

Marijuana

NIDAMED Patient Resources Series

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What You Need To Know

Nearly 1 out of every 11 people who tries marijuana becomes addicted to it. For those who start using in their teens, 1 in 6 becomes addicted. And for daily users, the addiction rate is 25–50 percent.

Beyond addiction, marijuana has other health effects, including:

- impaired short-term memory
- slowed reaction time
- altered judgment and decision-making ability
- altered mood and risk of psychosis in vulnerable individuals

Treatment Options

Behavioral interventions, such as cognitive behavioral therapy and motivational incentives (providing rewards/vouchers for abstinence), can be effective.

No medications are currently available to treat marijuana addiction.

However, new discoveries focusing on the body's own cannabinoid system—where the THC in marijuana binds—offer promise for developing medications to help people recover from marijuana addiction.

Resources

NIDA offers an extensive collection of publications, videotapes, and educational materials to help parents talk to their children about drug use. For general inquiries, contact NIDA's public information office at 301-443-1124 or visit the NIDA Web site (<http://www.drugabuse.gov>).

For more information on marijuana and other drugs, visit <http://marijuana-info.org> and <http://teens.drugabuse.gov>.

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides valuable information on its Web site (<http://www.samhsa.gov>), including resources for finding substance abuse treatment programs near you (<http://findtreatment.samhsa.gov>).

