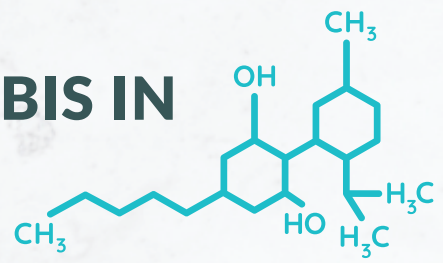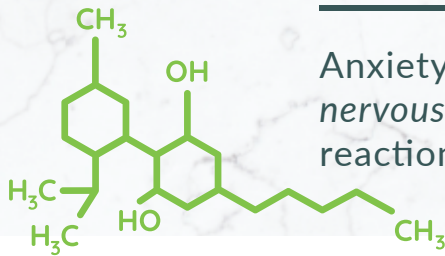# THE ROLE OF CANNABIS IN TREATING ANXIETY

Anxiety disorders are characterized by *excessive feelings of nervousness or anxiousness* that extend beyond the normal reactions to stress.[1]

Types of Anxiety Disorders [1]

Generalized Anxiety Disorder
Persistent and excessive worry that interferes with daily activities and can involve physical symptoms such as restlessness, feeling on edge, and difficulty concentrating.

Panic Disorder
Characterized by recurrent panic attacks, which can consist of a combination of physical and psychological distress.

Phobia
Excessive and persistent fear of a specific object, situation, or activity that is generally not harmful.

Agoraphobia
Fear of being in situations where escape may be difficult and fear is out of proportion to the actual situation.

Social Anxiety Disorder
Anxiety about being embarrassed, humiliated, or rejected in social situations.

Separation Anxiety Disorder
Excessive fear or anxiety about separation from those to whom the individual is attached.

Anxiety has variety of Symptoms [1,2]

Irrational and excessive fear
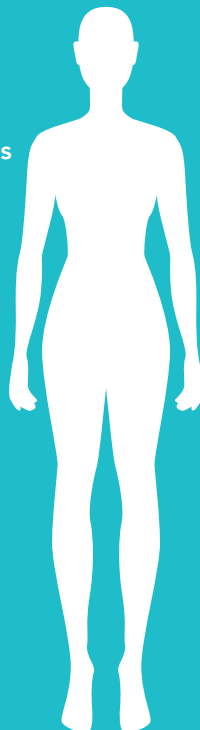
Apprehensive and tense feelings

Restlessness

Problems sleeping

Difficulty concentrating

Difficulty managing daily tasks and/or distress relating to these tasks

Racing heart

Top 10 Medical Conditions Treated with Medical Cannabis at Harvest [3]

1 Anxiety
2 Insomnia
3 Arthritis
4 Back pain
5 Depression
6 PTSD
7 Fibromyalgia
8 Migraines/Headaches
9 Multiple Sclerosis
10 Inflammatory Bowel Disease

The Entourage Effect and Latest Thinking on Treating Anxiety with Medical Cannabis

The Entourage Effect, first posited in 1988 by Mechoulam and Ben-Shabat, describes the synergistic nature of the many pharmacologically active compounds in cannabis, including cannabinoids and terpenes.[4]

The Roles of Cannabinoids and Terpenes

CBD

Multiple studies suggest CBD may help reduce anxiety.[5,6] CBD is thought to regulate serotonin levels by acting on receptors in the central and peripheral nervous systems. It also plays a role in reducing anxiety related to pain and insomnia by managing chronic pain and inducing relaxation.
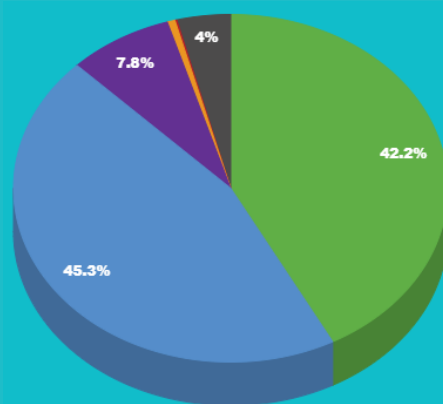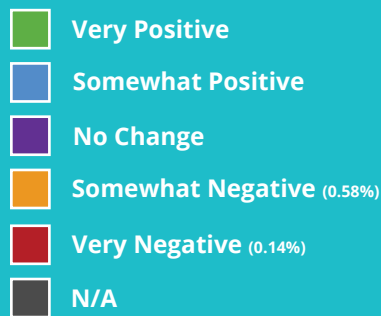
THC

Low dose THC or balanced products can be helpful in managing stress and anxiety related to pain or sleep. THC predominant cannabis has been shown to cause acute and short-lasting episodes of anxiety in some users and is therefore not recommended for anxiety.

Terpenes

Caryophyllene is a terpene that is thought to reduce stress through pain relieving properties, resulting in relaxation. Myrcene, linalool and limonene are other terpenes that have been associated with anxiety-reducing and relaxing effects.[7]

87.49 % of Harvest Medicine patients with anxiety self-report that medical cannabis either somewhat or very positively impacted their quality of life.[8]

Total Sample Size 28,897 | Feb 2017- Q1 2021

- Very Positive — 42.2%
- Somewhat Positive — 45.3%
- No Change — 7.8%
- Somewhat Negative (0.58%)
- Very Negative (0.14%)
- N/A — 4%

Additional Resources

Anxiety Canada
For further information visit **anxietycanada.com**

Healthcare Professionals
It is important to speak with your doctor or nurse practioner about possible interactions with your current medications.

Patients can track results and progress using the Strainprint App.
strainprint.ca
Enter Harvest Medicine's unique activation code upon sign up: **HMED**

Call or visit us online to learn more

1-844-488-4633 | hmed.ca

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Assessment. Education. Support