



CBD Depression and Anxiety

STUDIES SHOW PROMISING
RESULTS FOR MENTAL HEALTH

CBD may be helpful for Depression & Anxiety

- ▶ Depression and anxiety disorders are common mental health conditions that can have lasting effects on a person's health, social life, ability to work, and overall well-being.
- ▶ A doctor may prescribe pharmaceutical drugs to help a person treat or manage depression. Many of these drugs have difficult side effects, such as mood swings, sleeplessness, and sexual dysfunction.
- ▶ CBD has shown promise in initial studies as a treatment for both depression and anxiety, and it may cause little to no side effects in most people.
- ▶ The findings of research from 2014 may help explain why CBD could be useful in treating depression. They indicate that, in most studies, CBD appears to have a positive interaction with serotonin receptors in the brain.
- ▶ Serotonin impacts a range of functions in the body, including a person's emotional state and feelings of well-being or happiness. Keeping serotonin levels balanced is often a key therapy for people with depression.

What the research says

- ▶ According to the authors of the 2014 review, results from a variety of studies indicate that CBD appears to act as an antidepressant and anti-anxiety compound in models of depression.
- ▶ Authors of a review from 2018 also noted that many studies have shown the anti-stress and antidepressant activity of CBD.
- ▶ The compound exhibits a clear anti-stress effect after short- or long-term use. In certain tests, CBD acted as an antidepressant.
- ▶ The authors also found that the compound worked without activating the brain's endocannabinoid receptors directly, which may indicate that there is no risk of CBD becoming habit-forming, or addictive.
- ▶ This is important because many people are concerned about the habit-forming potential of antidepressants.
- ▶ In a study from 2018, researchers indicated that CBD has promise as a fast-acting antidepressant.
- ▶ Most researchers conducting studies of CBD call for more direct research in humans, but their initial results are an essential step toward establishing how CBD works in the body.

CBD for panic and anxiety

- ▶ Some studies in humans show that CBD may be useful for other issues commonly associated with depression, such as anxiety or panic disorder.
- ▶ A 2017 review of the potential benefits of CBD for panic disorder found some positive results.
- ▶ According to the authors, panic disorder affects approximately 5 percent of the worldwide population and causes unexpected and recurring panic attacks.
- ▶ In human models, a single dose of 300 milligrams (mg) of CBD caused a notable decrease in anxiety levels after a simulated public speaking test, according to one study in the review.
- ▶ Another found that 600 mg of CBD caused a significant reduction of anxiety measures in people with social anxiety disorder.
- ▶ *Source: Medical New Today Last reviewed Fri March 29, 2019*