

Cannabis Use Disorder



What is Cannabis Use Disorder (C.U.D.) ?

Cannabis use disorder (C.U.D.) is a complex condition that involves a problematic pattern of cannabis (marijuana) use. It can range from mild to severe (addiction). **C.U.D. is treatable.** If you or someone you know may be experiencing Cannabis Use Disorder, **seek medical help.**

What are the symptoms of C.U.D.?

- **Behavioral**
 - using more cannabis than usual.
 - Struggling to control use.
 - ignoring physical or mental health problems worsened by cannabis use.
- **Physical Dependence**
 - Irritability, anger or mood swings.
 - Anxiety or Restlessness.
 - Loss of appetite.
 - Sleep issues.

How is C.U.D. Treated?

- **Cognitive Behavioral Therapy (CBT):** Focuses on identifying and modifying maladaptive thought patterns and behaviors
- **Motivational Enhancement Therapy (MET):** Aims to enhance an individual's motivation to change cannabis use behaviors
- **Contingency Management:** Utilizes positive reinforcement to encourage abstinence

Increased access and reduced perception of risk may lead to higher rates of CUD

Sources:

