

CANNABINOID USE IN A POPULATION BASED SURVEY OF ADULT ATHLETES
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Tetrahydrocannabinol (THC) and cannabidiol (CBD) have been used for medicinal and recreational purposes. THC is primarily known for its psychogenic effects while CBD is purportedly an anti-inflammatory and analgesic, however it may be the synergistic effect of THC and CBD that provides the major benefit (National Academy of Sciences, 2017). Little is known about factors that impact cannabinoid choices and specific cannabinoid subjective effects in adults, thus the current study aimed to understand these aspects of cannabis use.

The Athlete PEACE Survey used mainly social media and email blasts to recruit and SurveyGizmo to collect data. 1,161 (91.1%) of the 1,274 athletes taking the survey completed it. Current cannabis use was evaluated by asking “In the past two weeks, have you used marijuana (including THC and/or CBD)?” and cannabis type used was assessed by asking “What do you primarily use THC, CBD, or both?”. Cannabis patterns of use, benefits, and adverse effects were reported. 301 athletes (26%) currently use cannabis of which 61 (20.3%) use THC only, 101 use CBD only (33.6%) and 139 (46.2%) use both THC and CBD (Combo). Younger athletes use THC and Combo more often than older athletes (P=0.001) and athletes with pain lasting more than three months use CBD more often than those with no pain or acute pain (P<0.05). Athletes using cannabis recreationally predominantly use THC (42.5%) while those who use it both medically and recreationally prefer Combo (67.8%) (P<0.001). Novice users choose CBD (77.8%) while more experienced users favor Combo (60.3%) (P<0.001); the most frequent users also mostly use Combo (69%). Subjective effects are impacted by cannabinoid type. Specifically, THC and Combo were more effective for sleep and calm (both P<0.001) and caused an increased appetite (P<0.001) and anxiety (P<0.05) compared to CBD only. CBD and Combo improved pain more than THC (P<0.001). In conclusion, about 26% of adult athletes use cannabis with almost half choosing a combination of THC and CBD. Age, reason for use, and frequency and duration of use impact cannabinoid choices. The cannabinoid used impacts subjective effects to cannabis.

