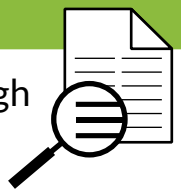
Cannabis for the Management of Symptoms of PTSD

STEM
Systematically Testing the Evidence on Marijuana

Summary: Cannabis may not have an effect on PTSD severity. The relationship between cannabis use and other PTSD-related outcomes is very uncertain.

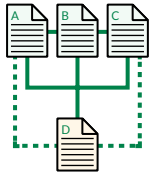
Data sources:



Multiple databases searched from inception through March 2026. **8 studies included:**

- 3 RCTs
- 5 cohort studies

Study design:



Living systematic review of randomized and nonrandomized studies

Population:

Adults with PTSD

To see details visit *www.CannabisEvidence.org*

Comparisons:

Cannabis use (plant-based or synthesized) vs. no use or another intervention

Outcomes:

Outcome	GRADE
PTSD symptom severity: no difference	●●○○
PTSD-related nightmares: improved with nabilone	●○○○
Sleep quality: no difference	●○○○
Functioning: no difference	●○○○
Mental health: no difference	●○○○

GRADE Certainty of Evidence:

●○○○	very low
●●○○	low
●●●○	moderate
●●●●	high

Ongoing studies: 10 RCTs

GRADE: Grading of Recommendations, Assessment, Development, and Evaluation; PTSD: posttraumatic stress disorder; RCT: randomized controlled trial; RoB: Risk of bias

Ayers et al. Cannabis for the management of symptoms of PTSD – a living systematic review: update 2. The Systematically Testing the Evidence on Marijuana Project; 2026.

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