A Synopsis of the Studies Supporting an Association between Marijuana Use and the Subsequent Onset of Anxiety, Depression, Panic, Bipolar Disorder, Lack of Educational Achievement and Acts of Suicide


“after ingestion of Δ9-THC the volunteers experienced a large increase in the level of anxiety, which agrees with various previous descriptive reports”.


“Daily use in young women was associated with an over fivefold increase in the odds of reporting a state of depression and anxiety after adjustment for intercurrent use of other substances (odds ratio 5.6, 95% confidence interval 2.6 to 12). Weekly or more frequent cannabis use in teenagers predicted an approximately twofold increase in risk for later depression and anxiety (1.9, 1.1 to 3.3) after adjustment for potential baseline confounders. In contrast, depression and anxiety in teenagers predicted neither later weekly nor daily cannabis use.”


“The relationship between early-onset and frequent use of cannabis and symptoms of AD is independent of individual and family backgrounds. Frequent cannabis use is associated with increased AD (anxiety disorder) in young adults independently of whether the person also uses other illicit drugs.”


“The symptoms formed two factors, one characterized by weakness, hypsomnia, and psychomotor retardation, and the second by anxiety, restlessness, depression, insomnia. Both symptom types were associated with significant distress/impairment (p<.01), substance use to relieve/avoid cannabis withdrawal symptoms (p<.01), and quantity of cannabis use (among the cannabis-only users p<.05).”


“This is consistent with more recent research indicating that anxiety symptoms observed in ecstasy polydrug users is likely due to comorbid marijuana use.”


“Results indicated that cannabis use and dependence were significantly prospectively associated with an increased odds for the development of panic attacks and panic disorder.”


“The most common physical or mental health problems, experienced by 22% of users were acute anxiety or panic attacks following cannabis use.”


“Twenty four patients experienced their first panic attack within 48h of cannabis use and then went on to develop PD (panic disorder).”

“After covariate adjustment, compared with individuals who had never used cannabis, those who were daily users before age 17 years had clear reductions in the odds of high school completion (adjusted odds ratio 0.37, 95% CI 0.20–0.66) and degree attainment (0.38, 0.22–0.66), and substantially increased odds of later cannabis dependence (17.95, 9.44–34.12), use of other illicit drugs (7.80, 4.46–13.63), and suicide attempt (6.83, 2.04–22.90).”


“adolescent cannabis use ……. increased the odds of a suicide attempt 7-fold”


“Suicide occurred five times as frequently during follow-up in our sample compared with individuals from the general population.”


“After controlling for possible confounders of the relationship between age at onset and recent use (Table 3), we found that recent use contributed significantly to age at onset of first manic episode, age at onset of first psychotic episode and to age at onset of first depressive episode…… We found an even stronger association between lifetime suicide attempts and recent use after controlling for possible confounders (odds ratio 9.57, p<0.01).”