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Understanding Your Risk for Cannabis Use Disorder

KEY POINTS

- Some people who use cannabis will develop cannabis use disorder, meaning that they are unable to stop using cannabis even though it's causing health and social problems in their lives.
- The risk of developing cannabis use disorder is greater in people who start using cannabis during youth or adolescence and who use cannabis more frequently.

Signs of cannabis use disorder

Fast Statistics

- Approximately 3 in 10 people who use cannabis have cannabis use disorder. [\[1\]](#)
- It is estimated that people who use cannabis have about a 10% likelihood of becoming addicted. [\[2\]](#)
- The risk of developing cannabis use disorder is greater in people who start using cannabis during youth or adolescence and who use cannabis more frequently. [\[3\]](#)

The following are signs of cannabis use disorder: [\[4\]](#)

- Using more cannabis than intended
- Trying but failing to quit using cannabis
- Spending a lot of time using cannabis
- Craving cannabis
- Using cannabis even though it causes problems at home, school, or work
- Continuing to use cannabis despite social or relationship problems
- Giving up important activities with friends and family in favor of using cannabis
- Using cannabis in high-risk situations, such as while driving a car
- Continuing to use cannabis despite physical or psychological problems
- Needing to use more cannabis to get the same high

People who have cannabis use disorder may also be at a higher risk of other negative consequences, such as problems with attention, memory, and learning.

Cannabis use disorder and increased THC concentration

Some people who have cannabis use disorder may need to use more and more cannabis or greater concentrations of cannabis over time to experience a "high." The greater the amount of tetrahydrocannabinol (THC) in cannabis (in other words, the concentration or strength), the stronger the effects the cannabis may have on the brain. [\[5\]](#) [\[6\]](#) The amount of THC in cannabis has increased over the past few decades. [\[6\]](#) Products with high concentrations of THC can have greater intoxicating effects and increase the risk of overconsumption. [\[7\]](#)

In a study of cannabis research samples over time, the average delta-9 THC (the main form of THC in the cannabis plant) concentration almost doubled, from 9% in 2008 to 17% in 2017. [\[8\]](#) Products from dispensaries often offer much higher concentrations than seen in this study. In a study of products available in online dispensaries in 3 states with legal non-medical adult cannabis use, the average THC concentration was 22%, with a range of 0% to 45%. [\[9\]](#) In addition, some methods of using cannabis (for example, dabbing and vaping concentrates) may deliver very high levels of THC to the user. [\[6\]](#) [\[10\]](#) Cannabis concentrates come in many different forms and may be called extract, butane hash oil, wax,

shatter, butane honey oil (BHO), budder, taffy, and live resin. [7] [11] [12]

Researchers do not yet know the full extent of the consequences when the body and brain are exposed to high concentrations of THC or how recent increases in concentrations affect the risk of someone developing cannabis use disorder. [6] There is moderate evidence that high THC concentration cannabis use by adolescents and young adults is associated with continued use and development of future mental health symptoms and disorders. [13] [14] [15]

SOURCES

CONTENT SOURCE:

[National Center for Injury Prevention and Control](#)

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