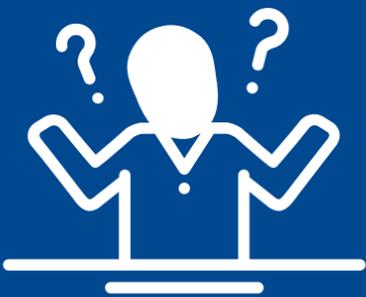




ALL ABOUT

CANNABIS USE DISORDER

What is Cannabis Use Disorder?



Cannabis Use Disorder (CUD) is a condition that can be found in the DSM-5. It is defined as a pattern of cannabis use which can lead to distress or significant impairment.

There are 11 criteria that characterize CUD.

According to the Government of Canada, some common criteria of CUD include:

- Building a tolerance to cannabis
- Not being able to cut down or control cannabis use
- Failing to fulfill one's duties at school, work or home
- Giving up important activities due to cannabis use²

A person can be diagnosed with CUD by a clinician if they show at least two CUD criteria⁷ over a 12 month period.

The DSM-5 is a manual that is used by researchers, public health officials and clinicians that contains standard language describing different mental health disorders.

CUD can be categorized as mild, moderate or severe.

MILD

Having 2-3
criteria of
CUD⁷

MODERATE

Having 4-5
criteria of
CUD⁷

SEVERE

Having 6 or
more criteria
of CUD⁷

CUD Statistics



9% of cannabis users will meet the criteria for CUD in their lifetime²



17% of cannabis users who start using in adolescence will meet the criteria for CUD²



25-50% of daily cannabis users may develop CUD²

The Spectrum of Cannabis Use⁴

Low Risk Use

Setting limits, designating a driver

No Use
No risk

Risky-Problematic Use

Using cannabis regularly, starting to lose interest in other activities

Dependent
Use (CUD)

Cannabis is main coping strategy and becomes less of a choice

Cannabis use exists on a spectrum. Some individuals who use cannabis will always remain in low risk. Others however, may progress over a period of time to risky or even dependent use. Its important to remember that the spectrum is a two way street and that its never too early or too late to seek help for cannabis related concerns.



ALL ABOUT CANNABIS USE DISORDER

Reducing the risk of CUD

- Avoid or limit the use of cannabis until the age of 25 while your brain is still developing.
- If you choose to use cannabis, consider choosing products with a lower THC potency.
- Set boundaries around cannabis use such as using smaller amounts, and not mixing it with other substances. Try to avoid daily use.
- Avoid cannabis use if you or your family has a history of mental illness.



Where to Seek Help

- Speak to an adult or friend that you trust
- Reach out to a counselor at school
- Call Kids Help Phone
- Call a provincial helpline



References:

1. Yale medicine. (n.d.). *Cannabis/Marijuana Use Disorder*.
<https://www.yalemedicine.org/conditions/marijuana-use-disorder>
2. Government of Canada. (2021, July 2). *Addiction to cannabis*.
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/addiction.html>
3. Thriveworks. (2017, June 23). *Cannabis Use Disorder: Causes, Symptoms, Treatment DSM-5 301.82 (F60.6)*. <https://thriveworks.com/blog/cannabis-use-disorder/>
4. University of Victoria Office of Student Life. (n.d.). *Spectrum of use*.
<https://www.uvic.ca/services/studentlife/initiatives/cannabis/spectrum-of-use/index.php>
5. Hartney, E. (2020, November 10). *Cannabis Use Disorder for Problematic Marijuana User*. <https://www.verywellmind.com/cannabis-use-disorder-22295>
6. Hartney, E. (2021, August 2). *Recognize the Symptoms of Marijuana Addiction*.
<https://www.verywellmind.com/characteristics-of-marijuana-addiction-22298>
7. Wikia. (n.d.). *Cannabis Use Disorder*.
https://dsm.wikia.org/wiki/Cannabis_Use_Disorder