

How much cannabis is used in a joint? An exploratory investigation into typical use, adjustments for potency and behavioural correlates

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Introduction: *Previous research on cannabis use mostly relies on self-reported frequency of consumption. However, we also require information on the quantity of cannabis used in the population. In an experimental setting, we investigated the quantity of cannabis used across different potency levels to examine potential titration behaviours.*

Method: *Participants (N=30, 18-57 years) who used cannabis in the past month were recruited at The University of Queensland. The 'Roll a Joint' paradigm was completed, in which participants rolled a joint using a cannabis substitute, a spliff additionally containing tobacco, and packed a cone. Potency was manipulated by instructing participants they were using cannabis that is of a potency that is of a) the same, b) higher, or c) lower potency than they typically used. Demographics, psychological distress (DASS-21) and a cannabis use questionnaire were completed.*

Key Findings: *A generalised repeated measures model revealed a significant effect of amount used by potency. Participants used less high potency cannabis (M=0.35g, 95% [0.25-0.45]), and more low potency cannabis (M=0.54g, [0.43-0.64]), than their typical potency cannabis (M=0.43g, [0.33-0.54]), $p < .001$. Quantity used did not significantly differ by demographics or psychological distress. No effect of titration was observed in the quantity of tobacco used.*

Conclusions: *We found that 0.43g of cannabis is used on average, similar to observations from the US. Future research in other populations could inform the generalisability of these estimates across the population.*

Implications for Translational Research (optional): *Our findings applied to population distributions of cannabis consumption could be used to account for at-risk groups who may be responsible for the majority of total consumption.*

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