

O120 Adults with inflammatory arthritis who use cannabis regularly report higher levels of anxiety and depression

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Objective: A growing number of adults with inflammatory arthritis (IA) use cannabis for symptoms inadequately managed by current treatments. Some studies suggest that cannabis can improve pain, sleep, mood, and overall HRQL. We evaluated motivation and health impacts of cannabis use in adults with IA.

Methods: Data are from the baseline assessment of adults with IA volunteering for a pilot study on a CBTi insomnia intervention. Participants reported motivations for using cannabis and completed the PROMIS-29 profile. Users were defined as using cannabis in the past 3 months. Characteristics and outcomes were compared between groups using t-test and chi-square.

Results: The 54 adults had a mean (SD) age of 54 (14) and 98% were female. Most had RA or PSA for 10 (11) years. Many (58%) rated overall health as good/very good/excellent; 25% were on disability due to IA.

24% used cannabis in the past 3 months on a weekly (38%) or daily/almost daily (31%) basis to improve pain (19%), sleep (17%), fatigue (4%), or anxiety (4%). 46% reported *a little improvement* of symptoms with use, 15% *a lot*, 31% *none*, and 8% *unsure*.

In the full sample, mean depression, sleep disturbance, and participation were in the expected range (45-55). Mean sample scores suggested participants experience mild anxiety (58.3), moderate fatigue (61.5) and pain (60.8), and moderate-severe disability (32.7). However, compared to non-users, users reported significantly higher anxiety (**57.3 [9.2]** vs. **61.4 [4.9]**; $p=.046$) and depression (**52.4 [8.5]** vs. **58.5 [6.7]**; $p=.014$); in contrast, mean fatigue, sleep disturbance, pain interference, function, and participation were similar between groups.

Conclusions: In this cross-sectional study of adults with IA, cannabis use to improve arthritis-related pain, sleep, fatigue and anxiety was common. Users reported similar levels of pain, sleep disturbance and fatigue as non-users, and many reported symptom improvement with use. However, anxiety and depression were significantly higher among users. Understanding the motivations and impacts of cannabis use, and in particular the potential impact on mental health is essential to guiding shared decision making and symptom management.