

Behavioral, cognitive and psychophysiological effects of cannabinoids: relevance to psychosis and schizophrenia

Efeitos comportamentais, cognitivos e psicofisiológicos de canabinoids: relevância para a psicose e esquizofrenia

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Abstract

Recent advances in knowledge about cannabinoid receptor function have renewed interest in the association between *cannabis* and psychosis. Converging lines of evidence suggest that cannabinoids can produce a full range of transient schizophrenia-like positive, negative and cognitive symptoms. Cannabinoids also produce some psychophysiological deficits also known to be present in schizophrenia. Also clear is that in individuals with an established psychotic disorder, cannabinoids can exacerbate symptoms, trigger relapse, and have negative consequences on the course of the illness. Increasing evidence suggests that early and heavy *cannabis* exposure may increase the risk of developing a psychotic disorder such as schizophrenia. The relationship between *cannabis* exposure and schizophrenia fulfills some, but not all, of the usual criteria for causality. However, most people who use *cannabis* do not develop schizophrenia, and many people diagnosed with schizophrenia have never used *cannabis*. Therefore, it is likely that *cannabis* exposure is a “component cause” that interacts with other factors to “cause” schizophrenia or other psychotic disorder, but is neither necessary nor sufficient to do so alone. In the absence of known causes of schizophrenia, however, and the implications for public health policy should such a link be established the role of component causes such as cannabinoid exposure should remain a focus of further study. Finally, further work is necessary to identify the factors that underlie individual vulnerability to cannabinoid-related psychosis and to elucidate the biological mechanisms underlying this risk.

Descriptors: Cannabis; Cannabinoids; Schizophrenia; Cognition; Adaptation, physiological/drug effects

Resumo

Avanços recentes no conhecimento sobre a função do receptor de canabinoide renovaram o interesse na associação entre cannabis e psicose. Linhas convergentes de evidências sugerem que os canabinoides podem produzir uma ampla gama de sintomas transitórios positivos, negativos e cognitivos assemelhados aos de esquizofrenia. Os canabinoides também produzem alguns déficits psicofisiológicos sabidamente presentes na esquizofrenia. É igualmente claro que em indivíduos com um transtorno psicótico estabelecido, os canabinoides podem exacerbar sintomas, desencadear recaídas e ter consequências negativas no curso da doença. Evidências crescentes sugerem que a exposição precoce e pesada à cannabis pode aumentar o risco de se desenvolver um transtorno psicótico como a esquizofrenia. A relação entre exposição à cannabis e esquizofrenia preenche alguns, mas não todos os critérios usuais de causalidade. Porém, a maioria das pessoas que utilizam cannabis não desenvolve esquizofrenia e muitas pessoas diagnosticadas com esquizofrenia nunca utilizaram cannabis. Portanto, é provável que a exposição à cannabis seja uma “causa componente” que interage com outros fatores para “causar” esquizofrenia ou outro transtorno psicótico, mas não é nem necessária nem suficiente para fazê-lo sozinho. No entanto, na ausência de causas conhecidas da esquizofrenia e com as implicações de políticas de saúde pública, se tal vínculo for estabelecido, as causas componentes, tais como a exposição a canabinoide, devem continuar sendo um foco de estudos futuros. Finalmente, são necessárias mais pesquisas para identificar os fatores subjacentes à vulnerabilidade à psicose relacionada a canabinoide e para elucidar os mecanismos biológicos subjacentes a esse risco.

Descritores: Cannabis; Canabinoides; Esquizofrenia, Cognição; Adaptação fisiológica/efeitos de drogas

Introduction

The relationship between cannabinoids and psychosis has been known for almost a thousand years. In 1235, Ibn Beitar related

the use of *cannabis* to insanity,¹ and in 1845 Moreau de Tours wrote that *cannabis* could precipitate “acute psychotic reactions,

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generally lasting but a few hours, but occasionally as long as week”.² The rise in *cannabis* use worldwide and recent advances in our understanding of the brain cannabinoid system have renewed and reinvigorated interest in the association between *cannabis* use and psychosis. This paper provides a review of the association between *cannabis* exposure and psychotic disorders. The transient and persistent behavioral, cognitive and psychophysiological effects of cannabinoids are reviewed. While the mechanisms underlying the association between cannabinoids and psychosis are not reviewed, a discussion about causality is presented.

But first, several terms used in this review need to be defined. The distinction between psychotic symptoms and a psychotic disorder is important. Psychotic symptoms include disorganized thinking and speech, delusions, hallucinations and other alterations in perception. A psychotic disorder, such as schizophrenia, is a condition characterized by persistent psychotic symptoms and accompanied by functional deficits in most spheres of life. The symptoms of schizophrenia include not just positive psychotic symptoms, as described above, but also negative symptoms (amotivation, social withdrawal, and emotional blunting, among others) and cognitive deficits (impairments in memory, attention and executive function). Furthermore, *cannabis* is a collection of nearly 70 cannabinoids,³ including Δ^9 -tetrahydrocannabinol (Δ^9 -THC) and cannabidiol (CBD). Therefore, *cannabis* is more than just Δ^9 -THC.

