

The use of cannabis has a detrimental effect on schizophrenia outcomes | EPA



Takeaway

- Cannabis has a detrimental effect on the outcome of schizophrenia.

Why this matters

- The first phase following the diagnosis of a first psychotic episode (FEP), is crucial to determine clinical and functional long-term outcome.
- Cannabis exerts a mediating action on the debut of the disease and determines a poor prognosis.

Key results

- Statistically significant differences between groups were observed.
- The consumers group (ss+sn) had an earlier age of onset, most were male, unemployed, single, prone to loneliness, and were concomitant users of alcohol and tobacco.

Study design

- Researchers at Hospital Universitario Virgen del Rocío in Sevilla, Spain, recruited 178 patients from the First Episode Psychosis Clinical Program.
- The patients were followed up for one y, during which cannabis consumption was assessed by Drake scale every three mo.
- The investigators assigned participants into one of groups:
- Those who neither smoked cannabis before the FEP nor during the follow-up period (nn).
- The consumers group, consisting of cannabis users before the FEP who kept on smoking during the follow-up period (ss) and those who smoked before the FEP and gave up consumption during follow-up (sn).

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