



## JULY 2021 REPORT


### CANNABIS USE AND DEPRESSION

## THE QUESTION

Cannabis use and depression have a complicated relationship.

Within the RYAH Data Ecosystem, what demographic uses cannabis to treat depression? What are their preferences?

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## THE ANSWER

**Between January 1, 2018, and July 15, 2021, more than 53,840 patients reported medical cannabis use for depression within the RYAH Data ecosystem.**

More than half of logged sessions were from users under 30. In part, this is presumably due to more familiarity with app-based technology, but over the last decade, rates of depression are rapidly rising for young people.

Slightly more men than women report using cannabis to treat depression. A significant majority of users were in California, with Florida and Oklahoma as close seconds.

There was a near-even divide between sativa- and indica-dominant varieties, with Girl Scout Cookies, 3 Kings, and Gorilla Glue as the most popular strains. All three are moderate to high THC strains, with minimal CBD.

# 53%

**OF PATIENTS TREATING  
DEPRESSION WERE  
UNDER THE AGE OF 30**

# ANALYSIS

More men reported using cannabis to treat depression through RYAH, which mirrors higher rates of depression among men across America.

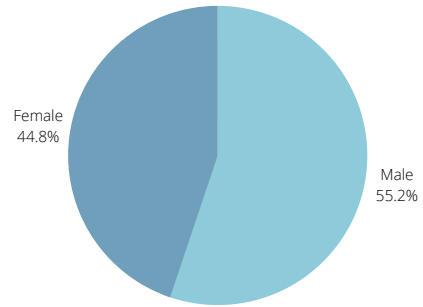
Approximately 9 percent of men report experiencing depression and anxiety daily in America and are four times more likely than women to take their own life. [1]

Mood disorders and suicide-related outcomes are increasing among younger generations.

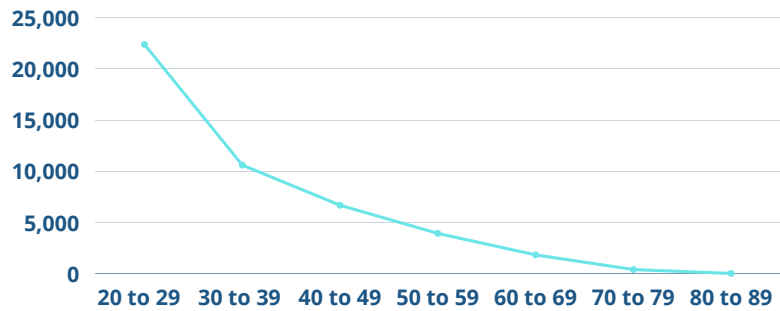
A study looking at data trends between 2005 to 2017 found "a steady rise in mood disorder and suicide-related outcomes between cohorts born from the early 1980s (Millennials) to the late 1990s (iGen)." [2]

# GENDER

## PATIENTS TREATING DEPRESSION

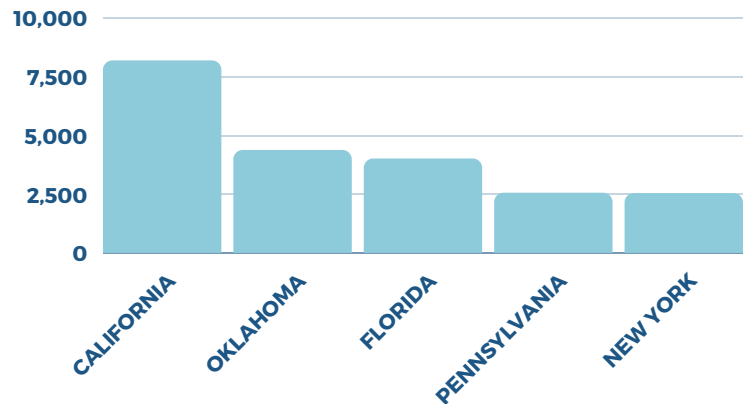
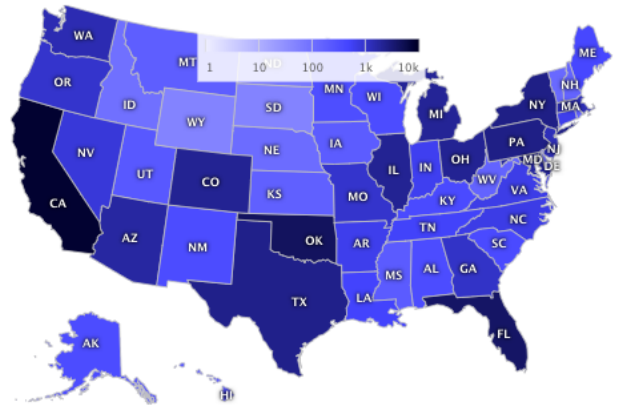


