

# CANNABIS USE DISORDER

## WHAT IS CANNABIS USE DISORDER?

Cannabis Use Disorder (CUD) is the inability to stop cannabis use despite its use potentially producing social or health-related harms. Key factors that contribute to the development of CUD include the amount, frequency, and duration of cannabis use. You should monitor your cannabis use to help prevent the development of CUD.

According to the American Psychiatric Association, you must meet at least two of the following eleven criteria to be diagnosed with CUD:

- Loss of control of the amount or duration of cannabis use
- Tendency to focus most of the time on obtaining, using, and recovering from cannabis use
- Negative impact on work and social life due to cannabis use
- Negative impact on relationships due to cannabis use
- Inability to stop cannabis use
- Indifference to the risks that come with cannabis use
- Craving for cannabis
- Worsening of existing physical problems, psychological problems, or a worsening of both types of problems
- Inability to perform usual tasks due to use
- Increased tolerance to cannabis
- Symptom(s) of cannabis withdrawal when trying to stop cannabis use

## REDUCING CANNABIS USE

You may experience withdrawal symptoms as early as 24 hours after you decrease or stop cannabis use. Common withdrawal symptoms include:

- Mood changes, such as irritability, anger, or aggression
- Sleep difficulties or insomnia
- Changes in appetite
- Weight loss
- Restlessness
- Depression
- Anxiety
- Physical discomforts, such as abdominal pain, shakiness/tremors, or sweating
- Fever/chills
- Headaches

These symptoms are usually temporary and mild; however, the severity of withdrawal symptoms can vary based on frequency and duration of cannabis use. Do not be discouraged if you experience withdrawal symptoms. Early withdrawal symptoms typically peak within the first week of cannabis use reduction. Symptoms usually improve as THC levels decrease in the body.



# CANNABIS USE DISORDER

## STRATEGIES TO REDUCE CANNABIS USE

Reduce cannabis use with a gradual approach to reduction, using strategies such as the following:



Create a plan to decrease your cannabis use.



Increase time between each use.



Lower the amount of cannabis smoked/ingested each day.



Engage in alternate activities, such as exercising or other hobbies.



Delay the time of your first use of the day.



Surround yourself with a support network.



Limit activities that trigger cannabis use.



Avoid situations that trigger you to use.

## RESOURCES FOR HELP



**For More Information on CUD and Treatment Options:**

The [Virginia Department of Behavioral Health & Developmental Services](#) offers state- and local-level resources to help Virginians with substance abuse and mental health.

The [Partnership to End Addiction](#) provides resources on cannabis use prevention and information on substance use disorder treatments.

The [Centers for Disease Control and Prevention \(CDC\)](#) and the [National Institute on Drug Abuse \(NIDA\)](#) provide overviews on how cannabis impacts the brain and body, in addition to information on CUD.



**For Recovery Groups:**

The [Substance Abuse and Mental Health Services Administration](#) offers tools for finding treatment, including [FindTreatment.gov](#).

[Marijuana Anonymous](#), a Twelve Step program for CUD. Groups can meet in-person or virtually.

[SMART Recovery](#), a rigorous Four Step program based on the principles of the Twelve Step program. Groups can meet in-person or virtually.

[American Addiction Centers](#) provide information on CUD and help identify treatment facilities to support patients.