

# Risk factors for cannabis user profile: a systematic review\*

Authors: Rueda-Mendez, Samuel; González Díaz-Alersi, Nieves; Herrera-Sánchez, Isabel, Medina-Anzano, Silvia

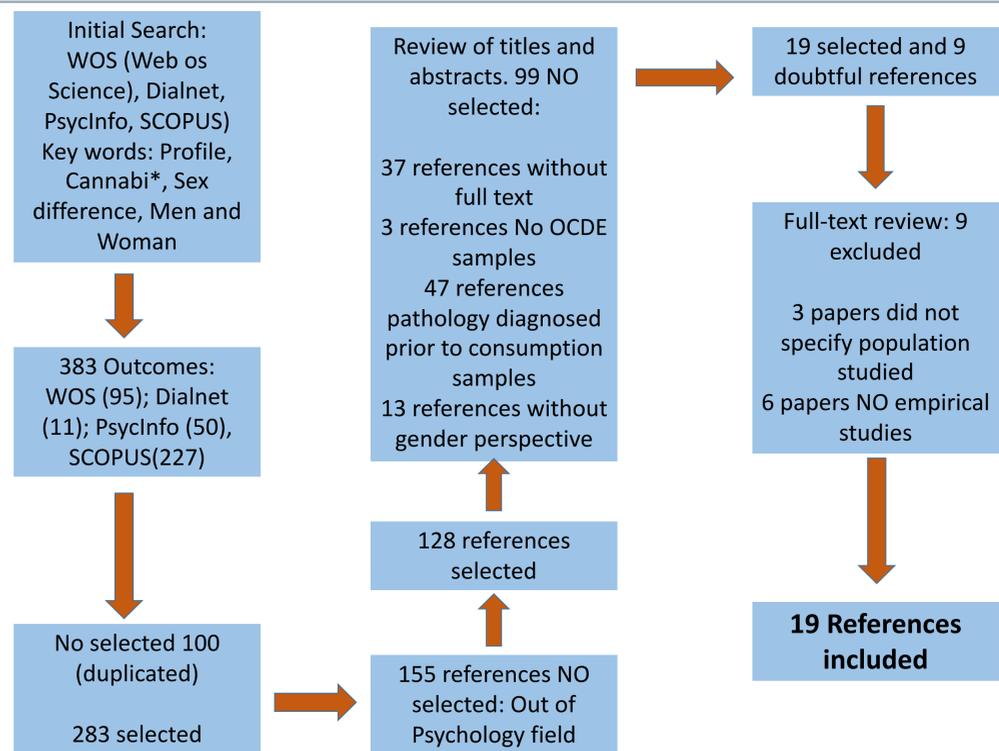
## Theoretical Background

Consequences of using cannabis in a repeated manner can be fatal to the health of users, whether acute or chronic (Iglesias, 2007). Among its short-term effects are dysphoria and behavioral alterations such as relaxation, disinhibition, hilarity, drowsiness, sensory disturbances, difficulty in exercising complex functions, etc. In the long term, there may be a worsening of school development, psychopathological alterations and antisocial behavior (Bergen, Martin, Roeger & Allison, 2005; Van den Bree & Pickworth, 2005; Robert Segarra, Torres Jiménez, Tejero Pociello, Campo López & Pérez de los Cobos, 2006).

In the European Report on Drugs carried out by the European Observatory (2017), it can be observed that cannabis is the most consumed illicit substance. In Spain, it is the main used drug (hashish resin extractions or cannabis herb). But the factors that affect the beginning and maintenance of consumption are still unknown.

**Aim:** to implement a systematic review based on empirical studies of populations between 12 and 65 on possible sociodemographic risk factors that intervene in the profile of cannabis users with gender perspectives.