# AGE



# LOCATION

## BY STATE



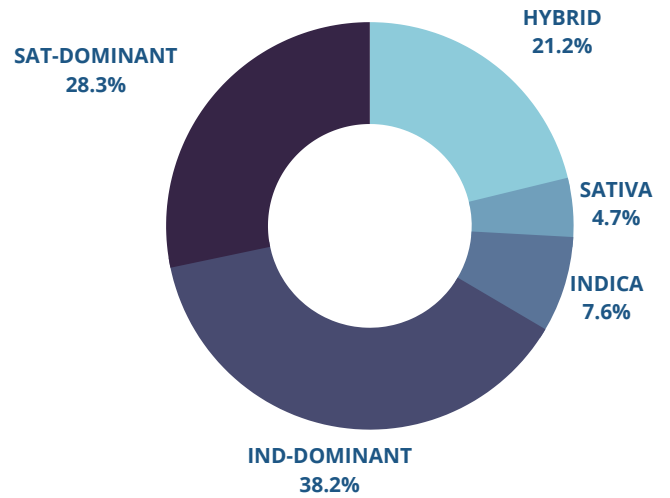
# ANALYSIS

Cannabis use disorder and major depressive disorder are co-morbid conditions; however, the relationship remains poorly understood. People with depression are more likely to use cannabis and/or develop cannabis use disorder, but there is no clear causal link in either direction.

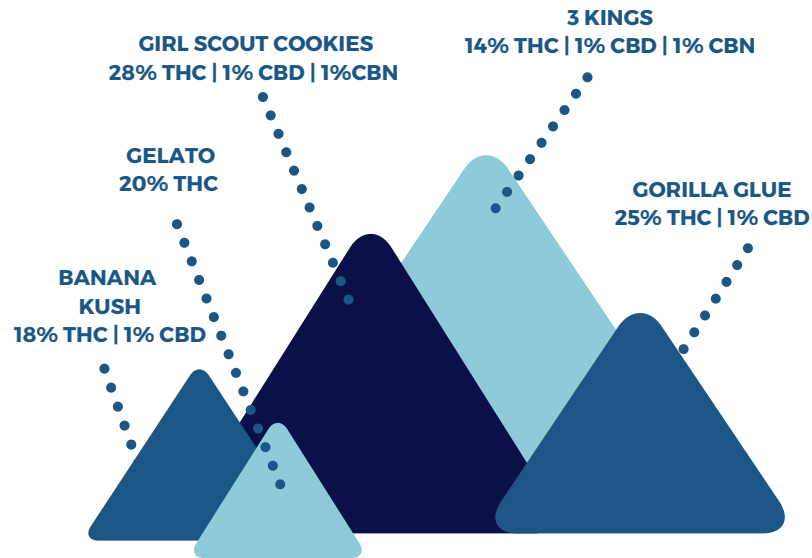
A 2020 study exploring patterns of use between 2005 to 2016 determined that "individuals with depression are at increased risk of cannabis use disorder, with a particularly strong increase in daily or near-daily cannabis use."

Notably, this study also reported approximately 30% of individuals with depression used any cannabis, with 15% using cannabis on an almost daily basis between 2015 to 2016. [4]

# STRAIN TYPE



# TOP STRAINS



# STRAIN PREFERENCE BY GENDER

MALE

1. GORILLIA GLUE
2. 3 KINGS
3. GIRL SCOUT COOKIES
4. BANANA KUSH
5. GELATO

FEMALE

1. GRIL SCOUT COOKIES
2. 3 KINGS
3. GORILLA GLUE
4. GELATO
5. JACK HERER

## ADDITIONAL SOURCES

[1] 2015, D. (2015, December). By the numbers: Men and depression. Monitor on Psychology. <https://www.apa.org/monitor/2015/12/numbers>.

[2] Twenge, Jean M et al. "Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005-2017." Journal of abnormal psychology vol. 128,3 (2019): 185-199. doi:10.1037/abn0000410

[3] Cannabinoid information may be inaccurate if not based on specific lab results. AllBud. (n.d.). <https://www.allbud.com/>.

[4] Gorfinkel LR, Stohl M, Hasin D. Association of Depression With Past-Month Cannabis Use Among US Adults Aged 20 to 59 Years, 2005 to 2016. JAMA Netw Open. 2020;3(8):e2013802. doi:10.1001/jamanetworkopen.2020.13802

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