



APRIL REPORT

CANNABIS: ANXIETY AND STRESS

*"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 long been popular for its stress-relieving qualities.

Who are the patients using the plant for stress and anxiety, and what are their preferences?

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THE ANSWER

56,067 patients coping with anxiety and stress between January 1, 2018, and March 31, 2020, reported within the RYAH Data ecosystem.

Anxiety and stress are the 1st and 3rd most commonly reported ailments treated with cannabis.

Overwhelmingly, people under the age of 30 who report using the plant to reduce stress and anxiety.

The data also indicate slightly more men than women consume cannabis for these conditions.

Depression, stress, and pain and the most common cooccurring conditions.

49.9% OF PEOPLE
TREATING STRESS
& ANXIETY ARE
UNDER THE AGE OF 30

This report is based on information pulled from RYAH Data between January 1, 2018, and March 31, 2020

ADDITIONAL DATA

Although stress and anxiety are some of the most frequently cited reasons patients use medical cannabis, the scientific evidence is less conclusive.

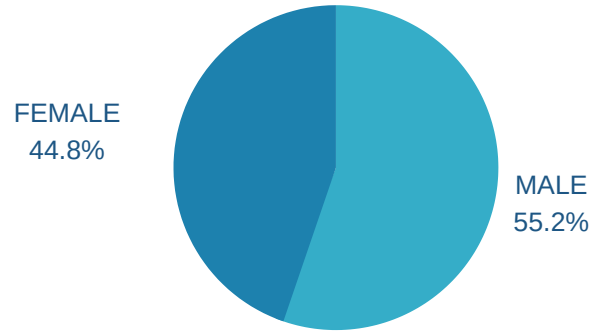
In the 2009 publication, "Cannabis and anxiety: a critical review of the evidence," researchers determined, "Frequent cannabis users consistently have a high prevalence of anxiety disorders, and patients with anxiety disorders have relatively high rates of cannabis use." [2]

They did not find evidence clarifying the nature of this relationship.

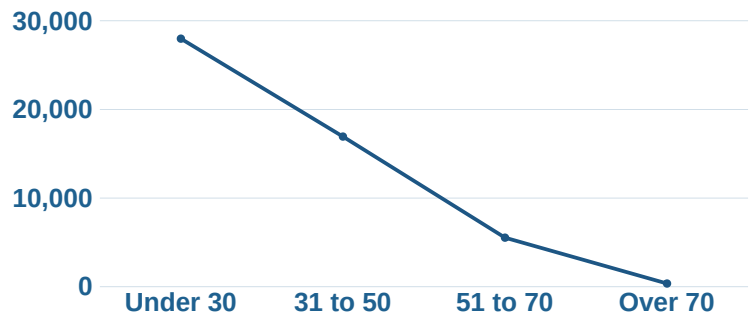
Anecdotally, the stress-relieving properties of the plant may depend on cannabinoid/terpene profile and dose size.

GENDER

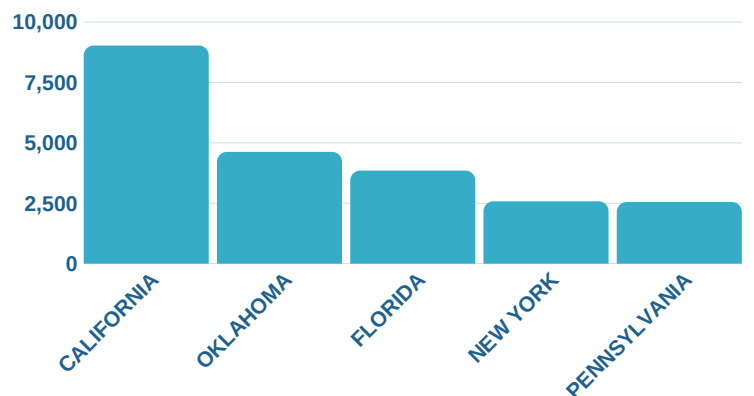
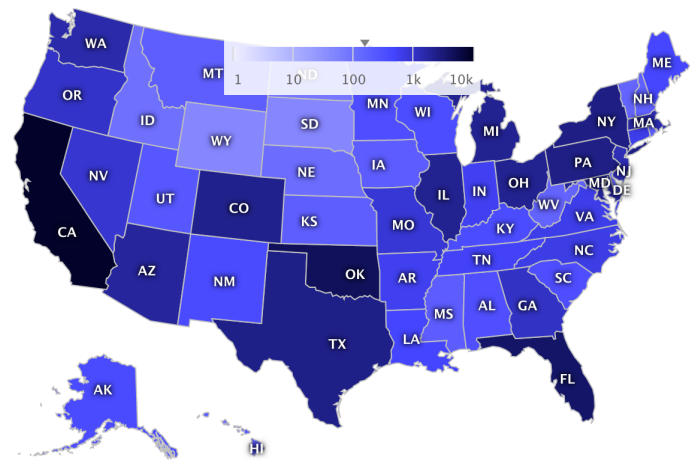
PATIENTS TREATING STRESS AND ANXIETY



