

MARIJUANA Addiction & Dependence

“I would never get addicted to marijuana.” Contrary to common belief, you CAN become addicted to marijuana, which medical professionals call cannabis use disorder (CUD). One out of six teens who start using marijuana at a young age will become addicted to it, and one in three teens who use marijuana daily will become addicted.

If you are using marijuana, how do you know if you are addicted?

Ask yourself these questions. Do you:

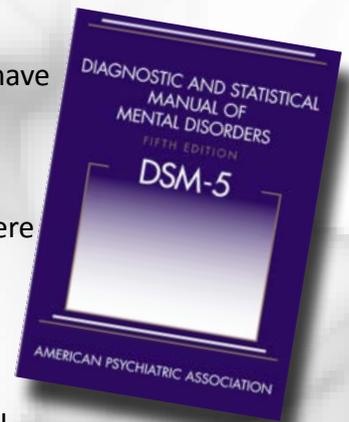
1. Use more marijuana or use it longer than you meant to?
2. Try to cut back but can't?
3. Spend a lot of time getting, using, and recovering from marijuana?
4. Crave marijuana and want to use it all the time?
5. Skip school or miss work because you're high?
6. Keep using marijuana, even when it causes problems in your life?
7. Stop doing activities you used to enjoy?
8. Use marijuana, even when you feel sick?
9. Keep using, even when you have physical or mental problems from it?
10. Have to use more marijuana to feel as high as you used to?
11. Feel bad when you attempt to stop?

W. Hall and L. Degenhardt, "Adverse Health Effects of Non-Medical Cannabis Use," *Lancet* 374 (2019): 1383-1391.

According to the American Psychiatric Association (APA), as listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), if you answered YES:

- To two or three of these questions, you have a mild addiction.
- To four or five questions, you have a moderate addiction.
- To six or more questions, you have a severe addiction.

The good news is, it's never too late to get help! Talk with a parent, counselor, teacher, or trusted adult, and tell them you are having problems with your marijuana use and wish to stop!



QUESTIONS: When you feel uncomfortable, what could you do to feel better instead of using a chemical? What do you usually do when you're happy? How can doing things that make you happy help you feel better when you're sad?

REFLECT

