

Cannabis and Cannabinoids for Post Traumatic Stress Disorder (PTSD): An Evidence-Based Review, Conclusions and Recommendations of the Utah Cannabinoid Product Board: January, 2021

The Utah Cannabinoid Product Board (UCPB) reviewed the current literature pertaining to cannabis and cannabinoids for the treatment of PTSD.

In addition to the review by the UCPB, a recognized expert, Dr. Katherine Carlson, psychiatrist and Member of the Board, presented her review of evidence-based literature and clinical insights at a recent meeting of the UCPB.

Conclusions from the Board's deliberations pertaining to cannabis products for the treatment of PTSD are:

- The diagnosis of PTSD must be made or confirmed by a mental health provider as required by Utah Code 26-61a-104 who has clinical expertise in the diagnosis and treatment of PTSD and other mental health disorders, and;
- The individual with PTSD has not tolerated or adequately responded to rigorously applied conventional treatment interventions including psychotherapy, and FDA-approved pharmacologic interventions, and;
- The individual has been duly informed of, and fully understands, the potential for negative treatment outcomes when using cannabis to manage symptoms of PTSD along with the potential for other adverse mental health and physical health outcomes that may occur with use of cannabis, and;
- The individual and qualified medical provider, working in consultation with a licensed mental health therapist, psychiatric APRN, or psychiatrist who is actively involved in the treatment of the patient, have together determined that the potential benefits of using cannabis to treat PTSD outweigh the risks for adverse outcomes, and;
- The individual with PTSD and the qualified medical provider plan to continue to work with a licensed mental health therapist, psychiatric APRN, or psychiatrist, in a team effort to longitudinally monitor and modify treatment as needed to mitigate risks and optimize outcomes.

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