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Clin Drug Investig. 2014 Aug;34(8):587-91. doi: 10.1007/s40261-014-0212-3.

Preliminary, open-label, pilot study of add-on oral Δ9-tetrahydrocannabinol in chronic post-traumatic stress disorder.

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Abstract

BACKGROUND AND OBJECTIVES: Many patients with post-traumatic stress disorder (PTSD) achieve but partial remission with current treatments. Patients with unremitted PTSD show high rates of substance abuse. Marijuana is often used as compassion add-on therapy for treatment-resistant PTSD. This open-label study evaluates the tolerance and safety of orally absorbable Δ(9)-tetrahydrocannabinol (THC) for chronic PTSD.

METHODS: Ten outpatients with chronic PTSD, on stable medication, received 5 mg of Δ(9)-THC twice a day as add-on treatment.

RESULTS: There were mild adverse effects in three patients, none of which led to treatment discontinuation. The intervention caused a statistically significant improvement in global symptom severity, sleep quality, frequency of nightmares, and PTSD hyperarousal symptoms.

CONCLUSIONS: Orally absorbable Δ(9)-THC was safe and well tolerated by patients with chronic PTSD.

PMID: 24935052 [PubMed - indexed for MEDLINE]

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