

From the first spliff to getting stoned everyday

What is the role of consumption behaviours?

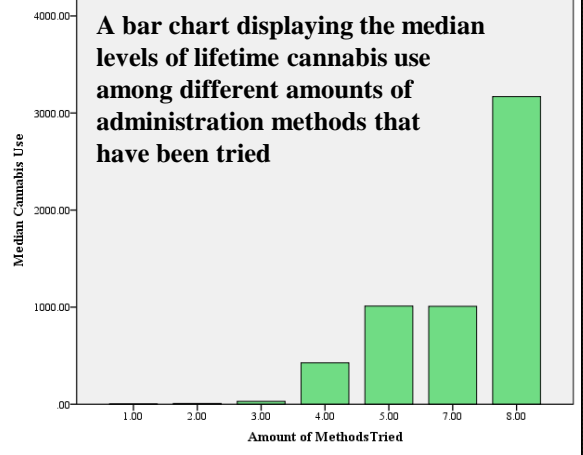
Intro and method

Not everyone who uses cannabis goes on to use it excessively.

While previous research has focussed on demographic risk factors for the transition into excessive cannabis use little attention has been paid to the role of consumption behaviours.

222 individuals with between 1 – 10, 949 uses of cannabis took part in a cross-sectional survey on their drug use history. Multiple regressions were used to predict lifetime cannabis use.

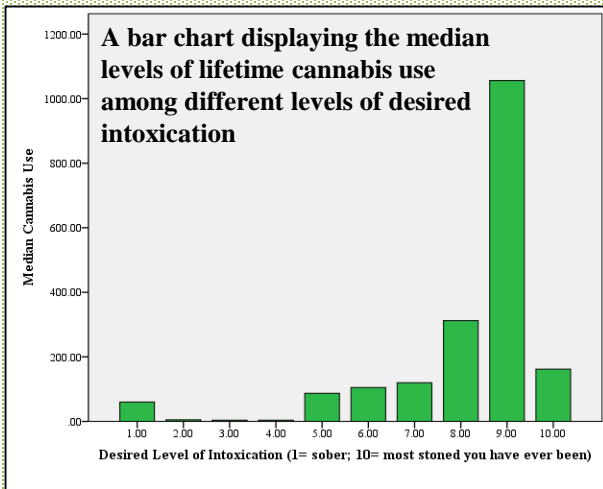
A bar chart displaying the median levels of lifetime cannabis use among different amounts of administration methods that have been tried



After controlling for age, sex, educational attainment, and alcohol use, the number of administration methods predicted lifetime cannabis use ($F_{(5,51)} = 8.90, p < .001, R^2 = .47$).

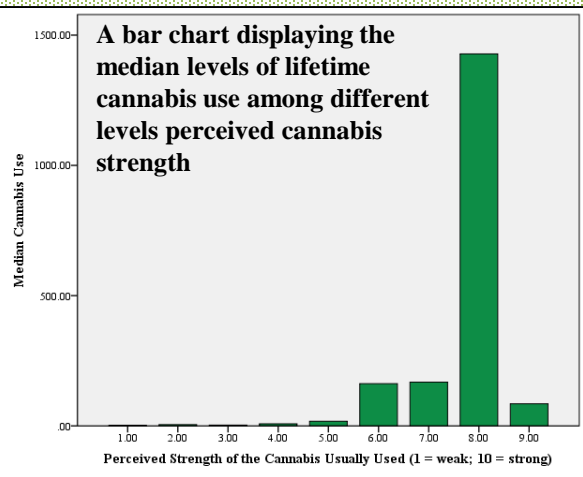
[Methods tried include: bonges, spliffs, pipes, brownies, pizzas, and more]

A bar chart displaying the median levels of lifetime cannabis use among different levels of desired intoxication



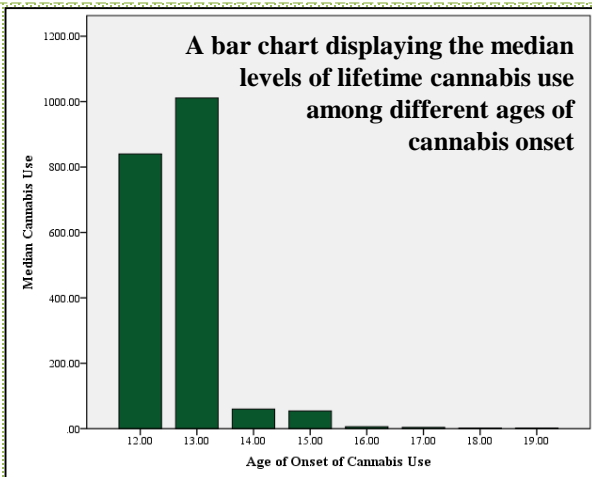
After controlling for age, sex, educational attainment, and alcohol use, the desired level of intoxication predicted lifetime cannabis use ($F_{(5,132)} = 3.93, p = .002, R^2 = .13$).

A bar chart displaying the median levels of lifetime cannabis use among different levels perceived cannabis strength



After controlling for age, sex, educational attainment, and alcohol use, the perceived level of strength of the cannabis usually consumed by the participant predicted lifetime cannabis use ($F_{(5,128)} = 6.92, p < .001, R^2 = .21$).

A bar chart displaying the median levels of lifetime cannabis use among different ages of cannabis onset



After controlling for age, sex, educational attainment, and alcohol use, the age of onset of cannabis use predicted lifetime cannabis use ($F_{(5,189)} = 6.35, p < .001, R^2 = .14$).

[ages of onset 20, 21, 22 are removed from the chart due to insufficient data]

Summary

- **Top right** - People are more likely to experiment with different administration methods as they use more cannabis
- **Top left** - Higher levels of desired intoxication are associated with excessive cannabis use
- **Bottom right** - Perceptions of cannabis being stronger are associated with higher levels of cannabis use
- **Bottom left** - Early onset cannabis use is associated with greater cannabis use... even after accounting for age