



OCTOBER 2021 REPORT


MEDICAL CANNABIS FOR ADD AND ADHD

THE QUESTION

With a strong association between ADD/ADHD and increased cannabis use, there are many unanswered questions.

What can we find out about the demographic details and preferences of people with these conditions through the RYAH Ecosystem?

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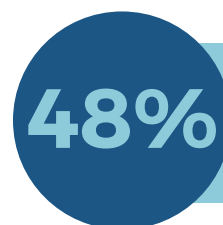
THE ANSWER

Between January 1, 2018, and October 25, 2021, patients have logged more than 30,000 sessions in the RYAH Data Ecosystem for treating attention deficit disorder (ADD) and attention deficit and hyperactivity disorder (ADHD)

Although men are more likely to be diagnosed with ADHD than females, with a ratio of 4:1, in RYAH, there is a more even split between the genders.

More than 48 percent of sessions for ADD/ADHD were logged by patients under 30 years old.

Favorite strains preferred by patients treating ADD/ADHD included ACDC, Super Lemon Haze, and Harlequin. But, the best strains for improving focus and concentration included L.A. Confidential, Allen Wrench, and White Buffalo.



**OF SESSIONS FOR
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ANALYSIS

Historically, men were much more likely to receive an ADD/ADHD diagnosis than women.

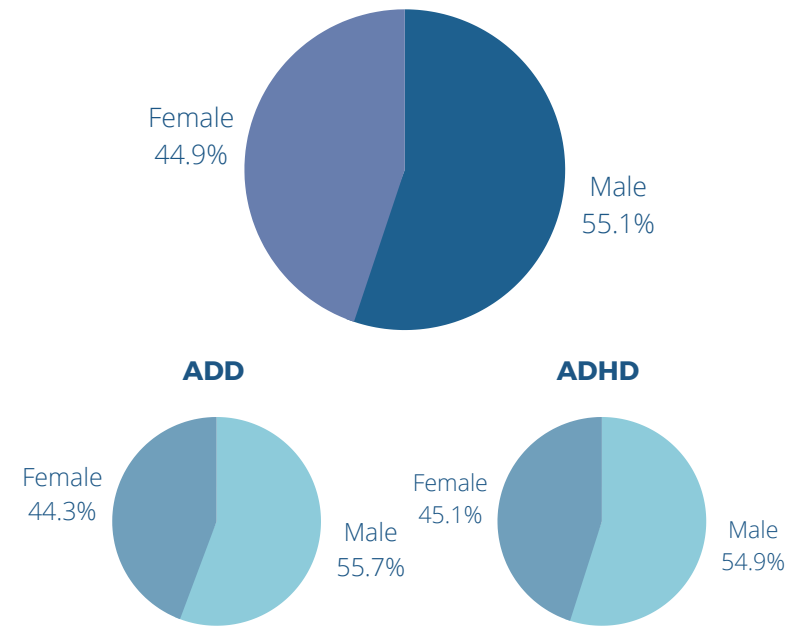
But according to a new analysis, "Over the last two decades there has been a slowly growing body of research that has clearly identified that ADHD is not a predominantly male disorder, although estimates indicate that boys out represent girls by 2:1 to 9:1 depending on the subtype and the setting." [1]

There are sex differences in how the conditions present.

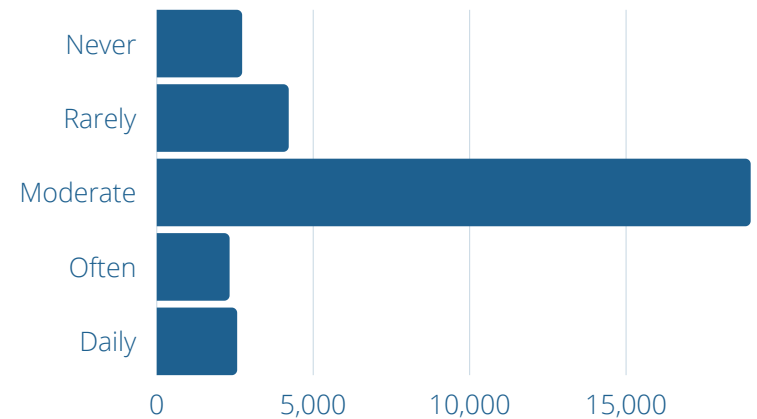
Men are more likely to present symptoms of hyperactivity and impulsivity. Conversely, women are more likely to present symptoms of inattention.

GENDER

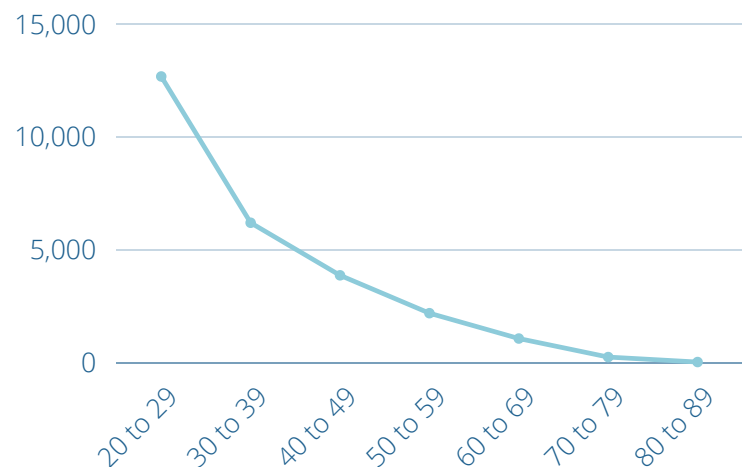
ADD & ADHD



EXPERIENCE



AGE



ANALYSIS

Like other conditions, there is a complicated relationship between ADD/ADHD and cannabis use.

