

“Does Green Make You Blue?”

Keandra Wright, Anna Kirkland, Ph.D., Nyla Bickham, Ren Rountree, BA., Alicia Parson, BA,
Rodrick Bellamy, M.Ed, Cori Herring BA., & Lindsay Squeglia, Ph.D
Medical University of South Carolina

Background

- Marijuana refers to the dried leaves, stems, and seeds from the *Cannabis sativa* or *indica* plant.
- More research is needed on this topic because there are many factors prior to Cannabis use that can cause depression.

Research Question

Is Cannabis use associated with depression in teenagers?

Methods

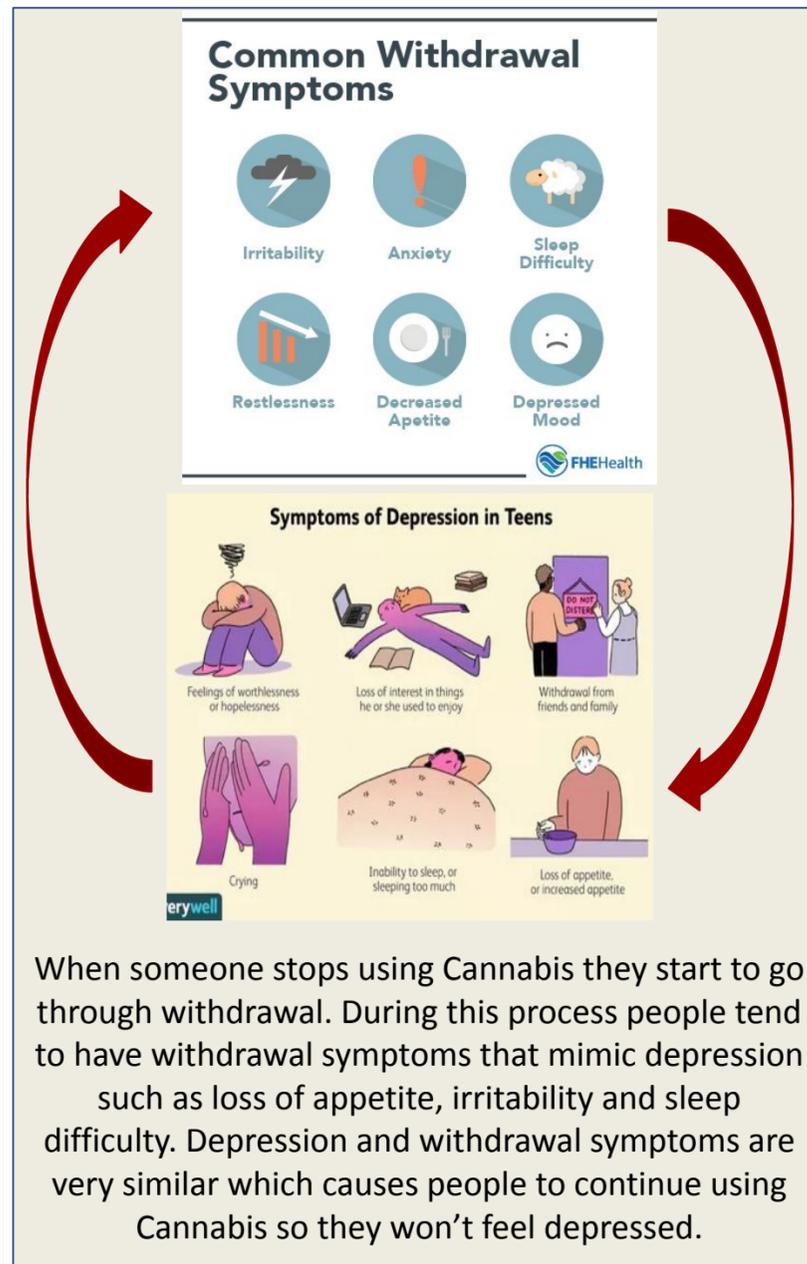
I asked this question because most of the teenagers I know that have depression use cannabis.

1. Define depression and cannabis
2. Look at National Institute of Health (NIH) & National Institute of Drug Abuse (NIDA) websites
3. Research other websites

References



Findings



Common Withdrawal Symptoms

- Irritability
- Anxiety
- Sleep Difficulty
- Restlessness
- Decreased Appetite
- Depressed Mood

Symptoms of Depression in Teens

- Feelings of worthlessness or hopelessness
- Loss of interest in things he or she used to enjoy
- Withdrawal from friends and family
- Crying
- Inability to sleep, or sleeping too much
- Loss of appetite, or increased appetite

When someone stops using Cannabis they start to go through withdrawal. During this process people tend to have withdrawal symptoms that mimic depression such as loss of appetite, irritability and sleep difficulty. Depression and withdrawal symptoms are very similar which causes people to continue using Cannabis so they won't feel depressed.

“There are multiple factors involved in, and underlying both depression and cannabis use, and that neither experience/behaviour is related, but co-occur anyway.” (from recoveryanswers.org)

Although depression and Cannabis use can co-exist there's no official evidence or research that can prove Cannabis use is the cause of depression.



Conclusion: Cannabis use is associated with depression in teenagers.

Reflections



- R.B Stall High School
- 11th grade
- My favorite TSAP moment was the scavenger hunt during week 2.
- Advice for a new Ambassador: Have fun and make the most out of this great opportunity.

Mentorship

- Dr. Kirkland
- Nyla Bickham
- Favorite piece of advice from my mentor: “Be confident”- Dr.Kirkland

Acknowledgements

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