



NOVEMBER 2020 REPORT

OBSESSIVE-COMPULSIVE DISORDER & MEDICAL CANNABIS

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


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

THE QUESTION

As with many psychiatric disorders, the relationship between medical cannabis use/misuse and obsessive-compulsive disorder is complex.

What insights does RYAH Data shine on this demographic of patients?

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THE ANSWER

Between January 1, 2018, and November 24, 2020, 9,256 patients reported consuming medical cannabis for obsessive-compulsive disorder (OCD) through RYAH Data.

Approximately 10 percent of patients within the RYAH Data ecosystem have reported treating the symptoms of OCD. More men than women use medical cannabis for OCD within RYAH Data, which mirrors the wider trends in the US.

Patients also report common mental health comorbidities, such as anxiety, depression, and stress.

Cannatonic, a CBD-rich strain, was the top strain used for treating the symptoms of OCD.

16.8%

OF PATIENTS WITH OCD
REPORT ALSO TREATING ANXIETY

ANALYSIS

A 2011 literature review reported that gender is a relevant factor in the presentation of OCD.

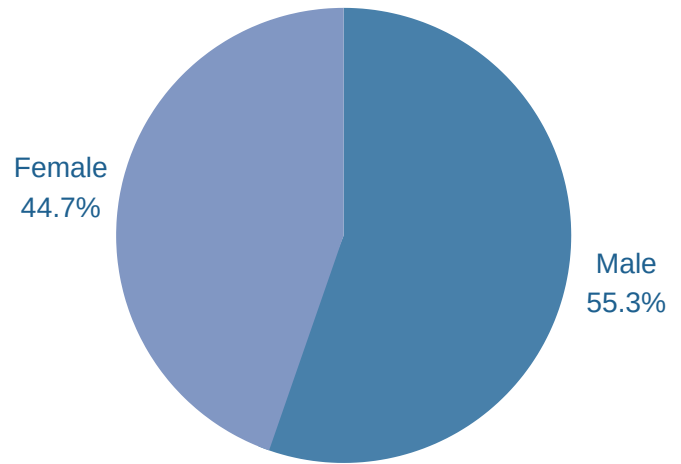
As per the paper, "Most studies indicate that male patients are more likely than females to be single, present early onset of symptoms and chronic course of the disorder, greater social impairment, more sexual-religious and aggressive symptoms, and greater comorbidity with tic and substance use disorders."

When it comes to female patients, they typically present with "contamination/cleaning symptoms and greater comorbidity with eating and impulse-control disorders." [1]

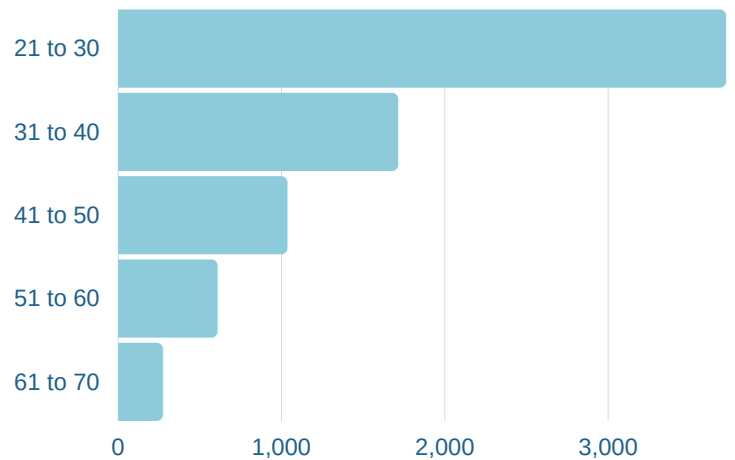
"Psychiatric Comorbidities and the Risk of Suicide in Obsessive-Compulsive and Body Dysmorphic Disorder" reported 75.8% of people with OCD also have a mood disorder:

- 63.3% Major depressive disorder
- 55.9% Impulse control disorders
- 38.6 % Substance use disorders [2]

GENDER

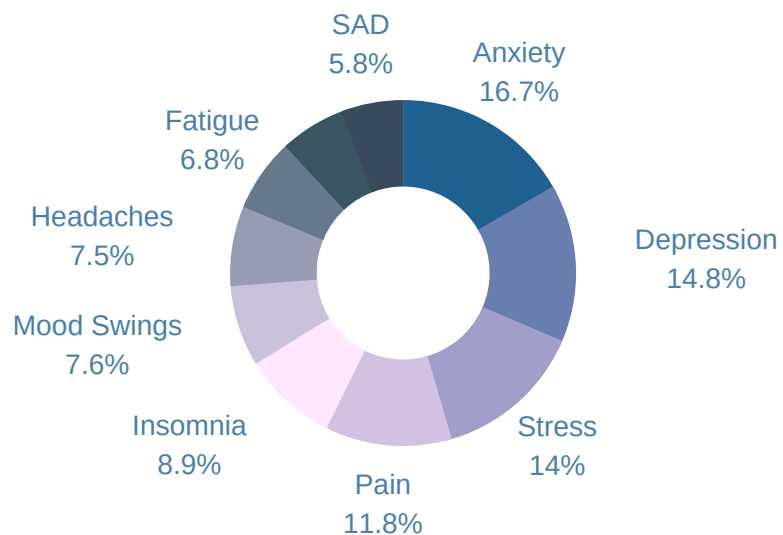


AGE



COMORBIDITIES

OTHER AILMENTS TREATED WITH CANNABIS BY PATIENTS ALSO TREATING OCD



ANALYSIS

In 2017, "Symptoms of obsessive-compulsive disorder predict cannabis misuse" explored the flip side of cannabis for OCD.