Transient behavioral and cognitive effects of cannabinoids

1. Nonexperimental evidence

Several lines of evidence suggest that *cannabis* and other cannabinoids can produce a range of transient psychotic symptoms in an otherwise clear sensorium. Anecdotal reports provide rich descriptions of psychotic symptoms that can occur during *cannabis* intoxication.^{2,4-13} The symptoms include depersonalization, derealization, paranoia, ideas of reference, flight of ideas, pressured thought, disorganized thinking, persecutory delusions, grandiose delusions, auditory and visual hallucinations, and impairments in attention and memory in an otherwise clear consciousness. While rich in detail, individual accounts are fraught with some confounds and are hard to generalize. Some of the limitations of anecdotal accounts can be addressed in population-based surveys which suggest that between 20 and 50% of individuals report paranoia, persecutory ideas, and hallucinations while under the influence of *cannabis*.^{14,15}

The observed effects of cannabinoids used for medicinal purposes provide another source of data on the association between *cannabis* and psychosis. Δ^9 -THC, nabilone (9-trans-ketocannabinoid), and levonantradol have been used treatment of a number of medical conditions, including chemotherapy-induced nausea, spasticity from multiple sclerosis and pain syndromes.

Psychotic symptoms reported with the use of these cannabinoids include “loss of control”, thought disturbances, feelings of unreality, apprehension, fear and paranoia, anxiety and panic, dissociation, depersonalization, dysphoria, difficulty

concentrating, hallucinations, other perceptual alterations, amnesia and accompanying anxiety.¹⁶⁻³⁰ In fact, Levonantradol which was developed as an analgesic agent, was abandoned because of a high incidence of intolerable behavioral side-effects. In systematic reviews of randomized controlled trials comparing the antiemetic effects of synthetic cannabinoids with placebo or other antiemetics, 6% of patients receiving these cannabinoids presented with hallucinations and 5% with “paranoia”, while no patient treated with control drugs presented with such side effects.^{31,32} These effects appear to increase both with increasing dose and with repeated dosing.

2. Experimental evidence

In one of the earliest experimental studies conducted under the auspices of the LaGuardia Committee on Marihuana in 1944, 12.5% of subjects reportedly experienced psychotic reactions at doses of about 30-50mg oral and 8-30mg smoked *cannabis*.³³ However, these subjects were prisoners and cannot be presumed to have been free of psychiatric disorders. Ames studied the effects of unassayed oral doses of *cannabis* extract (about 50 to 70mg Δ^9 -THC) in 12 presumably healthy physicians.³⁴ Subjects reported fragmented thinking, dissociation between thoughts and action, disturbed temporal and spatial perception, visual illusions and hallucinations, derealization and depersonalization, mood alterations, anxiety and memory deficits. Some had delusions of the presence of hidden recorders, fears of being hypnotized, subjected to ECT, or—presciently—developing schizophrenia. One subject became hypomanic, with persecutory delusions, refused to answer questions altogether for fear of being certified as insane, and required IM chlorpromazine. Other similar quasi-experimental studies of *cannabis* have reported a range of dose-related psychotic symptoms with *cannabis*.³⁵⁻³⁷

In addition to studies with *cannabis*, there have been a few studies with Δ^9 -THC and other cannabinoids. Melges, in a double-blind, placebo-controlled study with high- and low-dose Δ^9 -THC, reported *cannabis* users to have had core symptoms of psychosis, including thought disorder and paranoia.³⁸ The authors specifically described the “tracking difficulties” that subjects reported, including racing thoughts, thought blocking, and loss of train of thought. Hollister and Gillespie showed that Δ^9 -THC was not associated with as prominent psychotomimetic effects as LSD.³⁹ Reese Jones observed not-particularly-robust psychotomimetic effects in studies of “normal” controls given Δ^9 -THC at doses of 20mg smoked or 40mg oral, but noted that a “few” subjects experienced ideas of reference and delusions that he was using secret (unexplained) tests and hidden recording devices on them.⁴⁰ At higher doses, psychotomimetic effects began to emerge, including delusions, loosening of associations, and marked illusions.

Few controlled studies have specifically examined the psychotomimetic effects of cannabinoids using well-validated measures. D’Souza et al., characterized the dose-related behavioral and cognitive effects of intravenous Δ^9 -THC (0mg, 2.5mg, and 5mg), in a double blind, randomized, placebo-controlled study

of healthy controls (n = 22) who were screened for the presence of any significant psychiatric disorder or family history of Axis I disorders.^{41,42} The full range of symptoms associated with schizophrenia—positive, negative, and cognitive symptoms—were measured using well-validated measures. Δ^9 -THC produced transient positive symptoms (Figure 1), perceptual alterations, negative symptoms, euphoria, anxiety, and deficits in working memory, verbal recall, and attention, without altering general orientation.

