

## PSYCHOLOGICAL EFFECTS

A number of studies have shown an association between chronic marijuana use and the increased rates of anxiety, depression, suicidal thoughts, and schizophrenia.



## Things You May Not Know:

A study conducted by the National Traffic Administration showed that a moderate dose of marijuana alone impairs driving performance. (NIDA 2008)

A person who regularly uses marijuana can have a detectable substance (THC) in their body for weeks even after they have stopped using. (NIDA 2008)

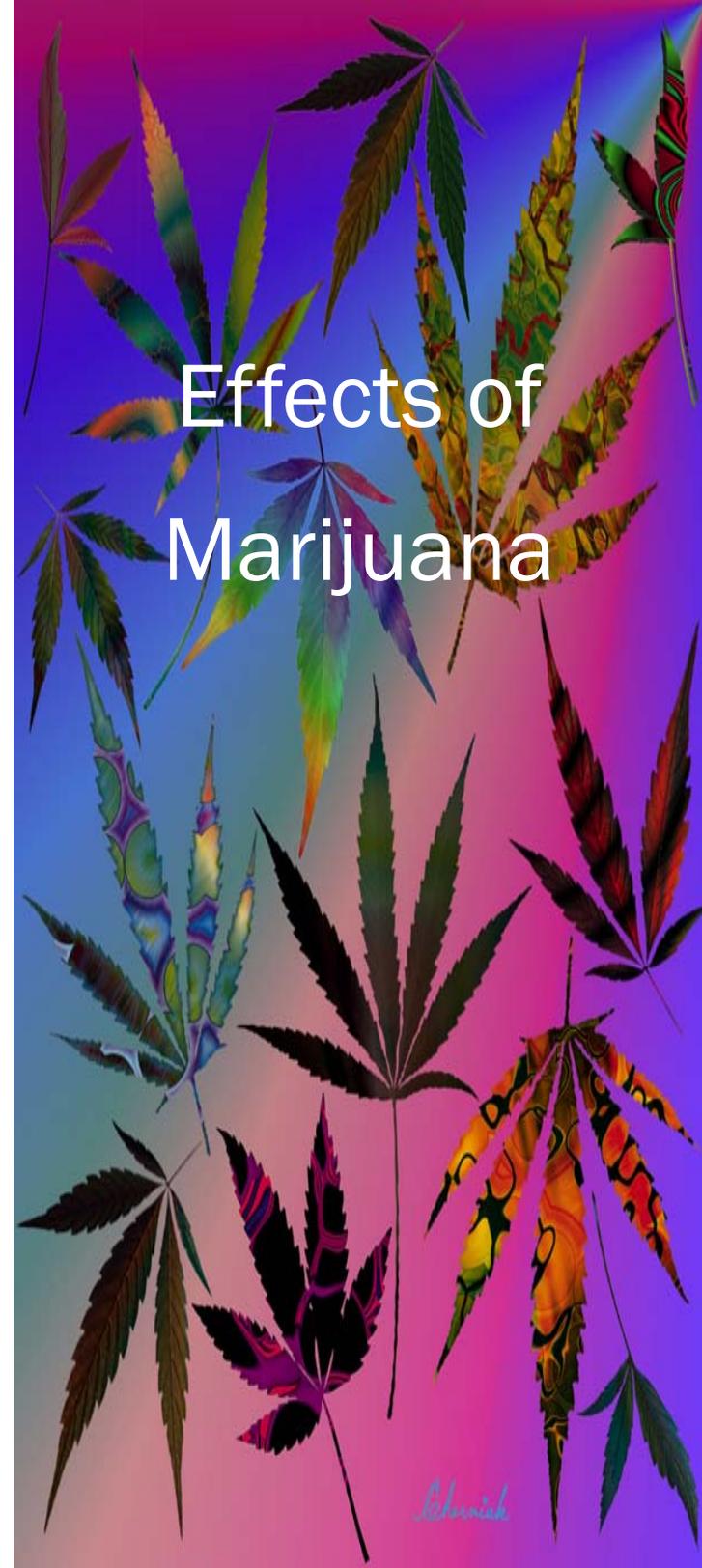
## DID YOU KNOW????

Long-term marijuana abusers who attempt to quit using the drug have reported withdrawal symptoms such as having trouble sleeping, extreme irritability, decreased appetite, anxiety, and drug craving.

WANT TO LEARN MORE?

**NIDA:** [www.nida.nih.gov](http://www.nida.nih.gov)

**SAMHSA:** [www.samhsa.gov](http://www.samhsa.gov)



# Effects of Marijuana

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# Effects :

## **Brain**

Using marijuana for even a short period of time has many negative effects on the brain. These include and are not limited to distorted thoughts and senses, memory impairment, problem solving and thinking difficulties. (NIDA 2009)

## **Body**

Marijuana stays in the users bloodstream for at least 3-5 days. During this time oxygen is not flowing to the heart and brain properly. Consequently, marijuana use increases the risk of a heart attack. (NIDA 2009)

## **Teen Use**

Studies show that the brain of a teen who uses marijuana has to work harder to solve problems, study, and make decisions than that of a teen who doesn't use the drug!

[Teendrugabuse.us](http://Teendrugabuse.us)

## **Impaired Driving**

Marijuana affects the user's speed, balance, and coordination. Because these things are required to drive safely, it is very dangerous to drive while under the influence of marijuana. (NIDA 2009)

## **Social, work and school**

Marijuana alters the brain so much it can greatly affect the users performance in things like school, sports, and one's social life. Long-term use of the drug can cause one to lose interest in how one looks and acts.

