

Abstract

BACKGROUND: Anxiety disorder is one of the most widespread mental disorders today, fundamentally affecting the lives of affected individuals and their functioning not only in society, but also affecting their productivity, interpersonal relationships and coping with everyday activities. This disorder, which is characterised by intense and often uncontrollable feelings of panic, anxiety and often unjustified fear, affects mental, emotional and physical health. As awareness of this issue grows, so does the demand for alternative methods of treating and managing these difficulties. One way is self-medication with cannabinoids, which are substances contained in the cannabis plant known for their potential therapeutic effects.

THE OBJECTIVES: The main aim of this work is to evaluate the effects of cannabinoids on anxiety disorder in specific individuals. Mapping their motivation to use this alternative option and current status.

METHODS: For the purpose of the research, interviews will be used with four individuals suffering from anxiety disorder who have used cannabinoids at least once to alleviate the symptoms of their illness. The data collected will be compiled into case studies.

CONCLUSIONS: This work provides an opportunity to understand the individuality of the effects of cannabinoids on anxiety disorder and an introduction to its search in this type of disorder. It focuses on four specific cases from which it draws its conclusions. Based on the analysis of the used literature and our own research, various aspects of the relationship between the use of marijuana for the relief of anxiety symptoms were identified. The results suggest that individuals suffering from anxiety disorders are more likely to resort to marijuana use because they have a strong need for immediate or at least as quick relief from their symptoms as possible. In the cases of respondents, 3 out of 4 realized an anxiety reduction effect after the first use, which led to further use. For the last participant, there was a pause of several years after the first use before returning to the method again for the same effect. All respondents experienced a positive effect of anxiety reduction. 2 of the respondents did not perceive any problems with the habit, but after prolonged use they experienced a negative effect in the form of rapid mood changes, insomnia, irritability, etc. Three of the participants are not currently using, one of them

visited professional help when trying to quit. The last one is still using at an interval of once/twice a month.

Key words: marijuana, anxiety disorder, self-medication, cannabinoid us