3. Positive symptoms

Δ^9 -THC induced a range of positive symptoms of schizophrenia including suspiciousness, paranoid and grandiose delusions, conceptual disorganization, fragmented thinking, and perceptual alterations. Δ^9 -THC also produced depersonalization, derealization, distorted sensory perceptions, altered body perception, feelings of unreality, and extreme slowing of time in healthy individuals. These effects, reported by carefully screened healthy subjects, appear remarkably similar to the kinds of psychotic symptoms reported by patients with schizophrenia. More recently, Morrison et al. showed that Δ^9 -THC (2.5mg i.v.) produced similar effects in healthy subjects. Leweke et al., observed that nabilone, a synthetic

analog of Δ^9 -THC, altered binocular depth inversion, a potential surrogate marker for psychosis.⁴³

4. Negative symptoms

D'Souza et al. also showed that Δ^9 -THC produced effects similar to the negative symptoms of schizophrenia, including blunted affect, reduced rapport, and lack of spontaneity, psychomotor retardation, and emotional withdrawal. These “negative symptoms” may have overlapped or been confounded by the known cataleptic and sedating effects of cannabinoids and furthermore, acute pharmacological studies may be limited in their capacity to “model” negative symptoms. As discussed later, chronic exposure to cannabinoids has been linked to persistent negative-like symptoms.

5. Cognitive deficits

Cannabinoids have been reported to produce transient dose-related cognitive impairments including deficits in learning, short-term memory, working memory, executive function, abstract ability, decision making, and attention.⁴⁴⁻⁵⁰ Similar effects have been reported in rodents and non-human primates reviewed in.^{51,52} Not only is this pattern of cognitive deficits also observed

