



JANUARY 2022 REPORT


MEDICAL CANNABIS USE BY PATIENTS WITH SOCIAL ANXIETY DISORDER

THE QUESTION

Social anxiety disorder (SAD) is the 10th most common ailment logged in the RYAH Data ecosystem.

What can we learn about this demographic and what strains they prefer?

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THE ANSWER

Between January 1, 2018, and January 30, 2022, patients with social anxiety disorder have logged more than 22,400 sessions in the RYAH Data Ecosystem.

More men than women reported using cannabis for social anxiety, and reports also skewed towards a younger demographic under the age of 50. Comorbidities included generalized anxiety, depression, and stress, which didn't vary significantly from the broader data pool.

Patient's top three favorite strains included Sunset Sherbert, Blueberry Kush, and Platinum. They also reported preferring hybridized cultivars (sativa dominant, indica dominant, and hybrids) over pure strain types.

61%

**OF PATIENTS TREATING
SOCIAL ANXIETY DISORDER
REPORT MODERATE
CANNABIS EXPERIENCE**

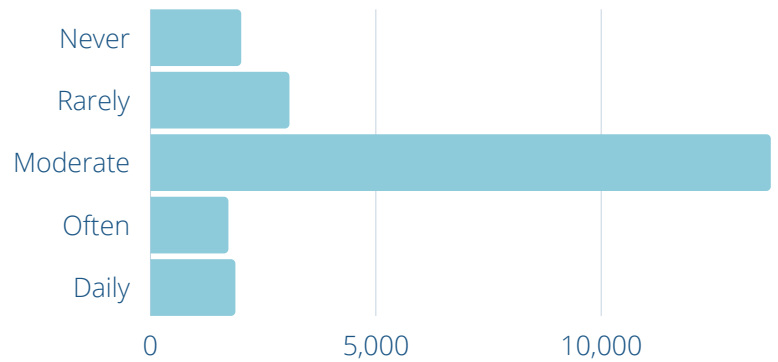
ANALYSIS

According to a 2011 review, "Women had higher rates of lifetime diagnosis for each of the anxiety disorders examined, except for social anxiety disorder which showed no gender difference in prevalence."

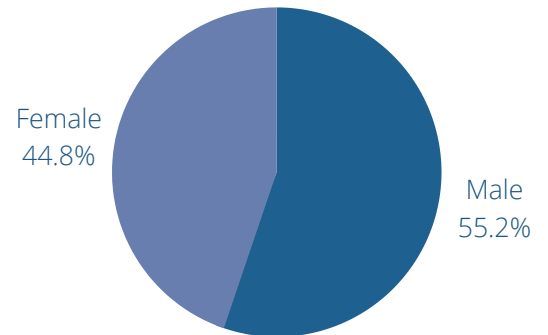
However, the authors reported women had a higher lifetime risk of comorbid conditions, including anxiety disorder, bulimia nervosa, and major depressive disorder. [1]

A 2017 study published in the Clinical Psychiatry Review indicated otherwise that women are more likely to have SAD. Although, men are more likely to seek treatment for social anxiety disorder, which may explain why more men than women reported using cannabis for SAD by logging sessions in RYAH Data. [2]

