

# MEDICAMENT

## MEDICAL MARIJUANA RESEARCH NEWSLETTER



WINTER 2023

### WELCOME TO MEDICAMENT,

the Consortium for Medical Marijuana Clinical Outcomes Research's quarterly newsletter.

The Consortium, founded by the State of Florida, conducts, disseminates, and supports research on the use and effects of medical marijuana on patient outcomes.

*In the Winter 2023 issue of  
MEDICAMENT:*

- Presentation to Healthcare Regulation Subcommittee
- 2024 Grants Program
- Call for Abstracts
- Cannabis Clinical Outcomes Research Conference (CCORC)
- Medical Marijuana and Me (M<sup>3</sup>)
- Research Announcements
- Journal Corner
- Welcome Q & A
- Get Involved in Research



Consortium for  
Medical Marijuana  
Clinical Outcomes Research

To learn more about the Consortium and our programs, visit us at [mmjoutcomes.org](http://mmjoutcomes.org).

### CONSORTIUM DIRECTOR PRESENTS REPORT TO FLORIDA HOUSE SUBCOMMITTEE



#### Presentation Provided to Florida House Healthcare Regulation Subcommittee

On December 13, 2023, Consortium Director Almut Winterstein, RPh, PhD, FISPE, provided a report on Consortium activity to the Healthcare Regulation Subcommittee of the Florida House of Representatives. The presentation included an overview of the Consortium's research programs and shared updates on data regarding certified medical marijuana patient demographics, average THC dosing, and the most common reported health conditions cited for medical marijuana use. An archived recording of the presentation is available at the link below.

**Note:** Dr. Winterstein's presentation begins at 1:07:30

**WATCH THE PRESENTATION HERE**

## 2024 GRANTS PROGRAM

### Letter of Intent Submissions NOW OPEN

The Consortium for Medical Marijuana Clinical Outcomes Research has now announced the Request for Proposals (RFP) for the 2024 Research Grants Program.

Researchers interested in applying to the 2024 Research Grants Program must complete the required online [Letter of Intent \(LOI\) Submission Form](#) by 11:59 PM EST, February 1st, 2024.

[Read more about the 2024 Request for Proposals \(RFP\) >](#)

**SUBMIT LETTER OF INTENT**

## CCORC 2024: CALL FOR SUBMISSIONS OF ORIGINAL RESEARCH ABSTRACTS AND WORKSHOP PROPOSALS

Submission Window Opens: January 2, 2024

The Consortium is soon accepting submissions of original research abstracts for podium or poster presentation at the Cannabis Clinical Outcomes Research Conference (CCORC) on May 30-31, 2024. Submission of case reports is permissible as are works in progress. Abstracts assessing clinical outcomes of medical marijuana will be granted priority.

The Consortium is calling for proposals of workshops or panel discussions for the conference program as well. These sessions can address topics relevant to researchers, clinicians and policymakers. Topics can include new methodologies, lessons learned, clinical or research challenges, evidence summaries and more.

**ABSTRACT SUBMISSION INFO**

## SAVE THE DATE: CCORC 2024



**STAY IN TOUCH FOR CCORC 2024 UPDATES**

## MEDICAL MARIJUANA & ME: STUDY DATA ACCESS NOW AVAILABLE TO RESEARCHERS

Researchers now have the opportunity to access cross-sectional data from a cohort of current medical marijuana patients in the Medical Marijuana & Me (M<sup>3</sup>) Study. These data are available for researchers addressing questions within the following suggested domains (among others):

- Change in Prescription Medications Use
- Change in Substance Use
- Change in Use Patterns Over Time
- Health Outcomes Trajectories
- Most Effective Use Patterns
- MMJ-Related Adverse Effects
- MMJ Use Persistence or Discontinuation
- Potential MMJ-Drug Interactions

[To request data access, fill out the form here >](#)

More information, and a summary of research that has already been proposed, are available at [mmjoutcomes.org/m3study](https://mmjoutcomes.org/m3study).

If you have questions or would like to speak to a study team member, you may call/text [\(352\) 658-3735](tel:3526583735) or email [m3cohort@phhp.ufl.edu](mailto:m3cohort@phhp.ufl.edu).