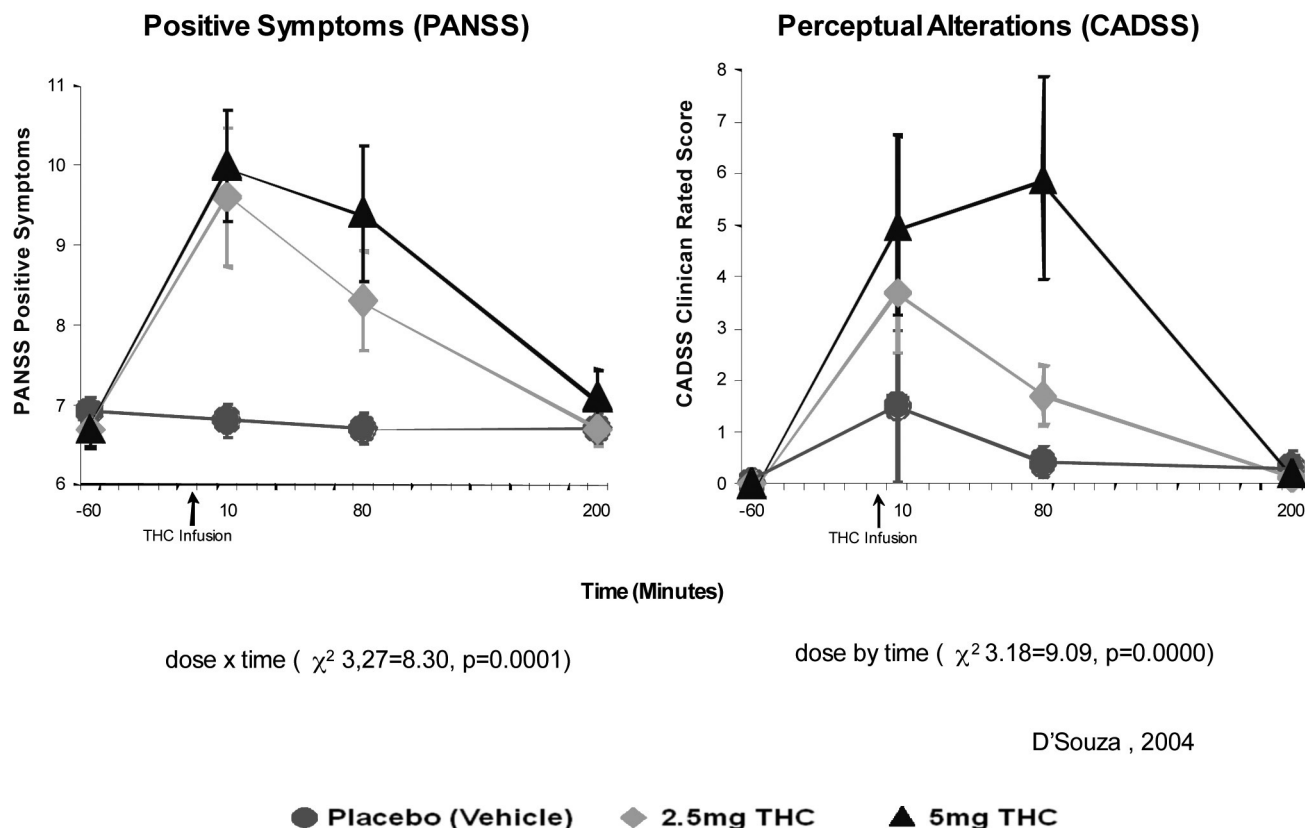
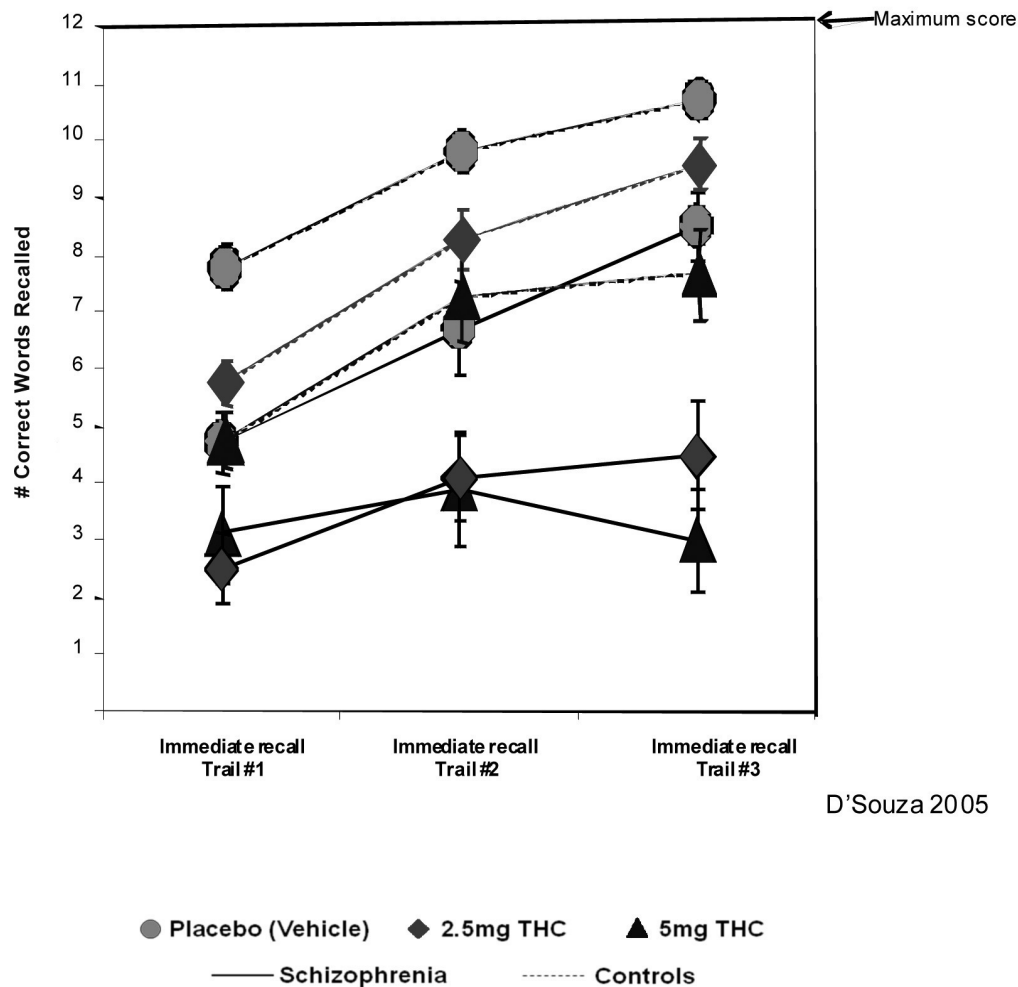


Figure 1 - Δ^9 -THC induces transient psychotomimetic effects in healthy individuals. Effects of Δ^9 -THC on the seven-item positive symptom subscale of the Positive and Negative Syndrome Scale (PANSS) (left panel) and the clinician rated subscale of the Clinician Administered Dissociative Symptoms Scale CADSS (right panel). The PANSS is used to measure the symptoms associated with schizophrenia. Scores for each item range from 0 (absent) to 7 (extremely). The range of scores on the PANSS positive subscale is 0–49. The CADSS is used to measure perceptual alterations. Scores for each item range from 0 (absent) to 4 (extremely). The range of scores on the CADSS clinician-rated subscale is 0–32.



D'Souza 2005

Figure 2 - Δ^9 -THC impairs immediate verbal memory (Hopkins Verbal Learning Test). Effects of Δ^9 -THC on the learning and immediate free recall measured by a 12-word learning task (Hopkins Verbal Learning Test).

in schizophrenia,⁵³ but the most robust cognitive deficit induced by Δ^9 -THC—verbal memory⁴⁴—is also the most robust cognitive deficit observed in schizophrenia.⁵⁵ As illustrated in Figure 2, D'Souza et al., showed that intravenous Δ^9 -THC produced robust dose-dependent impairments in immediate and delayed (30-minute) verbal memory in healthy subjects. Δ^9 -THC also increased the number of false positives and intrusions during verbal recall. Similar findings have been recently reported by Henquet et al., and Morrison et al.

