

Current insights into cannabis for mental health disorders

Despite increasing self and prescribed cannabis for mental illnesses, current knowledge about the efficacy and safety of cannabis-based medicine in psychiatry is still limited.¹

There is increasing evidence that cannabinoids may improve symptoms in autism spectrum disorder, Tourette syndrome, anxiety disorders, and post-traumatic stress disorder.

The starting dose of THC-containing products should be low (1–2.5 mg THC/day), and the dose should be up-titrated slowly (by 1–2.5 mg every 3–5 days). The average daily dose is 10–20 mg THC. In contrast, cannabidiol (CBD) is mainly used in high doses >400 mg/day.

Caution is recommended with THC products in adolescents due to the risk of psychosis.

There is a need for high-quality research on cannabis for mental illness.

Reference:

1. [Cannabinoids in the Treatment of Selected Mental Illnesses: Practical Approach and Overview of the Literature](#) Pharmacopsychiatry (2024)

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