

## **What is the relationship between co-administration of cannabis with tobacco and persistence of frequent cannabis use?**

### **Authors:**

Abdullah Alghamdi<sup>1</sup>, Coral Gartner<sup>1</sup>, Andrew Smirnov<sup>1</sup>.

<sup>1</sup>*School of Public Health, The University of Queensland, Brisbane, Australia.*

Presenter's email: [abdullah.alghamdi1@uq.net.au](mailto:abdullah.alghamdi1@uq.net.au)

**Introduction and Aims:** Mixing cannabis with tobacco is popular among cannabis users, but the consequences of this practice are not well understood. This study examines the relationship between mixing cannabis with tobacco and the persistence and frequency of cannabis use during early adulthood.

**Design and Methods:** Data are from a prospective population-based study of young adults residing in South-East Queensland, Australia, which commenced in 2009. The mean age of participants was 20.9 years old at baseline and 51.7% were female. We examined the frequency and quantity of cannabis consumption over a 4 ½ year study period. An ordinal logistic regression analysis was conducted using persistence of cannabis use (baseline, 12 months, 4½ years) as the outcome variable, reporting unadjusted and adjusted odds ratio (OR) and 95% confidence intervals.

**Results:** Always mixing (OR: 7.06, 95% CI: 2.59-19.19) and sometimes mixing (OR: 4.29, 95% CI: 1.13-16.34) cannabis with tobacco at the study baseline were associated with persistent cannabis use over the 4 ½ year study period, independently of baseline frequency of cannabis use and tobacco use, respectively. At every time interval, participants who always mixed cannabis with tobacco used cannabis on more days in the last month, compared with those who only sometimes mixed or never mixed the drugs ( $p < 0.001$ ).

**Conclusions:** Mixing cannabis with tobacco may contribute to longer involvement in frequent cannabis use. Young adult cannabis users should be advised not to mix tobacco with cannabis.

### **Disclosure of Interest Statement:**

The Australasian Professional Society for Alcohol and other Drugs (APSAD) recognises the considerable contribution that industry partners make to professional and research activities. We also recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging these relationships in all written publications.