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POST-TRAUMATIC STRESS DISORDER Factsheet

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What are cannabinoids?

Countries are increasingly allowing cannabinoids (tetrahydrocannabinol [THC] and cannabidiol [CBD]) to be made available for medicinal purposes, including for the treatment of mental disorders. Medicinal cannabis refers to any part of the cannabis plant, such as flowers, buds, leaves, or full plant extracts. Pharmaceutical cannabinoids refer to pharmaceutical-grade medicinal extracts with defined and standardised THC, CBD, or a combination of both and synthetic cannabinoid derivatives. This topic assesses the effectiveness of both medicinal cannabis and pharmaceutical cannabinoids for PTSD.

What is the evidence on cannabinoids for PTSD?

Moderate to low quality evidence finds no consistent improvement in PTSD symptoms or other outcomes with cannabinoids. There may be more adverse events with cannabinoids than with a placebo.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

For more information see the technical table

HOW YOUR SUPPORT HELPS

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