EVIDENCE AND RESEARCH ANNOUNCEMENTS

Medical Cannabis  
and Cannabinoids

Research Article

Med Cannabis Cannabis 2023;16:169  
DOI: 10.1155/medc.2023.169

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Revised October 16, 2023  
Published online November 13, 2023

**Improved Post-Traumatic Stress Disorder Symptoms and Related Sleep Disturbances after Initiation of Medical Marijuana Use: Evidence from a Prospective Single Arm Pilot Study**

Krishna Vaddiparti<sup>1</sup> Yiyang Liu<sup>2</sup> Sarah Bottani<sup>3</sup> Carly Crump Boulosa<sup>4</sup> Zhi Zhou<sup>1</sup> Yan Wang<sup>1</sup> John Williamson<sup>5</sup> Robert L. Cook<sup>6</sup>

<sup>1</sup>Department of Epidemiology, College of Public Health and Health Professions and College of Medicine, University of Florida, Gainesville, FL, USA; <sup>2</sup>Department of Clinical and Health Psychology, College of Public Health and Health Professions and College of Medicine, University of Florida, Gainesville, FL, USA

**Keywords:** Medical marijuana, Cannabis, Post-traumatic stress disorder, Sleep, Sleep quality

**Abstract:** Introduction: Post-traumatic stress disorder (PTSD) is a debilitating disorder experienced by a subgroup of individuals following a life-threatening trauma. Several US states have passed laws permitting the medical use of marijuana (MMJ) by individuals with PTSD, despite very little scientific indication on the appropriateness of marijuana as a therapy for PTSD. This prospective pilot study of adults with confirmed PTSD in Florida (FL) investigated whether PTSD symptoms, sleep quality, affect, and general physical and mental health/well-being improved post-initiation of MMJ treatment. **Methods:** Participants, N = 15, were recruited from two MMJ clinics in Gainesville and Jacksonville, FL. To be eligible, participants had to be 18 years of age or older, not currently on MMJ, and willing to abstain from recreational marijuana, if using any, until the State Medical Cannabis Card was obtained, screen positive for PTSD. Participants were assessed at baseline (pre-MMJ initiation) and 30 and 70 days post-MMJ initiation using the Pittsburgh Sleep Quality Index (PSQI), PTSD Checklist for DSM-5 (PCL-5), Positive and Negative Affect Schedule (PANAS), POMS Global Health V1.2, and semi-structured marijuana and other substance use assessment. **Results:** PTSD symptom severity as measured by total PCL-5 score improved significantly at 30- and 70-day follow-ups. Similarly, statistically significant reductions in nightmares were reported at 30- and 70-day follow-ups. Corresponding improvements in sleep were noticed with participants reporting increased duration of sleep hours, sleep quality, sleep efficiency, and total PSQI score. Likewise, negative affect and global mental health improved significantly at follow-up. According to the post hoc analyses, the most statistically significant changes occurred between baseline and 30-day follow-up. The exception to this pattern was nightmares, which did not show significant improvement until day 70. **Conclusion:** The findings of this study highlight the potential of MMJ in improving patient outcomes for those with PTSD, particularly concerning sleep disturbances, which often do not respond to currently available treatments.

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Consortium awarded research study led by Dr. Krishna Vaddiparti highlights the potential of MMJ in improving patient outcomes for those with PTSD, particularly concerning sleep disturbances, which often do not respond to currently available treatments

Post-traumatic stress disorder (PTSD) is a debilitating disorder experienced by a subgroup of individuals following a life-threatening trauma. Several U.S. states have passed laws permitting the medical use of marijuana (MMJ) by individuals with PTSD. This prospective pilot study of adults with confirmed PTSD in Florida investigated whether PTSD symptoms, sleep quality, affect, and general physical and mental health/well-being improved post-initiation of MMJ treatment.

