

# Does Cannabis (Marijuana) Use Increase Creativity? | Dr. Andrew Huberman

<https://silosolo.com/949428>

## Summary

Studies show that cannabis increases creativity by shaping openness to new ideas and reducing anxiety. Cannabis users have higher levels of openness to experience, leading to enhanced self-reported creativity and divergent thinking. However, cannabis does not directly impact the neural circuits responsible for creativity. It may not increase creativity in individuals who experience anxiety or increased focus from its use.

## Silo sample questions

- Does cannabis increase creativity?
- What is the mechanism behind enhanced creativity in cannabis users?
- Does cannabis directly impact the neural circuits responsible for creativity?
- Does cannabis increase creativity in all individuals?
- How does cannabis affect creativity?

## Topics

Cannabis

Creativity

Divergent thinking

Openness to experience

Anxiety

## Key Takeaways

- Yes, studies show that cannabis increases creativity.
- Cannabis users have higher levels of openness to experience, leading to enhanced self-reported creativity and divergent thinking.
- No, cannabis indirectly affects creativity through changes in personality traits related to openness and reduced anxiety.
- No, cannabis may not increase creativity in individuals who experience anxiety or increased focus from its use.
- Cannabis increases creativity by shaping openness to new ideas and reducing anxiety, leading to enhanced divergent and convergent thinking.

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