6. Schizophrenia patients

In general, *cannabis* exposure is associated with a negative impact on the course and expression of schizophrenia. *Cannabis* smoking can exacerbate the symptoms of schizophrenia,^{54,55} and continued use predicts the presence of more psychotic symptoms⁵⁶ and worsens the prognosis of people who already have schizophrenia.⁵⁷⁻⁶⁰ Other studies suggest that *cannabis* using schizophrenic patients had lower negative symptoms scores⁶¹ and adolescents with first-episode psychosis had lower negative symptoms scores and a better prognosis than those who did not use *cannabis*.⁶²

There have been very few experimental studies of cannabinoid effects in schizophrenic patients. In 1934, Lindeman and Malamud administered unassayed doses of hashish to a group of schizophrenic patients, who experienced an exacerbation of their symptoms.⁶³ Almost a century later, D'Souza characterized the effects of Δ^9 -THC in schizophrenic patients using the same methodology described earlier in healthy subjects.⁶⁴ All the patients were taking stable doses of antipsychotic medications (dopamine D2 receptor antagonists) and were clinically stable. Δ^9 -THC transiently exacerbated a range of positive and negative symptoms, perceptual alterations, cognitive deficits, and medication side effects associated with schizophrenia without producing any obvious “beneficial” effects. Schizophrenic patients were more sensitive to the Δ^9 -THC effects than controls (Figure 3). Similarly, relative to controls, schizophrenia patients were more vulnerable to Δ^9 -THC-related learning impairments, demonstrating an increase in the number of intrusions and false positives generated during recall; at 5mg, schizophrenics (solid lines) were unable to learn at all (Figure 3).⁶⁴ The increases in symptoms experienced were brief, modest, similar to the patients' typical symptoms, and occurred

