



DrugScope Reading List

Cannabis and Mental Health

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This reading list contains a selection of key documents on cannabis and mental health with web links to the full document where available. For a more comprehensive list please search our library database, DrugData, [here](#)

Please email us on info@drugscope.org.uk if you need any more information.

The impact of heavy cannabis use on young people's lives: vulnerability and youth transitions.

Melrose M., Turner P., Pitts J., Barrett D Joseph Rowntree Foundation.

York: JRF, 2007 82p.

Research report based on interviews with 100 heavy cannabis users aged 16-25. Focus on: Heavy cannabis use; When, why and how young people begin to use cannabis; Heavy cannabis and youth transitions; Young people's belief about cannabis use; Changes in cannabis use and social situations.

Cannabis and schizophrenia: model projections of the impact of the rise in cannabis use on historical and future trends in schizophrenia in England and Wales.

Hickman M., Vickerman P., Macleod J., Kirkbride J., Jones P.B.,

Addiction: 102(4), 2007, p.597-606.

How cannabis can affect people with mental health problems [pack].; Cannabis and your mental health [patient leaflet].; Cannabis and your mental health: how much do you really know.

Care Services Improvement Partnership.

London: CSIP, 2007. [various pagings].

<http://www.csip.org.uk/our-initiatives/mental-health/mental-health-and-cannabis.html>

This pack provides information, including a patient leaflet on cannabis and its effects on mental health.

Cannabis and young people: reviewing the evidence.

Jenkins R. Royal College of Psychiatrists. London: Jessica Kingsley; RCP, 2006. 111p.

This book summarises the available evidence on a range of issues relating to cannabis use among children and adolescents. Topics include patterns of use, attitudes towards the drug, potential consequences in terms of mental health, educational attainment, antisocial behaviour, and the impact of changes in policy, such as decriminalisation.

Cannabis and mental health: responses to the emerging evidence.

Hunt N., Lenton S., Witton J. Beckley Foundation, KCA.
[London]: Beckley Foundation, 2005. 16p.

http://www.internationaldrugpolicy.net/reports/BeckleyFoundation_Report_08.pdf (PDF)

There is increasing apprehension about cannabis's possible role in triggering or exacerbating mental health problems, or of inhibiting young people's emotional or social development. This paper discusses the policy issues.

Further consideration of the classification of cannabis under the Misuse of Drugs Act 1971.

UK. Advisory Council on the Misuse of Drugs.
London: Home Office, 2005. 30p.

<http://drugs.homeoffice.gov.uk/publication-search/acmd/cannabis-reclass-2005>

This report discusses the classification of cannabis and includes sections on the drug's effects on health (both physical and mental) and the potency of cannabis products.

Where there's smoke.

Morrison B.

From: Guardian: 16 December, 2005, p.8-11, 13.

<http://www.guardian.co.uk/drugs/Story/0,,1668785,00.html>

There has been mounting evidence of a link between cannabis and mental illness. This newspaper article provides a brief overview of the issues.

Cannabis – a guide for those working with young people

YoungMinds, 2006.

<http://www.youngminds.org.uk/publications/all-publications/cannabis-2013-a-guide-for-those-working-with-young-people/?searchterm>

This booklet summarises what is known about the links between regular cannabis use and mental health problems experienced by young people.

Cannabis and mental health briefing.

Rethink. London: Rethink, 2006.

http://www.rethink.org/how_we_can_help/news_and_media/briefing_notes/briefing_4.html

Discusses the link between cannabis and mental illness and looks at cannabis as a possible treatment.

Tests of causal linkages between cannabis use and psychotic symptoms.

Fergusson D.M., Horwood L.J., Ridder E.M.

Addiction: 100(3), 2005, p.354-366.

Examined possible causal linkages between cannabis use and psychosis using data gathered over the course of a 25-year longitudinal study. The results suggest that regular cannabis use may increase risks of psychosis.

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