



Position Statement Use of Medical Marijuana for PTSD

Approved by APA Board of Trustees July 20, 2013

Because of the lack of any credible studies demonstrating clinical effectiveness, the APA cannot endorse the use of medical marijuana for the treatment of post-traumatic stress disorder (PTSD). The Council on Research and Quality Care reviewed available evidence regarding the use of marijuana in the treatment of PTSD (1-6) and concluded that no published evidence of sufficient quality exists in the medical literature to support the practice.

1. Campos-Outcall D et al. Medical Marijuana for the treatment of post traumatic stress disorder: An evidence review. Mel and Enid Zuckerman College of Public Health, University of Arizona, 2012. (literature reviewed through June 2012)
2. Mashiah M. Medical Cannabis as treatment for chronic combat PTSD: Promising results in an open pilot study. Presented at "Patients out of Time" conference, Tucson, Az 2012. A double blind study is planned but has not yet been conducted.
3. Grant I et al. Report to the Legislature and Governor of the State of California presenting findings pursuant to SB847 which created the CMCR and provided state funding. Center for Medicinal Cannabis Research. UC San Diego, Prepared February 11, 2010.
4. Bostwick JM. Blurred Boundaries: The Therapeutics and Politics of Medical Marijuana. *Mayo Clin Proc.* 2012;87(2):172-186.
5. American Psychiatric Association: Practice guideline for the treatment of patients with acute stress disorder and posttraumatic stress disorder. *Am J Psychiatry* 2004; 161(Nov suppl).
6. PubMed search using terms "marijuana," "PTSD," and "treatment," conducted December 1, 2012