READ THE FULL ARTICLE HERE

Current Addiction Reports (2023) 10:887–893  
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Medical Cannabis Use and Its Impact on Health Among Older Adults: Recent Research Findings and Future Directions

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**Abstract**  
**Purpose of Review:** With the rapidly changing landscape of state level legalization of cannabis, older adults have become one of the fastest growing populations seeking medical cannabis (MC). However, research evidence on the risks and benefits of MC use in this population remains limited. This review aims to synthesize recent literature on the impacts of MC use in older adults and identify critical knowledge gaps to be addressed in future research.  
**Recent Findings:** Recent literature showed that older adults often face financial and/or educational barriers and stigma associated with MC access. Emerging data showed that MC may have therapeutic effects on symptoms of conditions such as chronic pain, insomnia, anxiety/depression, dementia, nausea, and vomiting. However, available evidence is inconsistent and tends to rely on self-report and uncontrolled studies. While some adverse events associated with MC use were reported, it is generally well tolerated in older adults. Neurocognitive and psychological consequences and cardiovascular risks have been reported but again only in limited studies with inconclusive findings.  
**Summary:** There is a need for more systematic and rigorous research on MC in older adults to determine its safety and efficacy. Research on dosing procedures and product characteristics, as well as how these may impact health outcomes, is crucial. More consistent evidence is needed to inform policy changes and patient/physician education to minimize potential risks and optimize benefits among older adults seeking MC as an alternative treatment.

**Keywords:** Medical cannabis · Medical marijuana · Cannabinoids · Older adults

**Introduction**

In recent years, there has been a substantial increase in the number of older adults using medical cannabis (MC), exceeding the growth of other age groups [1, 2, 3–5]. In 2016, a national survey found a 335% increase in cannabis use in people over the age of 65 and a 435% increase in people between the ages of 55 and 65 [1]. Older adults are beginning to make up a moderate to large portion of MC using population. Depending on the country and region, the number of older adults using MC ranges from 7% to over 37% [6]. For example, a large proportion of early adopters of MC in Florida, according to the state Medical Marijuana Use Registry, were older adults (aged 50 years and older), with one study reporting 54.6% of registrants falling within this age range [7, 8].

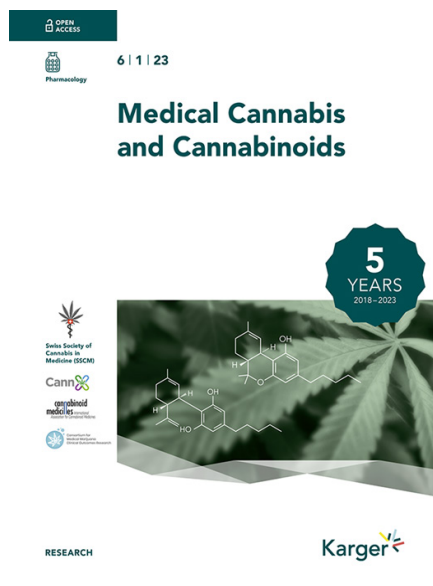
The increasing trend in MC use among older adults could be attributed to more prevalent legalization of cannabis at the state level, which reduces perception of harm and increases access to cannabis in the USA [9, 10]. It may also reflect the trend of older adults seeking MC as an alternative treatment to conventional medications (e.g., opioids) for various health conditions such as chronic pain and insomnia with the expectation that MC could be similarly effective and associated with fewer side effects than some conventional medications [11]. Indeed, some recent studies investigating older adults' perceptions of cannabis when compared to other treatments supported this hypothesis. For example, one study found that 69% of older adults in the sample believed that cannabis "definitely" or "probably" provides pain relief, while only 48% of respondents believed

Medical Cannabis Use and Its Impact on Health Among Older Adults: New Publication by Consortium Researchers

With the rapidly changing landscape of state level legalization of cannabis, older adults have become one of the fastest growing populations seeking medical cannabis (MC). However, research evidence on the risks and benefits of MC use in this population remains limited. This review aims to synthesize recent literature on the impacts of MC use in older adults and identify critical knowledge gaps to be addressed in future research.

READ THE FULL ARTICLE HERE

# NEW MEDICAMENT FEATURE: JOURNAL CORNER



## 2023 Articles and Plain Language Summaries

Now in the fourth year of cooperation, Medical Cannabis and Cannabinoids (Karger Publishers) has published several articles from the Consortium and its members in 2023, including:

