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## Social and curative aspects of treatment with cannabis in adult ADHD

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**Background & Aim:** Attention Deficit Hyperactivity Disorder (ADHD) may persist into adulthood and become treatment resistant to standard medication. Many patients report on a symptom relief with cannabis. Although with noticeable symptom reduction associated, their experience is mainly restricted to THC-predominant black-market strains in unknown quality with the thread of prosecution. Due to the change in German legislation, cannabis flowers can be prescribed as a narcotic medication, if guideline-therapy was ineffective or associated with intolerable side effects. Aim of the analysis was to gain a first insight into the health-related and social experiences of patients with adult ADHD, who medicate with prescribed cannabis.

**Methods:** Analysis of 31 questionnaires from cannabis-patients in a specialized psychiatric practice between August 2017 and February 2018 regarding specific treatment aspects of adult ADHD. The data included pre-treatment, specific social aspects, modes of application, average daily dosages, grading of different cannabis flowers and the use of cannabidiol.

**Results:** With standardized cannabinoid medication patients experienced an improvement of key symptoms and social status. Average single dose was 300 mg with a mean daily dosage of 2 grams split into 7 inhalations. A relevant amount of cannabidiol in cannabis flowers led to a positive influence on impulsiveness and agitation. Acceptance of Sativex® increased with experience of a beneficial prolonged effect of oral intake and a relevant amount of CBD. Health insurances reimburse costs in 1 of 4 cases, although all patients and future prescribing doctors affirm a better quality of life.

**Conclusion:** Cannabis can be an effective treatment alternative in adult ADHD. Cannabidiol alleviates impulsiveness and agitation. Best therapeutic results can be seen with an individualized combination of oral and inhalative cannabinoid medication.

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