AGE

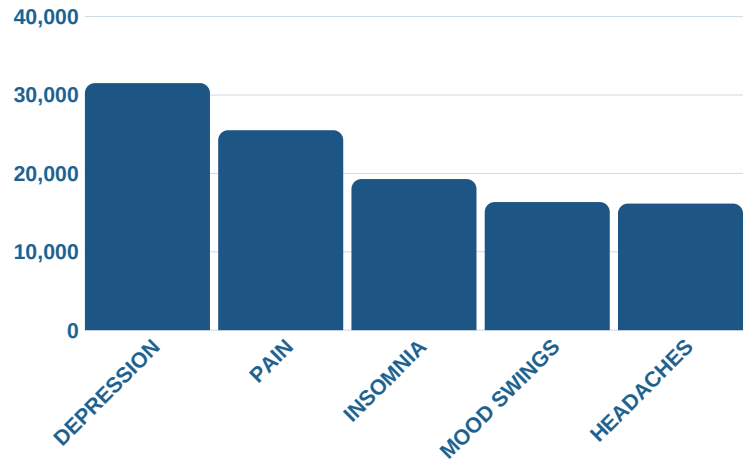


STATE-BY-STATE

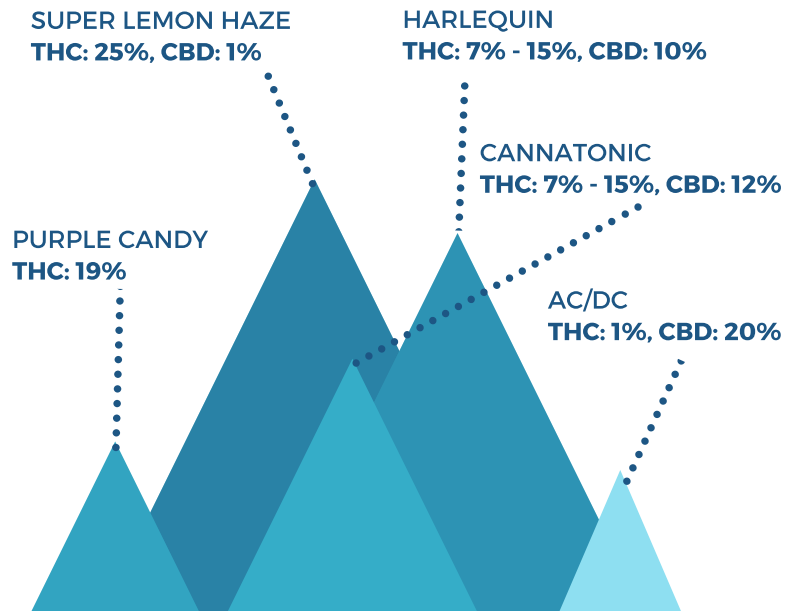


COMORBID CONDITIONS

WITH STRESS & ANXIETY



TOP STRAINS



PREFERENCES BETWEEN GENDERS

MALE

1. CANNATONIC
2. PURPLE CANDY
3. SUPER LEMON HAZE
4. HARLEQUIN
5. HINDU KUSH

FEMALE

1. CANNATONIC
2. HARLEQUIN
3. SUPER LEMON HAZE
4. PURPLE CANDY
5. PURE OG

ADDITIONAL SOURCES

(1) Strain details provided by AllBud should be used as rough guidelines only.

Find Marijuana Dispensary, Strain & Doctor Info & Ratings. (n.d.). Retrieved March 23, 2020, from <https://www.allbud.com/>

(2) Crippa, J. A., Zuardi, A. W., Martín-Santos, R., Bhattacharyya, S., Atakan, Z., McGuire, P., & Fusar-Poli, P. (2009). Cannabis and anxiety: a critical review of the evidence. Human Psychopharmacology: Clinical and Experimental, 24(7), 515-523. doi: 10.1002/hup.1048

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