

Abstract

BACKGROUND: Anxiety is a widespread health problem that significantly affects the lives of many people and their functioning not only in society, but also affecting their productivity, interpersonal relationships, and coping with daily routines. These conditions are characterised by intense and often uncontrollable feelings of panic, anxiety and often unwarranted fear. They affect mental, emotional and physical health. Standard pharmacological treatments include benzodiazepines, antidepressants and other psychoactive drugs, but these can have side effects and risk addiction. As awareness of this issue grows, so does the demand for alternative methods of treating and managing these difficulties. One route 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 study is to evaluate the effects of cannabinoids on anxiety states in specific individuals. Mapping their motivation to use this alternative option and current status.

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

CONCLUSION: This work provides an opportunity to understand the individuality of the effects of cannabinoids on anxiety states and an introduction to its search in this type of difficulties. It focuses on four specific cases from which it draws its conclusions. Based on an analysis of the literature used and the respondents' own research, different aspects of the relationship of marijuana use for the relief of anxiety symptoms were identified. Three of the four realized an anxiety reduction effect after first use, which led to continued use when difficulties recurred. The last participant had a break of several years after first use before returning to the method again for the same effect. For all respondents, the substance had a positive effect in alleviating anxiety. Two of the respondents did not perceive any problems with the habit, but after long-term 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.