi AW, Martin-Santos R, Bhattacharyya S, Atakan Z, McGuire P, et al. Cannabis and anxiety: a critical review of the evidence. *Hum Psychopharmacol.* 2009 Oct;24(7):515-23.
[PubMed: PM19693792](#)