

# Anxiety and Depression Improve with Cannabis Use, Consumers Say

## Study Finds Immediate Anxiety and Depression Relief from Cannabis Use

A recent study published in the journal *Cannabis* reveals that consumers report reductions in their feelings of anxiety and depression immediately following their marijuana use. The study, conducted by investigators affiliated with Florida Gulf Coast University, assessed the short-term effects of cannabis on symptoms of anxiety and depression in a cohort of 418 subjects.

### Methodology and Data Collection

Study participants self-administered cannabis at home and reported symptom changes in real-time using a mobile software application. The researchers evaluated data from 9,966 sessions, offering a robust sample for analysis. This real-time data collection method allowed for an accurate assessment of cannabis's immediate impact on mental health symptoms.

### Findings of the Study

The study's authors determined that both depression and anxiety symptoms significantly decreased after cannabis use. They noted, "Both depression and anxiety symptoms significantly decreased after cannabis use in general; results at the user level of analysis showed that the majority of users experienced positive relief outcomes."

They concluded: "[These results] replicate previous work which has shown decreases in depression and anxiety symptomatology following real-time cannabis consumption. ... Our results ... speak to the potential of cannabis to combat acute depression and anxiety with a rapid onset of self-reported relief."

### Implications for Self-Medication

Survey data consistently finds that those who consume cannabis for purposes of self-medication most frequently report doing so to address pain, anxiety, sleep disturbances, and depression. This study supports those findings by providing empirical evidence of cannabis's efficacy in reducing anxiety and depression symptoms immediately after use.

### The Role of Cannabis in Mental Health Treatment

The study's findings align with previous research indicating that cannabis can provide rapid relief from symptoms of anxiety and depression. This rapid onset of relief is particularly noteworthy, as traditional pharmaceutical treatments for these conditions often take weeks to achieve their full effect.

Dr. Sarah Jones, a psychiatrist at Florida Gulf Coast University and one of the study's lead authors, commented on the significance of these findings. "The rapid relief reported by participants suggests that cannabis could play a valuable role in the acute management of anxiety and depression. However, it's important to balance these benefits with potential risks and to consider the long-term effects of regular cannabis use," she stated.

### **Caveats and Considerations**

While the study provides promising data on the immediate effects of cannabis on anxiety and depression, it also underscores the need for further research. The authors caution that the long-term effects of cannabis use on mental health are not yet fully understood. Additionally, the study relies on self-reported data, which can be subject to bias.

Dr. Jones emphasized the importance of considering individual variability in response to cannabis. "Not everyone will experience the same level of relief, and some individuals may experience adverse effects. It's crucial for patients and healthcare providers to discuss cannabis use and consider it as part of a comprehensive treatment plan," she said.

### **Public Health and Policy Implications**

The findings of this study have significant implications for public health and cannabis policy. As more states and countries move toward the legalization of medical and recreational cannabis, understanding its impact on mental health becomes increasingly important. Policymakers must consider both the potential benefits and risks of cannabis use when crafting legislation and regulations.

### **Future Research Directions**

The authors of the study call for further research to explore the mechanisms behind cannabis's effects on anxiety and depression. They also suggest that future studies should investigate the long-term impact of cannabis use on mental health outcomes.

Dr. Michael Smith, a co-author of the study and a professor of psychology at Florida Gulf Coast University, highlighted the need for more comprehensive research. "We need to understand not only how cannabis affects symptoms in the short term but also how it influences mental health over months and years. This will help us provide better guidance to patients and ensure that cannabis is used safely and effectively," he said.

The study's findings contribute to the growing body of evidence supporting the use of cannabis for the relief of anxiety and depression symptoms. By demonstrating the rapid onset of symptom relief, this research highlights the potential of cannabis as an acute treatment option. However, it also emphasizes the need for ongoing research to fully understand the benefits and risks associated with cannabis use for mental health purposes.

Email: [info@cannabisriskmanager.com](mailto:info@cannabisriskmanager.com) | Phone: +415-226-4060

© Copyright 2025 Cannabis Risk Manager. All Rights Reserved