



Ohio Psychological Association: Official Statement

Marijuana For Treatment of Posttraumatic Stress Disorder (PTSD)

April 8, 2017

Written by: Ohio Psychological Association Board of Directors

The American Psychological Association (APA) recently approved clinical practice guidelines for the treatment of Posttraumatic Stress Disorder (PTSD) in adults. Cognitive-behavioral therapy, cognitive processing therapy, cognitive therapy, and prolonged exposure are strongly recommended for the treatment of PTSD. Several other interventions, including antidepressant treatment with fluoxetine, paroxetine, and sertraline were suggested for treatment of PTSD.

For any treatment to be effective, the benefits must outweigh the harms.

Marijuana use is known to produce serious harms for patients with Posttraumatic Stress Disorder, and to decrease the effectiveness of recommended psychological and medication treatments.

Therefore, we call upon the Ohio Legislature to eliminate Posttraumatic Stress Disorder as an allowed condition for the prescription of marijuana by physicians in Ohio until the effectiveness of marijuana is established.

Clinical Practice Guidelines for Treatment of Posttraumatic Stress Disorder (PTSD) in Adults. American Psychological Association. Approved February 27, 2017.