

Mindful Continuing Education

Marijuana Update-2018

1. Although the U.S. Food and Drug Administration has not approved “medical marijuana”, safe medicines based on cannabinoid chemicals derived from the marijuana plant have been available for decades and more are being developed.

- A. True
 - B. False
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2. Each of the following is an accurate statement about marijuana use EXCEPT:

- A. When marijuana is smoked, THC and other chemicals in the plant pass from the lungs into the bloodstream, which rapidly carries them throughout the body to the brain, and the person begins to experience effects almost immediately
 - B. Eating or drinking marijuana delivers significantly less THC into the bloodstream than smoking an equivalent amount of the plant
 - C. People who have taken large doses of marijuana may experience an acute psychosis, which will likely include symptoms such as incoherent speech, racing thoughts, and disorientation
 - D. The noticeable effects of smoked marijuana generally last from 1 to 3 hours, and those of marijuana consumed in food or drink may last for many hours
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3. THC stimulates neurons in the reward system to release the signaling chemical serotonin at levels higher than typically observed in response to natural stimuli, and this flood of serotonin contributes to the pleasurable "high" that those use who recreational marijuana seek.

- A. True
 - B. False
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4. Which of the following accurately describes marijuana dependence and withdrawal?

- A. Frequent marijuana users often report irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort that peak within the first week after quitting
 - B. Such symptoms generally peak within the first two weeks after quitting and last up to one month. Marijuana dependence occurs when the brain adapts to large amounts of the drug by reducing production of and sensitivity to its own endocannabinoid neurotransmitters
 - C. Marijuana dependence occurs when the brain adapts to large amounts of the drug by increasing production of and producing insensitivity to its own endocannabinoid neurotransmitters
 - D. The person cannot stop using marijuana even though it interferes with many aspects of his or her life
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Rising Potency

5. In the early 1990s, the average THC content in confiscated marijuana samples was roughly 3.8 percent., and in 2014, it was 12.2 percent; additionally, the average marijuana extract contains more than 50 percent THC, with some samples exceeding 80 percent.

- A. True
 - B. False
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6. Several studies have linked marijuana use to increased risk for psychiatric disorders, including psychosis, depression, anxiety, and substance use disorders, but whether and to what extent it actually causes these conditions is not always easy to determine, and it may be determined by the amount of drug used, genetic vulnerability, and:

- A. Life stressors
 - B. Personality characteristics
 - C. Age at first use
 - D. Environmental triggers
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7. Researchers generally consider medications developed from botanicals such as the marijuana plant to be more promising therapeutically than mouth sprays or liquid forms which use purified chemicals derived from or based on those in marijuana.

- A. True
 - B. False
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Available Treatments

8. On average, adults seeking treatment for marijuana use disorders have used marijuana nearly every day for more than 10 years and have attempted to quit more than six times, and treatments that have shown promise include:

- A. Cognitive-behavioral therapy to identify and correct problematic behaviors in order to enhance self-control, stop drug use, and address a range of other problems that often co-occur with them.
 - B. Contingency management based on frequent monitoring of the target behavior and the provision (or removal) of tangible, positive rewards when the target behavior occurs (or does not)
 - C. Motivational enhancement therapy which is designed to produce rapid, internally motivated change and by mobilizing the individual's internal resources for change and engagement in treatment
 - D. All of the above
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