

Effects of Cannabis (Marijuana) on Adolescent & Young Adult Brain | Dr. Andrew Huberman

<https://silosolo.com/237082>

Summary

The video discusses the negative effects of cannabis on the developing brain and body, including disruptions to brain development, mood regulation, and executive function. The paper published in Lancet Psychiatry reveals that chronic and heavy cannabis use increases the risk of mental health disorders, such as psychosis, schizophrenia, and bipolar-like episodes. Early cannabis use during adolescence and young adulthood also heightens the risk of developing psychosis, especially for individuals with a genetic predisposition to bipolar disorder and schizophrenia. The potency of THC in cannabis is an important factor, with higher THC concentrations associated with a greater probability of developing mental health disorders. It is emphasized that reducing the frequency and potency of cannabis use among adolescents and young people is essential to mitigate these risks. Additionally, the video highlights that the age bracket of 16 to 24 has the highest number of cannabis users and that young people are more likely to adopt and continue cannabis use due to misconceptions about its harm compared to alcohol and the media's portrayal of potential health benefits.

Silo sample questions

- What are the negative effects of cannabis on the developing brain and body?
- What does the paper published in Lancet Psychiatry reveal about cannabis use?
- Why is it important to address the frequency and potency of cannabis use in adolescents and young people?
- What is the age bracket where the greatest number of people are starting to use cannabis?
- Why do young people have a higher likelihood of adopting and continuing cannabis use?

Topics

Negative effects of cannabis

Paper published in Lancet Psychiatry

Potency of THC in cannabis

Frequency and potency of cannabis use in adolescents and young people

Adoption and continuing cannabis use among young people

Key Takeaways

- Cannabis and THC in particular dramatically disrupt the development of the brain, including mood regulation and executive function. It increases the risk of mental health disorders, psychosis, schizophrenia, and bipolar-like episodes.
- The paper found that chronic cannabis use and heavy cannabis use are associated with a higher risk of mental health disorders, including psychosis, schizophrenia, and bipolar-like episodes. Early cannabis use during adolescence and young adulthood increases the risk of developing psychosis, particularly for those with a genetic predisposition to bipolar disorder and

schizophrenia. The potency of THC in cannabis is also a significant factor, with higher THC concentrations increasing the probability of developing mental health disorders.

- With the availability of highly potent strains of cannabis, the risk of developing psychosis and other mental health disorders is increasing. It is crucial to reduce cannabis use frequency and lower potency in adolescents and young people to mitigate these health risks.

- The age bracket of 16 to 24 has the highest number of cannabis users, and they are twice as likely to start using cannabis compared to other individuals.

- The perception that cannabis is not as harmful as alcohol and the media's portrayal of cannabis as having potential health benefits contribute to young people's increased likelihood of adopting and continuing cannabis use without realizing the serious health consequences.

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