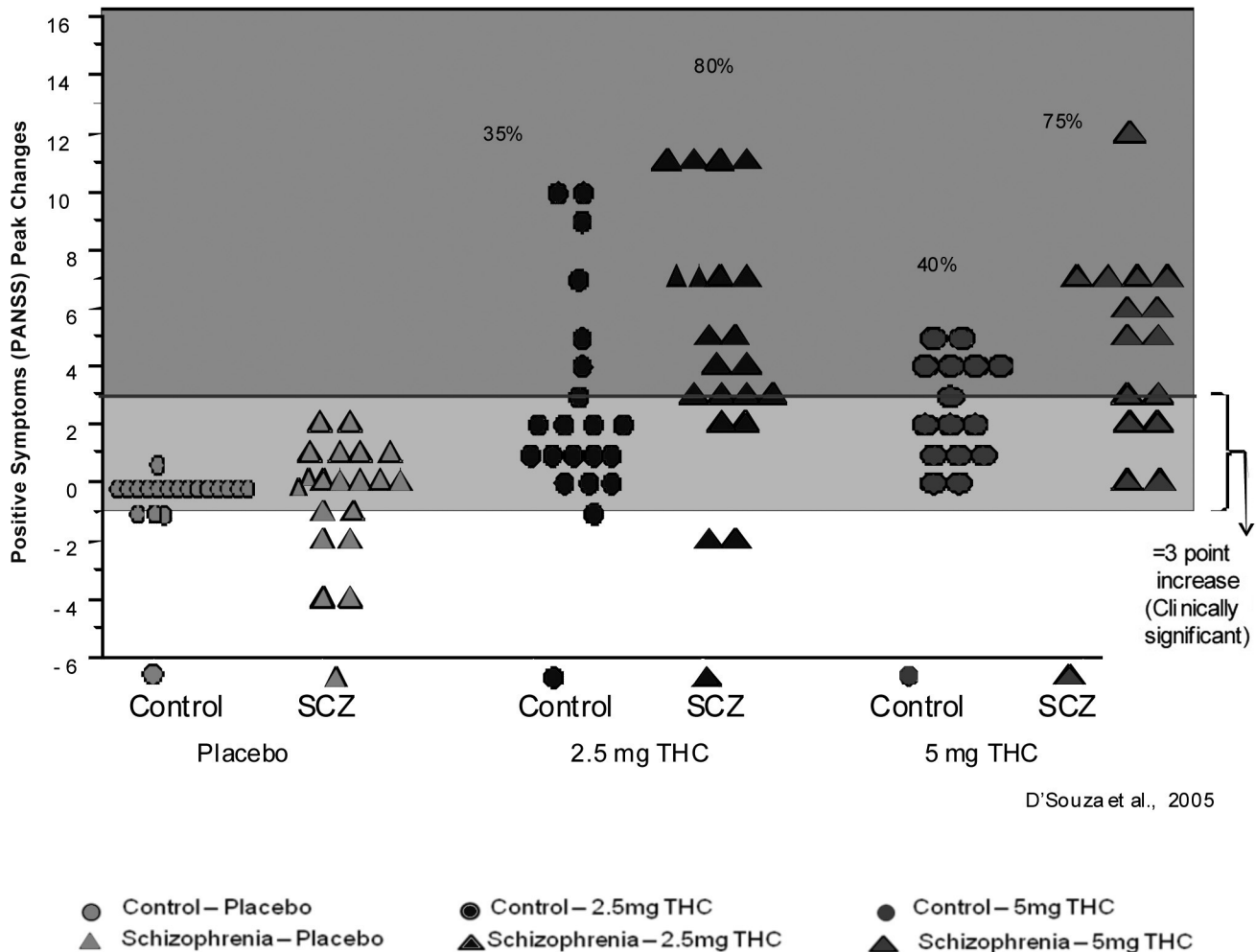


Figure 3 – Enhanced sensitivity to the psychotomimetic effects of Δ^9 -THC in schizophrenia. Peak increase in positive symptoms measured by the positive symptoms subscale of the Positive and Negative Symptoms Scale (PANNS). Group means 1 SD. Clinically significant increase= 3 point or greater increase in PANSS positive symptom subscale score.

even though subjects were clinically stable, medication-responsive, and receiving therapeutic doses of antipsychotics. It is possible that Δ^9 -THC effects of an even greater magnitude and greater group differences relative to controls might have been elicited in schizophrenic patients who were not taking antipsychotic medications or not clinically stable.

Henquet et al., also studied the effects of smoked Δ^9 -THC in patients with a psychotic disorder, relatives of patients with a psychotic disorder and healthy controls. Patients were more sensitive to the effects of Δ^9 -THC on attention and cognitive flexibility, but not to its memory impairing effects.

In summary, *cannabis*, natural and synthetic cannabinoids administered via different routes can produce a range of positive symptoms, negative symptoms, and cognitive deficits in healthy individuals that resemble the symptoms of schizophrenia. These effects are dose-related, do not disrupt orientation, and last for minutes to hours. A small number of vulnerable individuals experience robust psychotomimetic effects, but what produces that vulnerability is unclear. In schizophrenic patients, exposure to cannabinoids transiently exacerbates symptoms. Finally, in addition

to its psychotomimetic effects, cannabinoids produce a plethora of other acute transient effects including euphoria, relaxation, increased appetite, anxiolysis or anxiety and tachycardia.^{39,65,66}

Persistent behavioral and cognitive effects of cannabinoids

1. Positive symptoms

While it seems clear that cannabinoids can produce transient schizophrenia-like symptoms in healthy individuals, and exacerbate symptoms in schizophrenic patients, the question of whether exposure to cannabinoids can “cause” persistent symptoms or a psychotic disorder has been the subject of intensive study.

Interest in the association between *cannabis* and schizophrenia was sparked by a large longitudinal cohort study of all Swedes conscripted between 1969 and 1970, which included 97% (50,053) of all males aged 18 to 20 years, since Sweden mandates military service.⁵⁷ A dose-response relationship was observed between self-reported *cannabis* use at conscription (age 18 years) and psychiatric hospitalization for schizophrenia over the ensuing 15 years, with those who reported having used *cannabis* more than

50 times were three times more likely than non-users to carry a diagnosis of schizophrenia 15 years later. Adjustment for other relevant risk factors reduced but did not eliminate the higher risk (OR = 2.3) of schizophrenia associated with *cannabis* use. A reanalysis and extension of the same Swedish conscript cohort reconfirmed that heavy *cannabis* users by the age of 18 years were 6.7 times more likely than non-users to be hospitalized for schizophrenia over the following 27 years.⁶⁷ This study addressed the confounding effects of concomitant use of other drugs of abuse, pre-morbid personality traits, and *cannabis* use as a form of self-medication of schizophrenia. The adjusted odds ratio for *cannabis* use predating schizophrenia shrank but remained significant (1.2), despite adjusting for a number of confounds that included low IQ, urban dwelling, cigarette smoking, poor social integration, function, and stimulant use. The increased risk of schizophrenia conferred by *cannabis* use persisted even when subjects who developed schizophrenia within five years of conscription were excluded from the analysis, to control for the possibility that *cannabis* use had been merely a manifestation of the schizophrenia prodrome. The original study has been criticized on a number of points:⁶⁸⁻⁷⁰ 1) the use of other drugs was more common in the *cannabis*-using group, 2) some other factor may have predisposed subjects to both schizophrenia and *cannabis* use, and 3) in the follow-up study a quarter century later, investigators did not ask any questions about intervening use of other drugs, many of which are also known to precipitate psychosis.

