

CANNABIS MYTHS



MYTH

VS

FACT

1

Cannabis can help with anxiety

Individuals with cannabis use disorder were three times more likely to have major depressive and general anxiety disorder compared to the general population.



2

Cannabis can help me socialize

Research suggests that individuals with social anxiety may experience more cannabis-related problems.



3

Cannabis can help with sleep

Cannabis can improve sleep onset, but tolerance develops quickly, leading to disrupted sleep & circadian rhythm. Sleep problems can be a sign of cannabis withdrawal.



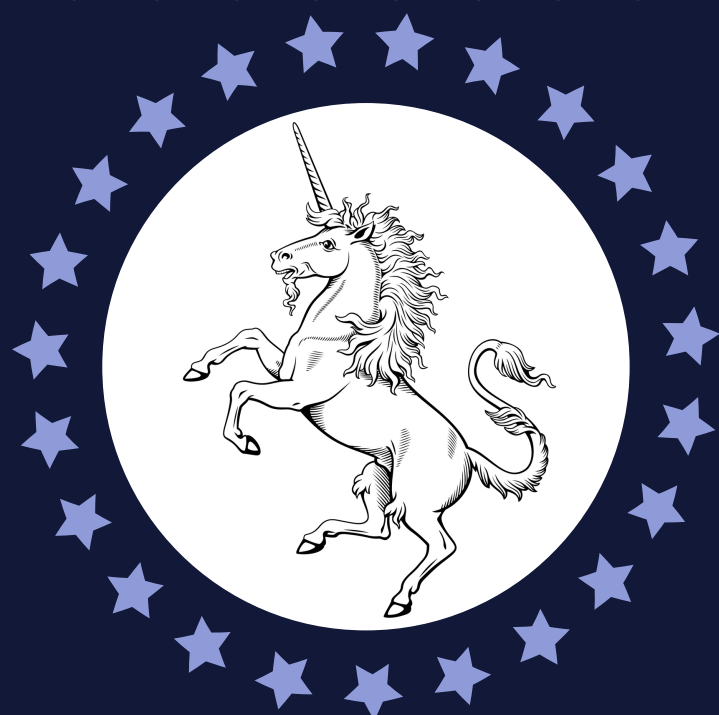
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Cannabis can help with depression

Cannabis is not a proven treatment for depression. In a psychiatric patient study, medical marijuana users showed worse outcomes compared to nonusers.



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Cannabis can help with my PTSD

Cannabis is not recommended for treating PTSD due to a lack of evidence and known adverse side effects.



6

Cannabis can help me focus; I can't concentrate without it.

Cannabis use generally worsens ADHD symptoms, with limited self-reported studies suggesting otherwise.



7

Cannabis can't cause psychosis

Higher cannabis use frequency was associated with a greater likelihood of experiencing hallucinations and delusional thoughts. Even low-frequency use showed increased psychotic experiences.



8

Cannabis doesn't have withdrawal symptoms

Cannabis withdrawal often starts with sleep issues, irritability, and reduced appetite. Symptoms peak early, with possible tremors and chills, while anxiety and depression may worsen after the first week.



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Cannabis can be used to treat opioid disorders

While further research is needed, one study found no direct causal link between cannabis use and opioid use during OUD treatment.



10

Cannabis can increase creativity.

Cannabis use increases favorable self-evaluation and has no direct effect on creativity.



11

Cannabis can be used to treat pain.

There are conflicting reports but a 2022 analysis of 20 studies shows cannabis is no more effective than placebos for pain relief.



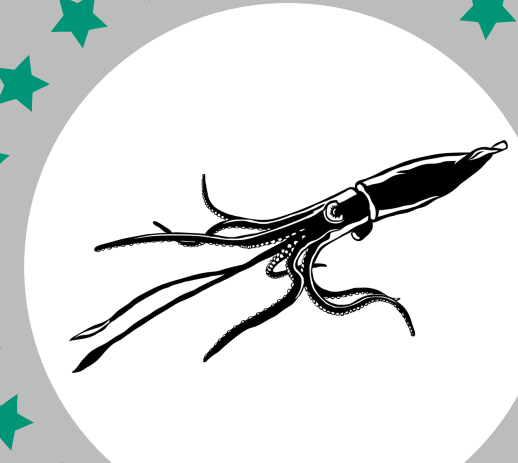
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Cannabis is legal
Therefore, it must be safe.

Just because cannabis is legal doesn't mean it's harmless. Like alcohol and tobacco, it can have serious consequences.



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IS IT A MYTH?

VS

FACT

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Cannabis can help with IBS.

One study saw cannabis users with a 1x a week frequency self-report lower frequency of ER visits due to IBS. This shows there may be some relief with light use.



14

You can't die from cannabis use.

Unlaced cannabis itself has no directly reported deaths; cannabis hyperemesis syndrome from chronic cannabis use has killed at least two people.



15

Cannabis can help with my poor appetite

Cannabis can help increase appetite by increasing hormones in your body that signal hunger.



16

Cannabis can help with migraines

One random control trial from 2024 reported positive results for 6%THC 11%CBC for acute migraines,