- [Cannabis Effects on Driving Performance: Clinical Considerations](#)
- [Climbing the Evidence Pyramid: Dosing Considerations for Medical Cannabis in the Management of Chronic Pain](#)
- [Protocol of a Combined Cohort and Cross-Sectional Study of Persons Receiving Medical Cannabis in Florida, USA: The Medical Marijuana and Me \(M3\) Study](#)
- [Proceedings of the 2023 Cannabis Clinical Outcomes Research Conference](#)
- [Abstracts for the 2023 Cannabis Clinical Outcomes Research Conference \(CCORC\)](#)
- [Improved Post-Traumatic Stress Disorder Symptoms and Related Sleep Disturbances after Initiation of Medical Marijuana Use: Evidence from a Prospective Single Arm Pilot Study](#)

## Plain Language Summaries

As research and science become more “open”, plain language summaries (PLS) help make research more accessible to wider audiences such as patients, healthcare providers, policy makers, and even funders. These short, non-technical summaries of scholarly articles not only put research within easier reach to more stakeholders, but are increasingly being requested on funding applications and by academic journals. Karger offers a free-to-access course to guide researchers and students through the steps of creating a PLS. Visit [Karger Courses](#) and select “How to Write a Plain Language Summary.”

### *Medical Cannabis and Cannabinoids at a Glance:*

- Official journal of the Consortium for Medical Marijuana Clinical Outcomes Research
- Consortium members are eligible for **APC discount of 50%**
- Open Access
- Indexed in PMC, DOAJ, Scopus
- CiteScore: 6.3

For more information or questions about *Medical Cannabis and Cannabinoids*, contact:

Alan Tootle, Publication Manager  
Karger Publishers  
[a.tootle@karger.com](mailto:a.tootle@karger.com)

For more information about the journal, visit [karger.com/mca](https://karger.com/mca)

## Q&A: GET TO KNOW OUR NEWEST TEAM MEMBER

### The Consortium Welcomes New Team Member, Allison Veliz



#### Allison Veliz

Marketing and Communications Specialist

#### **Welcome to the Consortium, Allison! Can you give us a brief description of your background before you joined the consortium?**

Prior to joining the Consortium, I attended the University of Florida where I received a Bachelor of Science in Journalism and a Master of Arts in Mass Communication. While pursuing my masters, I worked at the UF International Center as a Marketing and Communications Intern and Student Assistant. After graduating, I worked at the University of Miami School of Education and Human Development as a Communication Specialist and now I'm very excited to be a part of the Consortium team!

#### **How do you think your background will be useful in conducting marketing and communications for the Consortium?**

I think my previous experience in higher education will definitely be useful, I've done marketing and communications for subjects such as international education, kinesiology, and sport sciences. Medical marijuana clinical outcomes research is new to me but I'm excited about the challenge. It's a very interesting subject so I'm happy to be able to give support to the communication efforts of the Consortium.

#### **What projects are you most interested in working on at the Consortium? What do you hope to accomplish?**

I'm interested in working on design and multimedia projects. I've never worked in research before so I'm excited to learn all I can. I hope to apply my storytelling and strategic communication skills here and come up with creative ways of data visualization for the Consortium. I've also always been passionate about multimedia storytelling such as photography and videography and I hope to come up with some interesting projects to showcase the work being done at the Consortium. I also like event planning, so I'm excited to help put on the annual Cannabis Clinical Outcomes Research Conference.

#### **What aspects of medical marijuana clinical outcomes research particularly interests you?**

I'm interested in learning more about the efficacy, safety, and potential applications of medical marijuana for various medical conditions. I think there are still a lot of unknowns when it comes to the use of medical marijuana so it's definitely an interesting subject and I'm looking forward to learning more.

## GET INVOLVED IN RESEARCH

CARMMA: Changing the way we collaborate across the state of Florida

The [Connect and Advance Research for Medical Marijuana Analysis \(CARMMA\) Database](#) is accessible to researchers, physicians, and industry collaborators.

We believe collaborations bring research advancements. The CARMMA Database connects researchers, clinicians, and industry to foster medical marijuana research.

Anyone interested in engaging in medical marijuana research is invited to register in CARMMA to find collaborators.

JOIN THE CARMMA DATABASE



Happy Holidays

Have news or feedback to share?  
Let us know!

Share your Consortium-related research and news through our [submission form](#).

Share your comments on our newsletter through our [feedback form](#).

Don't want to miss any  
MEDICAMENT issues?

Share your contact information through our [newsletter sign-up form](#).

[Read previous MEDICAMENT issues](#)



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