Several prospective studies have been conducted that complement the historical studies.⁷¹⁻⁷⁴ Moore et al. systematically reviewed longitudinal studies of *cannabis* exposure and a range of subsequent psychosis outcomes including disorders (e.g., schizophrenia, schizophreniform, schizoaffective) and symptoms (delusions, hallucinations, or thought disorder). They found a 40% increased risk of psychotic outcome in individuals who had ever used *cannabis* (pooled adjusted OR = 1.41, 95% CI 1.20±1.65), a risk that rose in a dose-dependent fashion with greater *cannabis* exposure (OR = 2.09, 1.54±2.84).^{75,76}

Meta-analyses suggest that *cannabis* might account for between 8% and 14% of schizophrenia cases,^{75,77} although the quintupling of rates of *cannabis* use over the last four decades^{67,78} has not been matched by a commensurate 40% to 70% increase in prevalence of schizophrenia. While some studies suggest that the rates of schizophrenia may be decreasing⁷⁹ others find an increase.^{76,80}

2. Negative symptoms

An “amotivational syndrome” has been described in chronic, heavy *cannabis* users.^{59,81-84} The syndrome resembles the negative symptoms of schizophrenia and is characterized by apathy, amotivation, social withdrawal, narrowing of interests, lethargy, impaired memory, impaired concentration, disturbed judgment, and impaired occupational achievement. However, polydrug use, poverty, low socio-economic status, or preexisting psychiatric disorders confound interpretation of these studies and other investigators have argued that the

syndrome does not exist.^{85,86}

3. Cognitive deficits

While it is clear that cannabinoids can cause acute transient impairments in memory, attention, and executive function, whether exposure to cannabinoids are associated with persistent cognitive deficits is not as clear, more controversial and difficult to study. Several studies suggest that chronic, heavy *cannabis* use may lead to memory impairments and attentional dysfunction.⁸⁷⁻⁹² Solowij and Mitchie have suggested that cognitive dysfunction associated with long-term or heavy *cannabis* use is similar to the cognitive endophenotypes that have been proposed as vulnerability markers of schizophrenia.⁹³

In a meta-analysis of 15 studies, Gonzalez concluded that a majority of studies found evidence for persistent but subtle cognitive deficits associated with nonacute (remote) *cannabis* use.⁹⁴ In a recent comprehensive review, Solowij and Battisti concluded that chronic heavy *cannabis* use is associated with impaired memory function⁹¹ that persists beyond the period of acute intoxication and is related to the frequency, duration, dose and age of onset of *cannabis* use. Whether these *persistent* cognitive deficits fully resolve with prolonged abstinence has not been conclusively determined. Pope et al. demonstrated an absence of persistent neuropsychological deficits in frequent long-term *cannabis* users after 28 days of abstinence. However, other studies suggest full recovery after a week,⁹⁵ 28 days,⁹⁶ or three months of abstinence,⁹⁷ and some show some recovery only after an average of two years’ abstinence.^{59,98} It is important to note that none of these studies were designed to determine whether the cognitive impairments predated *cannabis* use.

Interestingly, a recent review of 23 studies on *cannabis*, schizophrenia, and cognition by Løberg found that 14 studies reported *better* cognition in the *cannabis*-using groups.⁹⁹ Their interpretation of this unexpected finding was that *cannabis* causes a transient cognitive breakdown enabling the development of psychosis, imitating the typical cognitive vulnerability seen in schizophrenia; i.e., in the presence of *cannabis*, less neurodevelopmental abnormality (and thus cognitive deficits) is necessary for the development of a psychotic disorder.

Structural brain abnormalities associated with cannabinoids

Animal studies suggest that chronic exposure to cannabinoids is associated with neurotoxicity in the hippocampus.¹⁰⁰⁻¹⁰⁴ Few studies have examined the impact of *cannabis* use on brain function in humans and the results of these studies have been mixed. An early small (n = 10) study using pneumoencephalography reported cerebral atrophy in *cannabis* users.¹⁰⁵ But subsequent studies using computerized tomography failed to find did not detect any structural abnormalities.¹⁰⁶⁻¹⁰⁸ Recent studies using magnetic resonance imaging (MRI) studies have also reported mixed results. Some studies failed to find any changes,^{109,110} whereas other studies reported global or focal changes to gray and white matter density changes, either global changes¹¹¹ or in focal

regions, most notably in the hippocampal and parahippocampal areas.^{112,113} In the well-designed study that accounted for the confounds of polydrug abuse and co-occurring psychiatric disorders, Yucel et al., reported that chronic heavy *cannabis* users showed reductions in hippocampal and amygdala volumes. Furthermore, left hippocampal volume was inversely associated with subthreshold positive psychotic symptoms. A small number of studies have investigated the effect of *cannabis* use on structural brain abnormalities in patients with psychotic disorders (Table 1). Two studies found no differences between *cannabis* users and non-users,^{114,115} two found that *cannabis* smokers had lower volumes in the anterior and posterior cingulate cortices,^{116,117} and one found that *cannabis*-using patients had greater ventral striatal grey matter density.¹¹⁸ The sole longitudinal study found that while there were no differences at baseline, schizophrenic subjects with *cannabis* use lost greater amounts of grey matter over five years, with subsequent enlargement of lateral and third ventricles, than both schizophrenic patients without *cannabis* use and healthy controls. Finally, two diffusion tensor imaging (DTI) studies examining white matter integrity found an earlier age of onset of *cannabis* use amongst patients with schizophrenia was associated with increased anisotropy, suggestive of an enhanced connectivity. The lack of consistent findings in these studies may be from differences in the samples of subjects studied, who varied in *cannabis* use (current vs. lifetime history), other drug use (ranging from *cannabis* only to polydrug users), and treatment history.

