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Cannabinoids as therapeutic for PTSD

Mallory JE Loflin¹, Kimberly A Babson¹, Marcel O Bonn-Miller^{1, 2, 3, 4}[Show more](#)<https://doi.org/10.1016/j.copsyc.2016.12.001>[Get rights and content](#)

Highlights

- Neurobiological research indicates cannabis as possible pharmacological intervention for PTSD.
- CBD and THC + CBD modulate fear memory in rodents.
- Experimental data suggest CBD has acute anti-depressive and anxiolytic effects.
- Data suggest THC reduces nightmares and OSA, while THC + CBD could reduce insomnia.
- Randomized placebo-controlled [human](#) trials of [cannabinoids](#) for PTSD are underway.

Limited efficacy for current pharmacotherapy for PTSD indicates that improved pharmacological treatments are needed. Neurobiological research points to cannabinoids as possible therapeutic agents of interest. Moreover, observational reports indicate that there is growing popular interest in therapeutic use of cannabinoids for the alleviation of trauma symptoms. The aim of this review was to present an up-to-date look at current research on the possible therapeutic value of cannabinoids for PTSD. Experimental, preclinical, and clinical findings are discussed.

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