

Introduction

- Given the recent legalization of cannabis use in many US states, cannabis products have become widely available in many forms.
- Emotion regulation (ER) is the ability to adequately respond to one's emotional experiences.
- Yet, there is scant research connecting ER with cannabis use modality (i.e., method of ingestion).
 - Instead, recent research has linked mental illness in general with more potent cannabis products.
- The present study aims to assess the ways in which ER may be associated with cannabis use modality.
- It was hypothesized that increased emotion dysregulation would be associated with a greater tendency to endorse concentrates and edibles as one's primary form of cannabis use.

Participants

- Participants (N = 150) were recruited from introductory psychology courses and received course credit for participation in an online survey conducted via SONA.
 - Those who reported lifetime cannabis use (N = 78) comprised the present analysis.
- Participants were predominantly white (93.5%, n = 73), female (80.7%, n = 63), and 17-31 years old, with an average of 19.62 years of age (SD = 1.67).

Methods

- DERS-18 was used to assess **ER abilities** when distressed.
 - Higher scores reflect emotion dysregulation.
 - Goals Subscale: Difficulties engaging in goal-directed behavior.
- DFAQ-CU was used to indicate **cannabis modality & frequency**.
 - Responses to two questions were analyzed:
 - “What is the primary form of cannabis you use?” (i.e., marijuana flower, concentrates)
 - “How many days of the past week did you use cannabis?”

Table 1.

Total DERS-18 Score & Flower			95% CI for Exp(B)		
	B	Sig.	Exp(B)	Lower	Upper
Total DERS-18 Score.	.040	.006	1.041	1.011	1.072
Constant	-.2.631	<.001	.072		

Table 2.

Total DERS-18 Score & Concentrates			95% CI for Exp(B)		
	B	Sig.	Exp(B)	Lower	Upper
Total DERS-18 Score.	.052	<.035	1.053	1.004	1.105
Constant	-5.189	<.001	.006		

Table 3.

Goals Score & Avg. Frequency & Flower			95% CI for Exp(B)		
	B	Sig.	Exp(B)	Lower	Upper
Freq.	.580	<.001	1.786	1.276	2.500
Goals	.168	.008	1.183	1.045	1.339
Constant	-2.848	<.001	.058		

Analysis & Results

- Binary logistic regressions with cannabis use modality and cannabis use frequency as predictors of a participant's DERS-18 score were used.
- The odds ratio for the flower mode is $\text{Exp}(B) = (1.041)$ with a 95% confidence interval of $[1.011, 1.072]$.
 - This suggests that those higher on total DERS-18 scores are about 1.041 times more likely to use flower as their primary form of cannabis use.
- The odds ratio for the concentrates mode is $\text{Exp}(B) = (1.053)$ with a 95% confidence interval of $[1.004, 1.105]$.
 - This suggests that those higher on total DERS-18 scores are about 1.053 times more likely to use concentrates as their primary form of cannabis use.
- However, when adding average past week cannabis use frequency, such results become insignificant.
- One exception is that the only significant predictor of cannabis use modality over and above frequency of use is the Goals Subscale of the DERS-18.
 - The odds ratio for the flower mode is $\text{Exp}(B) = (1.786)$ with a 95% confidence interval of $[1.276, 2.500]$.

Future Directions

- Future research should...
 - Focus on the DERS-18 Goals Subscale
 - Examine multiple modes of use
 - Instead focus on THC dosage rather than modality

References



Conclusions

- The present findings indicate that emotion dysregulation might predict cannabis use modality.
- But, it does not seem that ER is as significant as cannabis use frequency when predicting cannabis use modality.
 - However, it appears that those who struggle engaging in goal-directed activities while experiencing negative emotions tend to primarily use cannabis flower.
 - This might be attributed to how cannabis flower is more commonly accessible.