



MARCH 2021 REPORT

MEDICAL CANNABIS & COGNITIVE EFFECTS

"Introducing RYAH Data, our new data analytics report leveraging insights from our proprietary data lake."


*- Gregory Wagner,
CEO, Ryah Medtech, Inc.*

THE QUESTION

Cannabis has both long-term and short-term effects on cognition, including memory, motivation, and more.

What do patients report through the RYAH Data ecosystem when it comes to experienced side effects? Do the side effects impact strain popularity?

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THE ANSWER

Between January 1, 2018, and March 17, 2021, 94,199 patients reported effects through RYAH Data.

The most commonly reported cognitive side effects, as tracked within the app, include couchlock, distraction, forgetfulness, anxiety, and paranoia.

The strains most noted for these cognitive side effects include Skywalker, Gorilla Glue, and Blue Cookies. None of the strains with the most side effects are among the top 5 favorite strains noted within RYAH Data.

There are significant differences between men and women in their strain-specific reported side effects.

COGNITIVE SIDE EFFECTS

ANXIETY
COUCHLOCK
DISTRACTION
FORGETFULNESS
PARANOIA

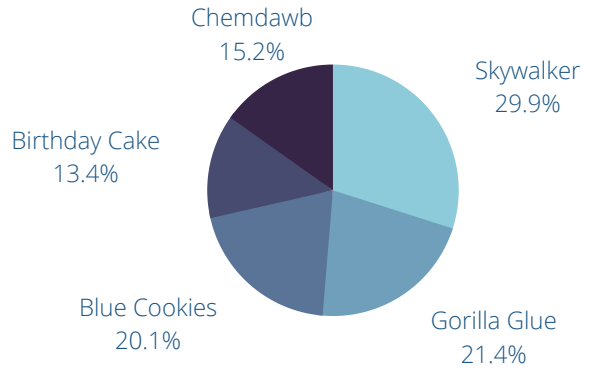
ANALYSIS

The current body of research strongly suggests cannabis impacts short-term and long-term cognitive function with heavy use, but there is little consistency in the results.

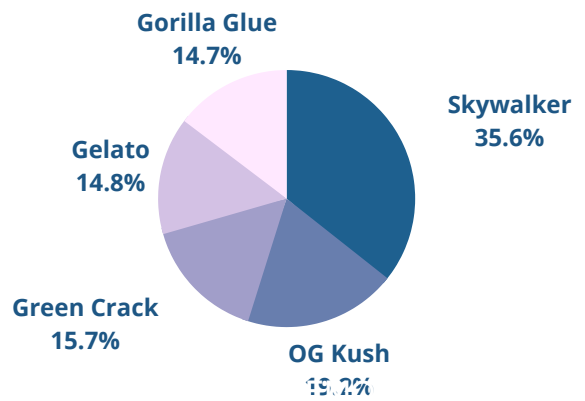
Chronic use may impact motivation because it affects the dopamine system. Heavy long-term use disrupts dopamine signalling, and in many respects, dopamine signalling sustains motivation. [1]

