

Exploring CBD Dosage for Managing Anxiety in Adults: A Comprehensive Literature Review

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Background/Purpose

Currently, there are a limited number of research studies and reviews conducted on CBD; all without a conclusive recommendation on what therapeutic dose of CBD should be given to patients with anxiety. The goal of this literature review is to identify an effective CBD dosing range for the treatment of anxiety.

Methods

The articles were extracted from PubMed, Embase and SageJournal using the keywords “Cannabidiol” and “Anxiety”. Based on the 15 randomized controlled trials that meet our inclusion criteria, we normalized all VAMS data to baseline and calculated percentage change from baseline to treatment response and response to experimentally induced stress where the optimal CBD dosages were extracted from calculated baseline changes.

Results

Post-analysis from baseline changes, the treatment response was evaluated between 80 minutes to 24 hours after dosing and led to a maximum reduction of 31.1% for 300 mg CBD. Response to experimentally-induced stress was evaluated between 15 to 130 minutes and resulted in a maximum of 41.03% reduction for 300 mg CBD. When compared with the standard of care, 600 mg CBD led to a greater treatment response than 10 mg diazepam and 1 mg clonazepam. As for the response to experimentally induced stress, 300 mg CBD also led to a greater reduction in anxiety symptoms compared to 1 mg clonazepam; however, 10 mg diazepam showed a greater reduction response to 300 mg CBD.

Conclusion

Early exploratory studies suggest CBD 300 and 600 mg provide the optimal pharmacological effects for treating anxiety, although these studies also indicate some subjects respond paradoxically. Future research should focus on these dosages to confirm their efficacy and safety, enriching our understanding of CBD's therapeutic potential in anxiety treatment. Until then, these dosages provide contemporary healthcare providers with a reference point for suggesting an appropriate therapy regimen.