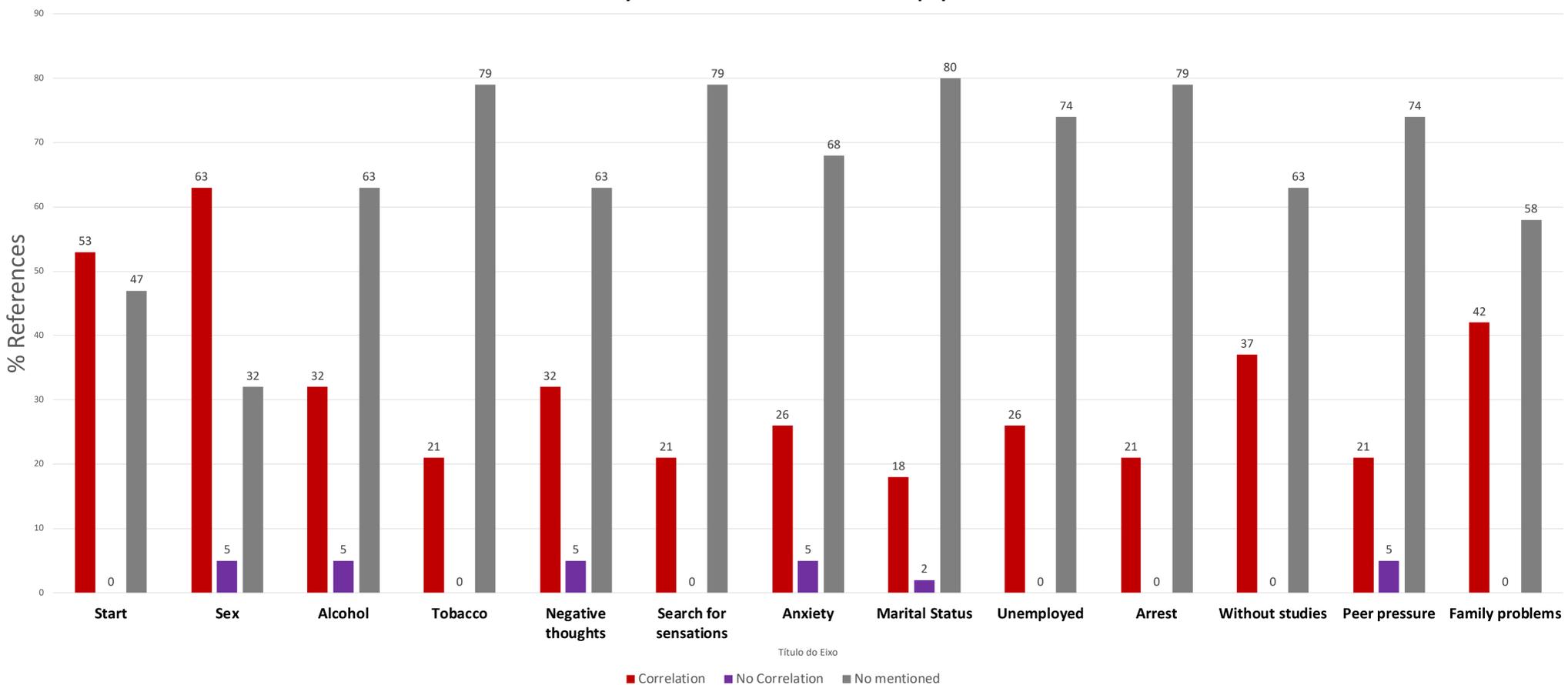
## Method



Flowchart of the references inclusion and exclusion system

## Results

Analysis of correlations of included papers



## Discussion and Conclusions

The results indicate that most studies agree that the profile of a cannabis user is a male who begins consumption between 13 and 20 years, although women are being equal to them in recent years. Generally, they are single, unemployed, without academic studies completed and with a family problem history. Also, they are regular consumer of alcohol and tobacco and with high propensities to seek sensations. They are also people with negative thoughts and affectivity and high anxiety who use drugs as a defense mechanism. However, anxiety could be a factor of protection against drug use in the absence of peer pressure if generalized anxiety occurs.

### Study limitations:

- Accessibility
- Indexing
- Temporary search limits

### Recommendations for future research

Study cannabis use as a measure of protection against the effects of anxiety in women and children in situations of gender violence.

## References

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- ♦ Plan Nacional sobre Drogas (2003). Encuesta sobre Drogas a la Población Escolar 2002. Madrid: Delegación del Gobierno para el Plan Nacional sobre Drogas.
- ♦ Segarra, A. R., Giménez, A. T., Pociello, A. T., López, C. C., & de los Cobos, J. P. (2006). Efectos esperados y adversos del consumo de cannabis en sujetos dependientes de los tetrahidrocannabinoides. *Trastornos adictivos*, 8(3), 148-154.
- ♦ Van den Bree, M. B., & Pickworth, W. B. (2005). Risk factors predicting changes in marijuana involvement in teenagers. *Archives of general psychiatry*, 62(3), 311-319.

\* This study is part of the project: "Development of a narratives of addictions based tool for the prevention of cannabis use in adolescents of special vulnerability" (2018)