STRAIN-SPECIFIC

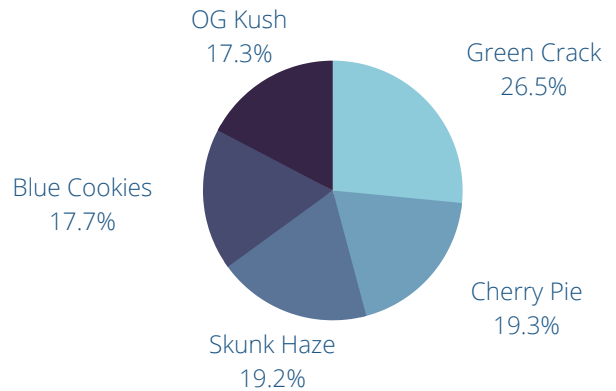
COGNITIVE SIDE EFFECTS



COUCHLOCKED



FORGETFUL



ANXIOUS

TOP-RATED STRAINS



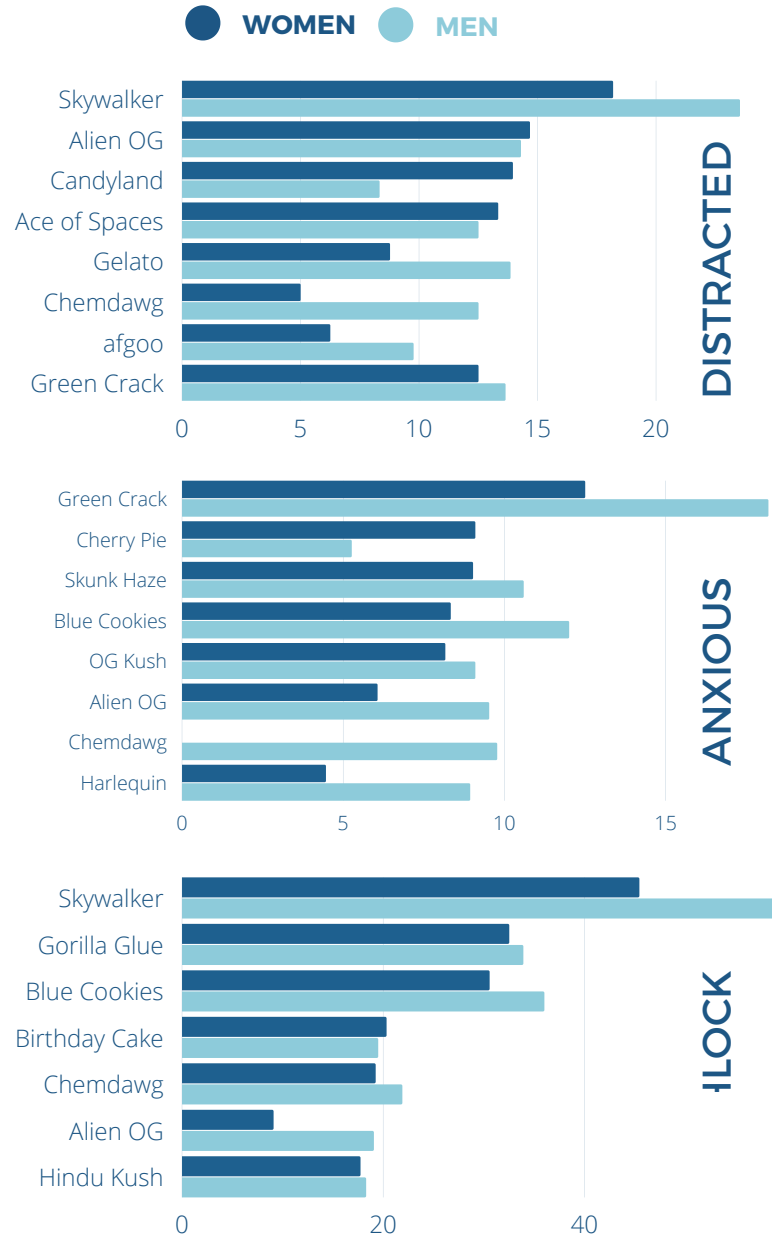
ANALYSIS

Long-term use of cannabis, even when consumed as a medicine, could possibly lead to ongoing cognitive impairments. During sustained use, patients may discover their motivation, memory, and/or executive function foggier than usual.

Cognitive effects caused by heavy cannabis use dissipate after four to six weeks of abstinence. One study, summarized in *Keep off the Grass*, used positron emission tomography imaging on a group of chronic cannabis users before and after cessation. [2]

GENDER SPECIFIC

COGNITIVE SIDE EFFECTS BY STRAIN



TOP RATED STRAINS

BY-GENDER



ADDITIONAL SOURCES

(1) Volkow, Nora D et al. "Effects of Cannabis Use on Human Behavior, Including Cognition, Motivation, and Psychosis: A Review." JAMA psychiatry vol. 73,3 (2016): 292-7. doi:10.1001/jamapsychiatry.2015.3278

[2] Curran, H Valerie et al. "Keep off the grass? Cannabis, cognition and addiction." Nature reviews. Neuroscience vol. 17,5 (2016): 293-306. doi:10.1038/nrn.2016.28

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