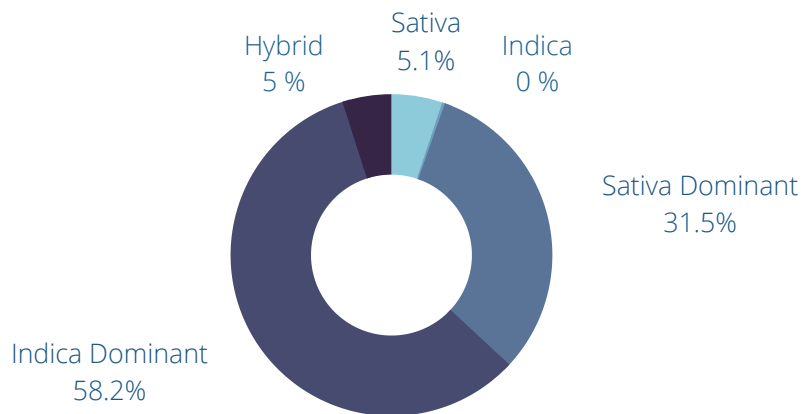
As per one analysis, ADHD specifically is "associated with a significantly increased risk for substance use, abuse and dependence." [2]

There is an eight times greater likelihood of cannabis use among people with ADHD than a non-ADHD diagnosed demographic.

Few well-controlled studies exist on the potential of medical cannabis for ADD/ADHD.

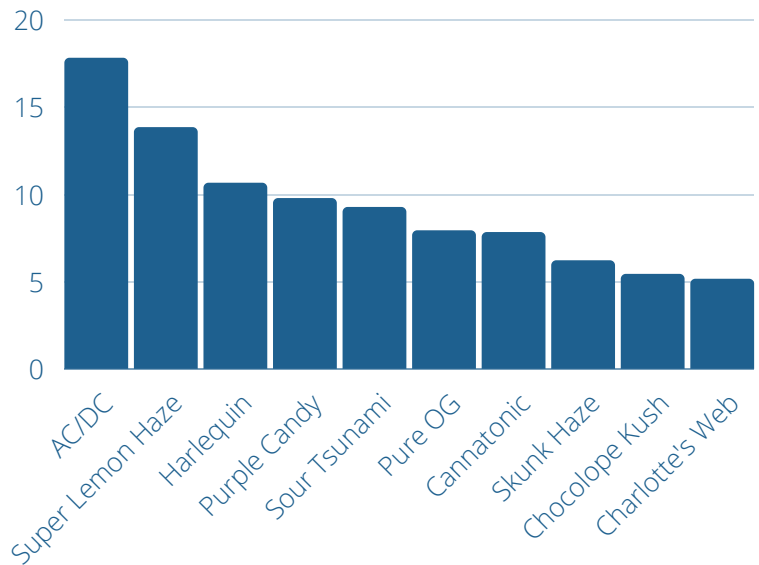
One of the only clinical trials on the subject reported that patients receiving cannabis "achieved better results than the placebo group [...] and reported reduced hyperactivity/impulsivity symptoms as well as improved emotional lability." [3]

PREFERRED TYPE

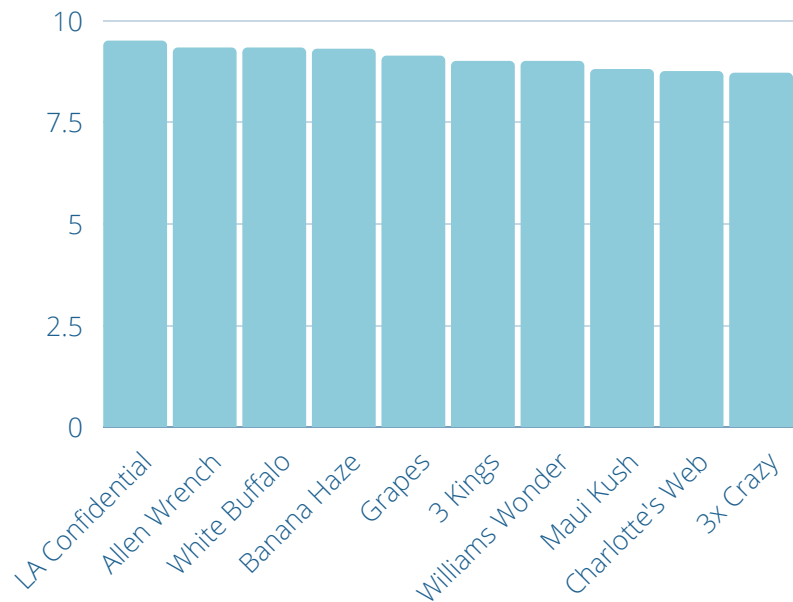


FAVORITE STRAINS

OVERALL PREFERENCE



FOR IMPROVEMENT TO CONCENTRATION & FOCUS



ADDITIONAL SOURCES

[1] Rucklidge, Julia J. "Gender differences in ADHD: implications for psychosocial treatments." Expert review of neurotherapeutics vol. 8,4 (2008): 643-55. doi:10.1586/14737175.8.4.643

[2] Soler Artigas, María et al. "Attention-deficit/hyperactivity disorder and lifetime cannabis use: genetic overlap and causality." Molecular psychiatry vol. 25,10 (2020): 2493-2503. doi:10.1038/s41380-018-0339-3

[2] Hupli, A. M. M. (2018). Medical cannabis for adult attention deficit hyperactivity disorder: Sociological patient case report of cannabinoid therapeutics in Finland. Medical Cannabis and Cannabinoids, 1(2), 112-118. <https://doi.org/10.1159/000495307>

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