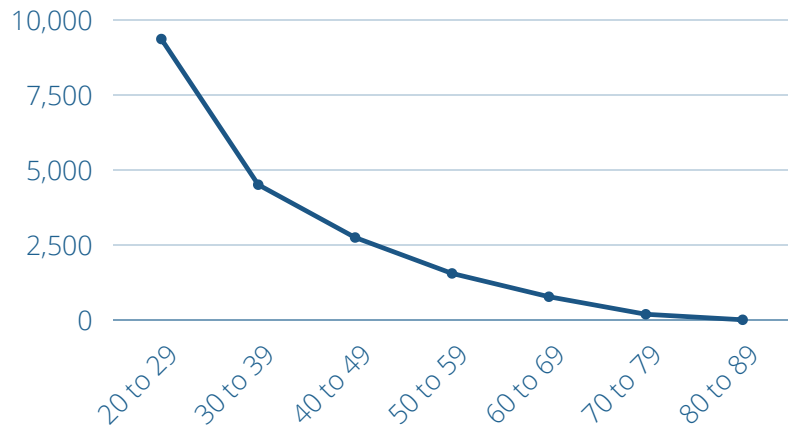
CANNABIS EXPERIENCE



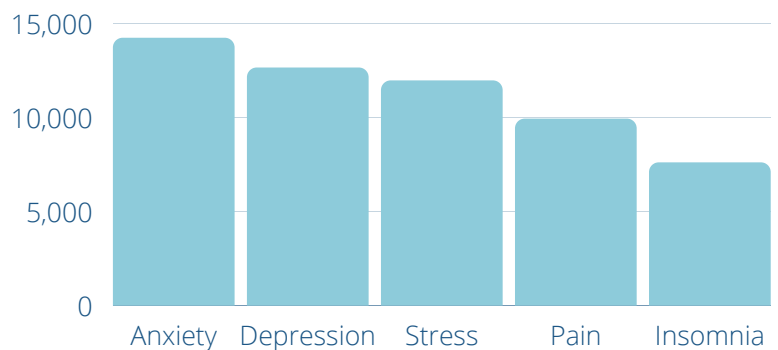
GENDER



AGES



COMORBIDITIES OF PATIENTS WITH SAD

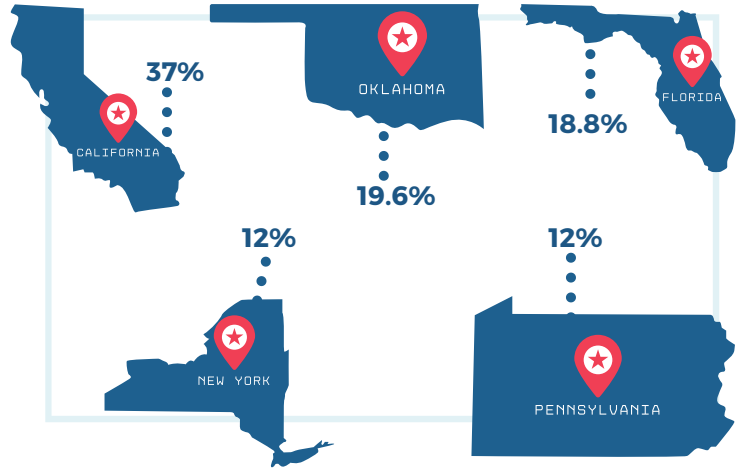


ANALYSIS

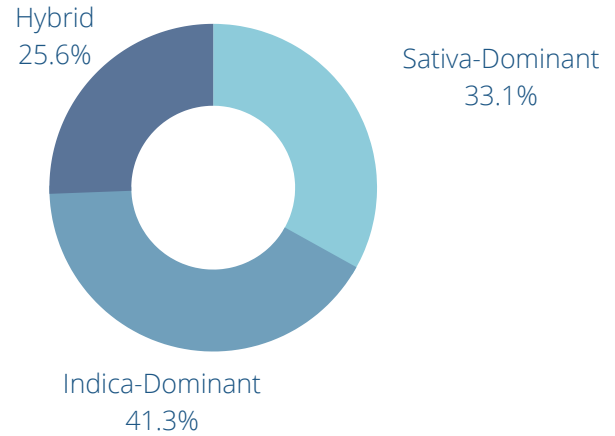
In 2011, Brazilian researchers published results of a study using cannabidiol (CBD) to reduce public speaking-induced social anxiety.

In the now-famous study, the authors reported, "Pretreatment with CBD significantly reduced anxiety, cognitive impairment and discomfort in their speech performance, and significantly decreased alert in their anticipatory speech." [3]

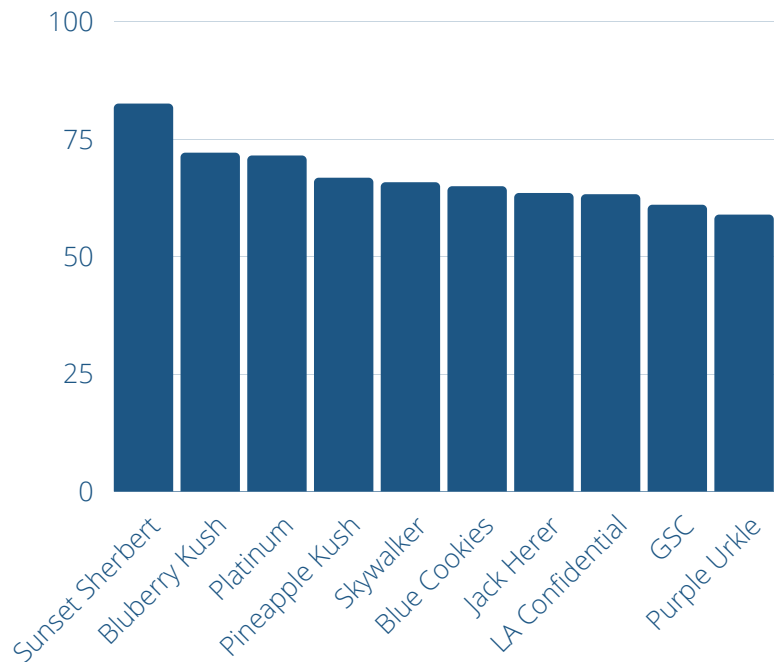
LOCATION



CULTIVAR TYPE



PREFERRED CULTIVAR



ADDITIONAL SOURCES

[1] McLean, C. P., Asnaani, A., Litz, B. T., & Hofmann, S. G. (2011). Gender differences in anxiety disorders: prevalence, course of illness, comorbidity and burden of illness. *Journal of psychiatric research*, 45(8), 1027-1035. <https://doi.org/10.1016/j.jpsychires.2011.03.006>

[2] Asher, M., Asnaani, A., & Aderka, I. M. (2017). Gender differences in social anxiety disorder: A review. *Clinical psychology review*, 56, 1-12. <https://doi.org/10.1016/j.cpr.2017.05.004>

[3] Bergamaschi, M. M., Queiroz, R. H., Chagas, M. H., de Oliveira, D. C., De Martinis, B. S., Kapczinski, F., Quevedo, J., Roesler, R., Schröder, N., Nardi, A. E., Martín-Santos, R., Hallak, J. E., Zuardi, A. W., & Crippa, J. A. (2011). Cannabidiol reduces the anxiety induced by simulated public speaking in treatment-naïve social phobia patients. *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*, 36(6), 1219-1226. <https://doi.org/10.1038/npp.2011.6>

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