



**CHAYA**

Cannabis, Health, &  
Young Adolescents



**SCIENCE BRIEF**

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# About

## Health Conditions and Motivations for Marijuana Use Among Young Adult Medical Marijuana Patients and Non-Patient Marijuana Users

### Background

What did we already know about Medical Marijuana?

Prior to recreational marijuana legalization in California, marijuana was legal for medical use under **California Law**, to treat "cancer, anorexia, AIDS, chronic pain, spasticity, glaucoma, arthritis, migraine, or any other illness for which marijuana provides relief" and now recently, pain and psychological illness. However, little is known about the health conditions reported by young adult patients, how these health conditions compare to permissible health conditions under California law, or factors that might discourage young adults from seeking a medical marijuana recommendation.

### Purpose

What did your current research look at?

The current study looked to see whether young adult **medical marijuana patients** reported health conditions and motivations for use that were consistent with medical use of marijuana in California.

### Methods

How did you conduct the current research?

Young adult participants were recruited and interviewed to complete survey questions. They were asked questions about their **motivations** for marijuana use, lifetime **health problems**, and **concerns** related to seeking a medical marijuana recommendation.

### Sample

Young adult marijuana users between 18-26 years old were recruited within **Greater Los Angeles**.



n = 210

#### Patients

Marijuana users with a current medical recommendation



n = 156

#### Non-Patients

Marijuana users who have never had a medical recommendation

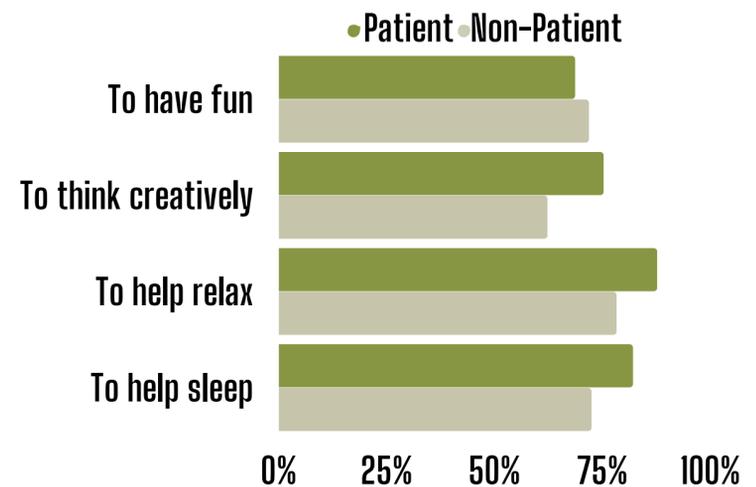


# Findings

## Marijuana Use Motives

What are some motivations for marijuana use among young adults?

Among all young adults, motivations for using marijuana were for both medical and non-medical purposes (ex., to relax, to help sleep, to have fun, to think creatively). However, there were significantly more medical motivations for marijuana use, especially among **medical marijuana patients**.



## Medical Marijuana

Are medical marijuana patients more likely to report health conditions?

Compared to **non-patients** (i.e., those that never had a medical marijuana recommendation), **medical marijuana patients** were more likely to report a range of lifetime health problems.

## Health Conditions

What were some of the most common health conditions reported?

The top three health conditions reported were categorized as 1) *Psychological*, 2) *Physical Pain*, & 3) *Gastrointestinal*. **Patients** reported insomnia, anxiety, depression, non-specific pain, nausea, lower back pain, migraines, and attention deficit hyperactivity disorder (ADHD). **Non-patients** reported insomnia, non-specific pain, anxiety, and depression.

### PSYCHOLOGICAL



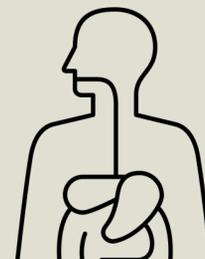
89.2%

### PHYSICAL PAIN



62.4%

### GASTROINTESTINAL



40.9%

## Privacy Concerns

Are there any concerns with obtaining a medical recommendation?

**Non-patients** expressed more privacy concerns (e.g. name stored in a state database, family finding out) about obtaining a medical marijuana recommendation compared to **patients** who expressed less privacy concerns about obtaining a medical marijuana recommendation.



# Conclusion

## Key Points

- Motivations for marijuana use were significantly more for medical purposes to treat health conditions.
- **Patients** were more likely to report lifetime health conditions than **non-patients**.
- Health conditions most commonly reported were psychological, physical pain, or gastrointestinal.
- **Non-patients** were more likely to express privacy concerns obtaining a medical recommendation for marijuana, despite reporting health conditions that qualify under the California Law.

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