

Frequency of cannabis use influences the relationship between physical activity and positive mood in individuals with chronic pain

Examining the relationship between physical activity, cannabis use, and mood in individuals with chronic pain

INTRO

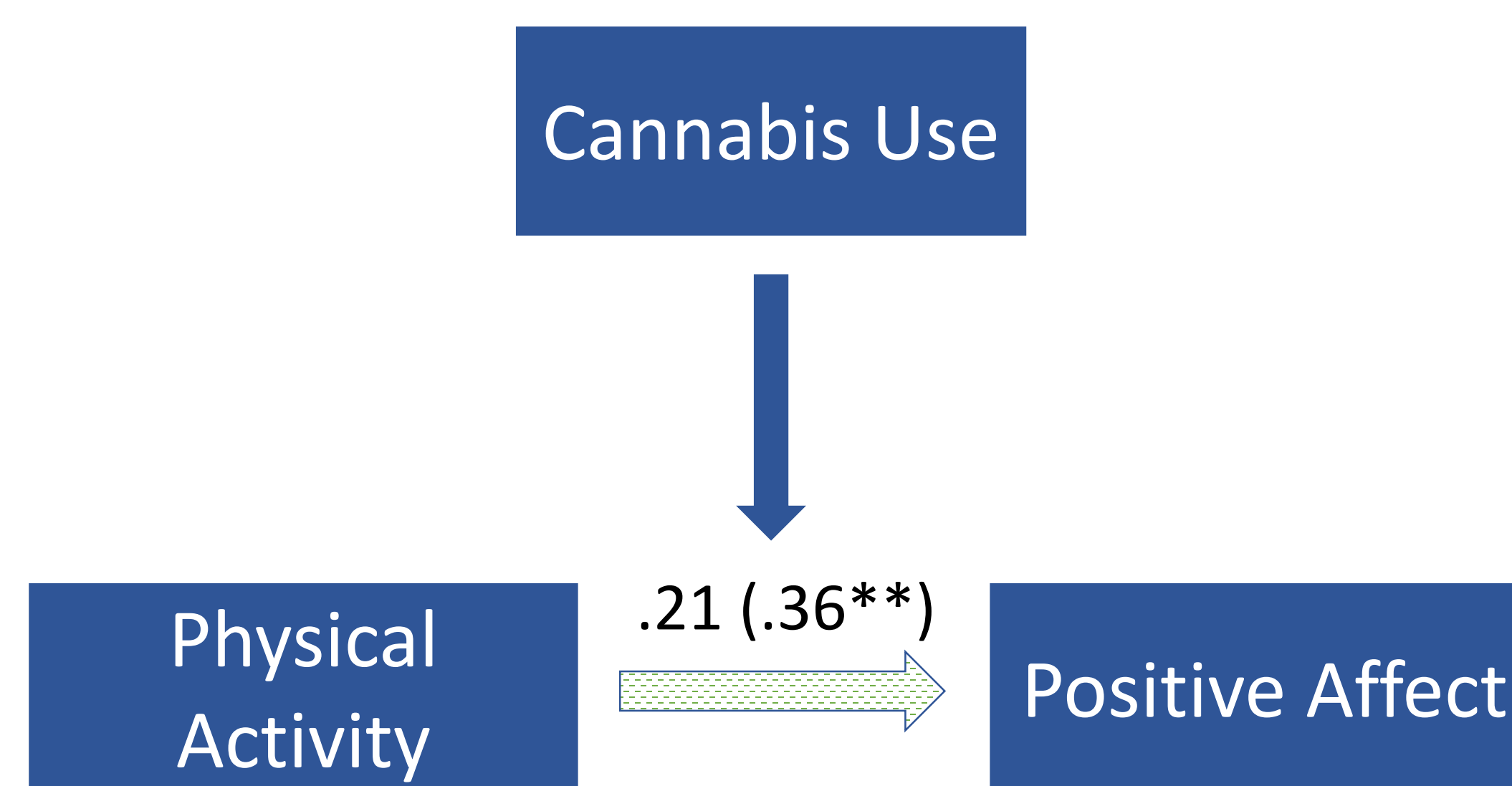
Recently there has been growing research and public interest in the health risks and benefits of cannabis use, including its links to physical functioning and mood.^{1,2,3,}

The aim of this study was to explore the links between physical activity, cannabis use, and positive affect.

METHODS

1. Participants included 90 community-dwelling young adult cannabis users (ages 18-29, 63% female) with chronic pain
2. All participants completed a set of questionnaires assessing their pain^{4,5}, levels of physical activity⁶, mood state⁷, and frequency of cannabis use⁸.