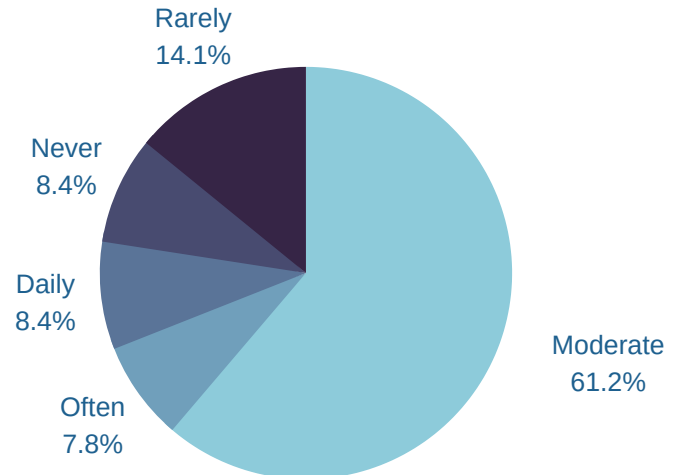
As the authors reported, "Severity of OCD (as indexed by higher scores on the Obsessive-Compulsive Inventory-Revised) was unrelated to frequency and quantity of cannabis use, but it was significantly, positively related to increased cannabis misuse."

In RYAH, there is minimal difference in cannabis experience between the OCD subset of patients and all others.

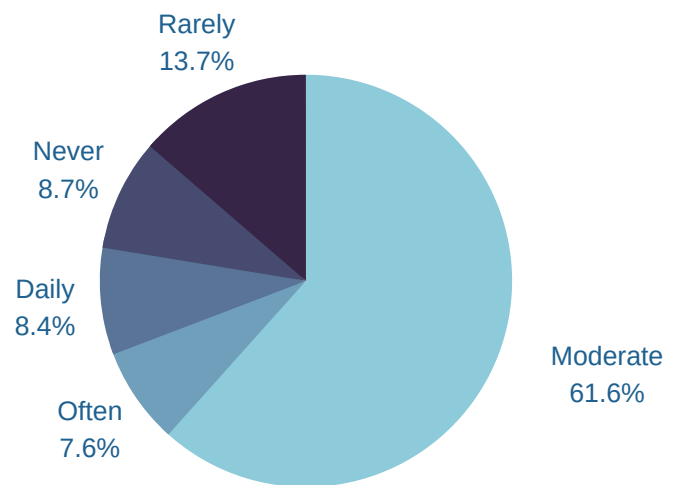
As the authors lamented about this complex situation, there is a "paucity of research" on the subject.[3]

CANNABIS EXPERIENCE

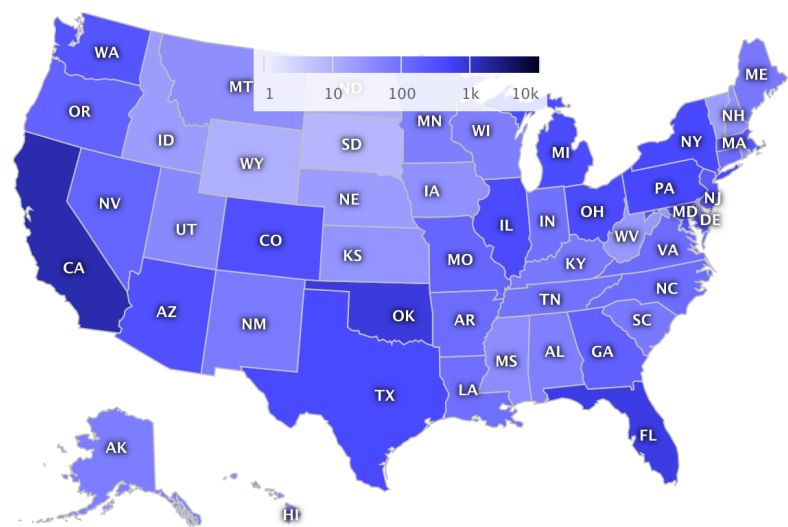
PATIENTS TREATING OCD IN RYAH



ALL PATIENTS IN RYAH



BY STATE



ADDITIONAL SOURCES

(1) Mathis, M. A., Alvarenga, P. d., Funaro, G., Torresan, R. C., Moraes, I., Torres, A. R., Zilberman, M. L., & Hounie, A. G. (2011). Gender differences in obsessive-compulsive disorder: a literature review. *Revista brasileira de psiquiatria (Sao Paulo, Brazil : 1999)*, 33(4), 390-399. <https://doi.org/10.1590/s1516-44462011000400014>

(2) Eskander, N., Limbana, T., & Khan, F. (2020). Psychiatric Comorbidities and the Risk of Suicide in Obsessive-Compulsive and Body Dysmorphic Disorder. *Cureus*, 12(8), e9805. <https://doi.org/10.7759/cureus.9805>

(3) Spradlin, A., Mauzay, D., & Cuttler, C. (2017). Symptoms of obsessive-compulsive disorder predict cannabis misuse. *Addictive behaviors*, 72, 159-164. <https://doi.org/10.1016/j.addbeh.2017.03.023>

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