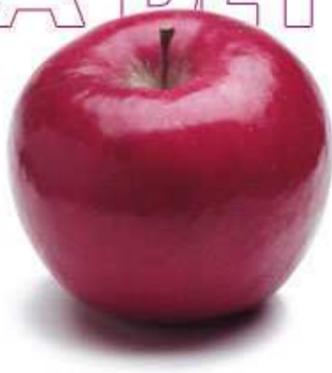


# A BETTER LIFE Wishing you well: News for healthy living



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By USA TODAY Staff

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## Research links psychosis, heavy cannabis use

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Research announced this month by the University of Granada in Spain suggests that daily cannabis use predisposes a person to the appearance of psychosis and schizophrenia.



The study, published in the journals *Schizophrenia Research* and *European Psychiatry*, interviewed 92 people, 50 of which had developed a psychosis but did not have "abnormal neurodevelopment," (they'd had friends, did well academically, etc.). Of these 50, 66% said they consumed cannabis daily or almost daily.

This isn't the first study to make such a link. A 2005 study in New Zealand, published in the *British Medical Journal*, claimed that 8% of schizophrenia cases in Australia were linked to marijuana use. A study from the Institute of Psychiatry in London found that teenagers who smoke marijuana have a 7% greater risk of developing psychosis by age 26 than the general public. [Robin Murray](#), professor of psychiatry at the institute, writes that doctors have known "for 150 years that heavy consumption of cannabis can lead to hallucinations."

Marijuana has been a hot topic lately, with more [states considering legalizing medical marijuana](#), while other studies report [fewer teens have been smoking](#) and that [marijuana may also lead to testicular cancer](#).

--By Kim Thai, USA TODAY

Posted at 03:53 PM/ET, March 31, 2009 in Addiction, Mental health | [Permalink](#)

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[Markag55](#) (0 friends, [send message](#)) wrote: 6h 23m ago  
Even though I stopped smoking marijuana more than 30 years ago, I still have friends who smoke daily. None of them seem to exhibit psychotic (or even neurotic) symptoms. If one chooses to imbibe (either by smoking or by eating) massive amounts of weed or hashish, I can understand that they might exhibit some behaviors that may be construed as paranoid. But this is the exception. As I stated, I don't smoke weed because it made me paranoid. If someone smokes it because it eases their fears and mellows them out (much like alcohol for most people), then who am I to prevent them from doing so? It's not addictive or dangerous as much as methamphetamine. It is, like a few drinks, benign. Even though I haven't used it for over 30 years, I still feel that those who do should not be punished for it. How many "violent" crimes have been committed because of smoking MJ? Compare this with other street drugs such as "crack" or heroin. There's really no comparison at all.

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