

# An Exploration Of The Relationship Between Cannabis Use And Opioid Use On Mental Health Among Hispanic Men And Women

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## Introduction

An estimated **26 to 36** million people are abusing opioids around the world, with almost **115 people dying** every day.

Cannabis has the ability to treat non-chronic pain which can help reduce opioid dependence.

- Tetrahydrocannabinol (THC) is the main component in cannabis that aids in pain relief
- THC impacts cognitive functions and pose threat to individuals' mental well-being

The present study explores associations that exist between cannabis and opioid use on mental health among **Hispanic adults** who participated in the 2019 by the SAMHSA NSDUH.

### Research Question:

**What is the relationship between mental illness and participant demographic factors among Hispanic adults who use opioids or marijuana?**

## Data Analysis

Frequencies provided for drug use category, age, and education level

Bivariate analysis comparing the two-level status of suicidal ideation in the past year to the various levels of each of the three demographic variables

Chi-square statistic used to test significant association between the variables.

## Results

- 1,454 participants co-currently using illicit drugs and experiencing mental illness.
- A significant relationship between suicidal ideation, age, and gender**
  - More young adults aged 18-25 and women reported having suicidal ideation compared to those 50 and older and men.
- Most opioid and marijuana users reported having MDD in the past year; however, this relationship was not significant.

Figure 1. Demographic Characteristics of Participants, N=1,454

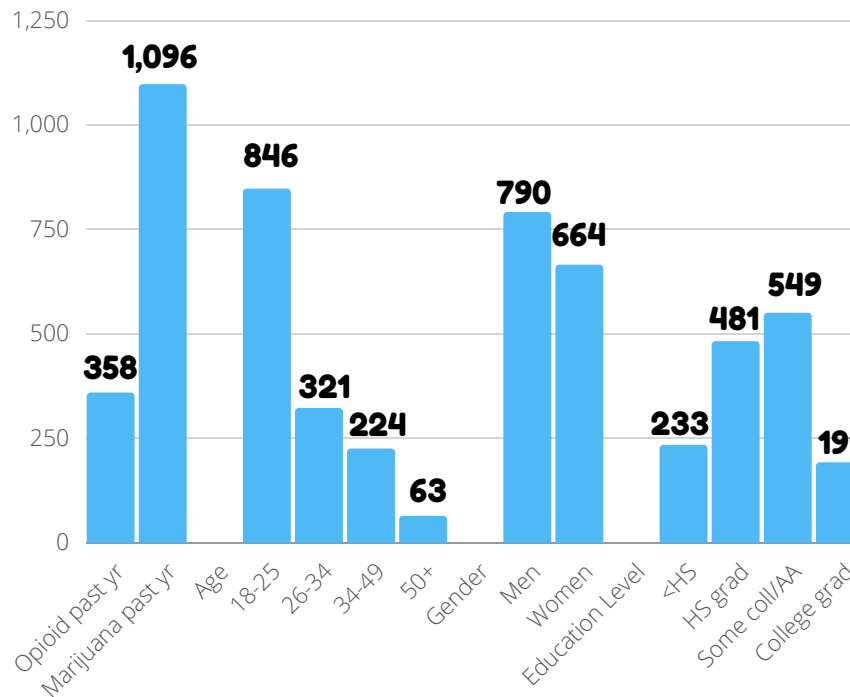
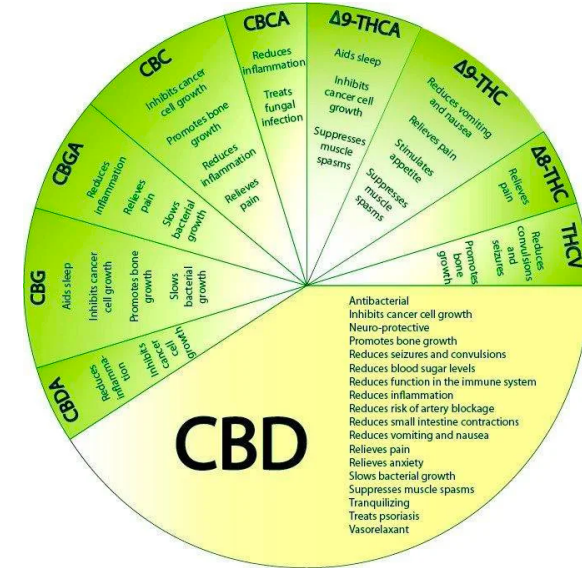


Figure 2. Medicinal Reason for Marijuana use



## Discussion & Conclusions

The "Quarter-Life Crisis" can be especially challenging for first-generation Americans, who are experiencing the barriers that could exist with creating a new life in the United States.

Future research should examine the barriers that exists between men, especially Hispanic men, seeking treatment for depressive disorders.

The study did not identify which form of pain management has greater impact, but future studies should examine use of CBD and THC as coping mechanisms for depression (see Figure 2).