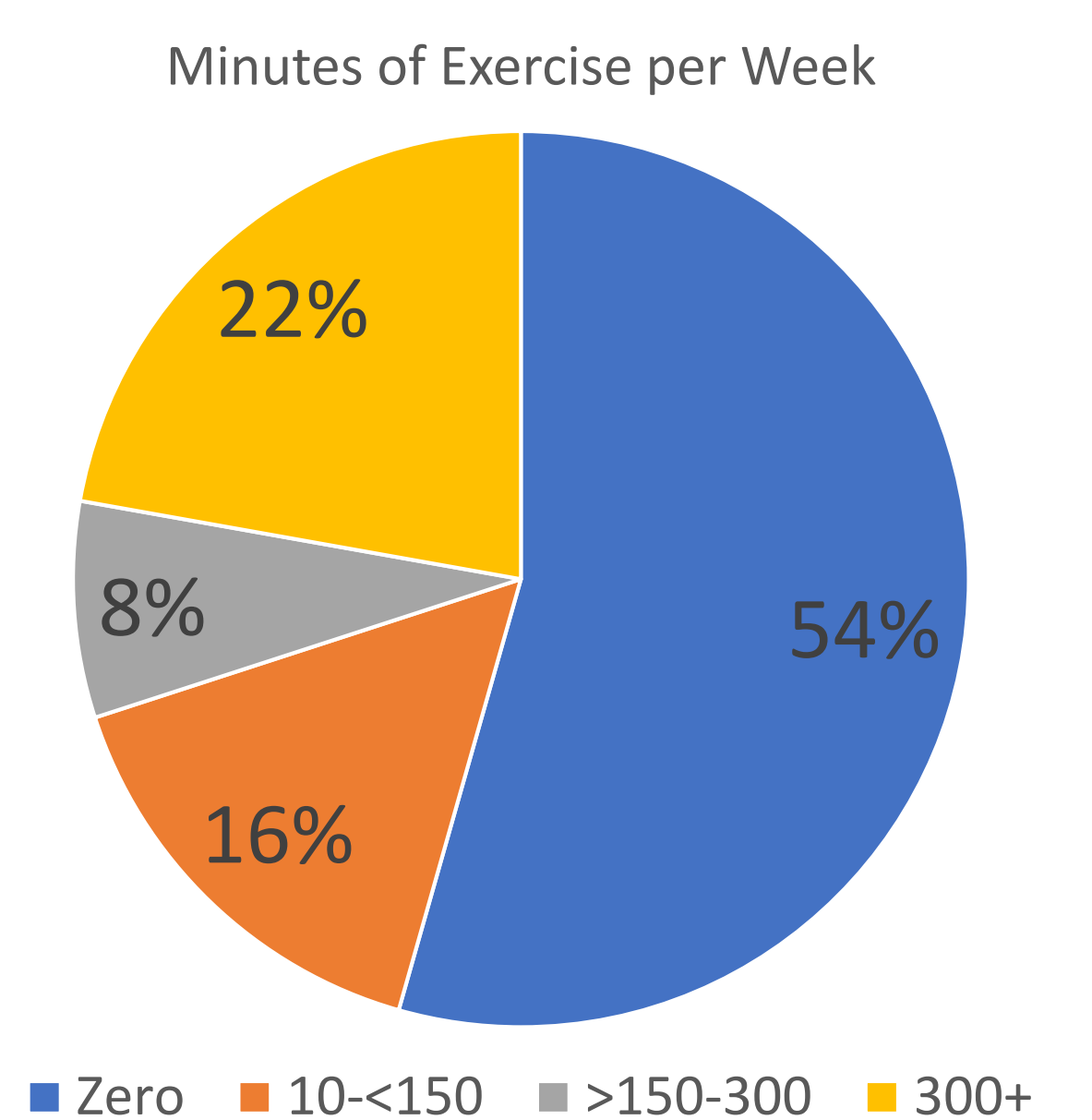
RESULTS



Standardized regression coefficients for the relationship between physical activity and positive affect as moderated by cannabis use. The standardized regression coefficient between physical activity and positive affect, controlling for cannabis use, is in parentheses. ** $p < .001$

DISCUSSION

Participating in leisure physical activity is associated with positive mood in those with chronic pain; however, this relationship may be dampened by more frequent cannabis use. Further investigation is warranted to determine whether and how cannabis affects physical activity and mood in young adults with and without chronic pain.



- The vast majority of the sample (83%) reported using cannabis at least once per day and approximately half (53%) reported that their chronic pain was associated with clinically elevated activity limitations.
- Frequency of cannabis use moderated the relationship ($b=-.0009$, 95% CI [-.0016, -.0002], $t=-2.57$, $p=.01$). Positive mood was significantly related to physical activity when cannabis use was low and at the mean value ($p<.001$) but not at high levels of cannabis use ($p=.21$).
- Physical activity is an important component of treatment for young people in pain, and there may be a transactional relationship between engagement in physical activity and positive mood. If frequent cannabis use dampens that relationship, users with pain may be less likely to engage in physical activity over time.

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