Psychophysiological abnormalities associated with cannabinoids

The effects of acute and chronic cannabinoid exposure on a number of psychophysiological biomarkers for schizophrenia have also been studied. While early studies focused on electroencephalography (EEG),¹²² more recent research has focused on event-related potentials (ERPs). The latter refers to averaged EEG responses time-locked to particular stimuli or events. These have been shown to be particularly robust

biomarkers for schizophrenia, and yield large effect sizes in studies of psychosis.^{123,124}

1. Auditory Sensory Gating (P50)

This positive-voltage, mid-latency (~50ms), pre-attentive ERP component is related to the capacity of the central nervous system to register salient stimuli, and can be elicited by *discrete auditory stimuli* (e.g. brief white noise clicks). When two equal clicks (S1 and S2) are separated by 500ms, the amplitude of the P50 is less for S2 than S1. Alterations in sensory gating may represent an inability to filter out redundant and irrelevant sensory information, resulting perceptual overload that could theoretically contribute to positive psychotic symptoms.^{125,126} P50 suppression deficits have been observed in schizophrenia^{123,125,127-129} with robust effect sizes.^{128,130,131} P50 suppression deficits have also been observed in clinically unaffected relatives, and individuals with schizotypal personality disorder.^{130,132}

P50 suppression is mediated by the hippocampus, temporoparietal region, and prefrontal cortex,^{133,134} all areas dense in cannabinoid receptors.¹³⁵ While no studies have measured the effect of acute cannabinoid administration on sensory gating in humans, preclinical studies suggest that cannabinoid agonists disrupt sensory gating in animal analogs of the P50.¹³⁶⁻¹³⁸ Chronic *cannabis* exposure has been associated with disruptions in P50 suppression,^{139,140} and this effect correlates with the magnitude of *cannabis* exposure.¹⁴¹ Another study performed after 28 days of abstinence demonstrated P50 gating deficits that correlated with the number of years of *cannabis* consumption.¹⁴²

2. P300

The P300 is a late positive, post-attentional ERP component thought to be related to directed attention, contextual updating of working memory, and the attribution of salience to deviant or novel stimuli.¹⁴³ It reflects activity from a distributed network encompassing the thalamus, hippocampus, inferior parietal lobe,

Table 1 - Cannabis effects on brain structure in schizophrenia

Reference	Method	Participants	Results
114	MRI	27 S+C, 20 S-CB (naïve)	No difference in total brain, GM, WM or caudate nucleus volumes
116	MRI	20 S+C, 31 S-C, 56 HC	Anterior cingulate GM volume: S+C < S-C, HC
118	MRI	12 S+SM; 5 S+C; 2 S+EtOH; 5 S+C+ EtOH; 11 S-C; 15 HC	Ventral striatal GM density: S+SM > S
119	MRI	19 S+C; 32 S-C; 51 HC	Over five years: Loss of GM volume: S+C > S-C > HC; LV enlargement: S+C > S-C, HC; TV enlargement: S+C > S-C, HC
117	MRI	Untreated first episode psychosis: 15 S+C; 24 S-C	Right posterior cingulate GM density: S+C < S-C
115	MRI	20 S+SM (primarily C); 21 S-SM	No change in volume of amygdala, hippocampus, superior temporal gyrus and cingulate cortex.
120	DTI	24 S+C (onset < 17y); 11 S-C	Fractional anisotropy in frontal WM, uncinate fasciculus and anterior internal capsule: S+C > S-C
121	DTI	10 S+C (onset < 15y); 8 S+C (≥ 17y); 8 S-C	Fractional anisotropy density in splenium: S-C < S+C (<15y); WM density in splenium, right occipital lobe and left temporal lobe: S-C < S+C (<15y)

S+C = Patients with psychotic illness and cannabis use; S-C = Patients with psychotic illness without cannabis use; GM = Grey matter; WM = White matter; HC = Healthy controls; SM = Substance misuse (abuse or dependence); EtOH = Alcohol; LV = Lateral ventricle; TV = Third ventricle; DTI = Diffusion Tensor Imaging

superior temporal gyrus, and frontal cortex.¹⁴⁴ P300 deficits, particularly in the auditory modality, are one of the most consistent biomarkers of SZ.^{93,123,131,145-150} Reductions in P300 amplitude and increased latencies have been observed in both SZ patients and unaffected relatives,^{131,145,146} however these deficits have also been reported in several other conditions.^{125,151-154}

Both oral and smoked Δ^9 -THC, have been reported to reduce P300 amplitude.^{155,156} Interestingly, a polymorphism of the CB₁ receptor gene has been associated with decreased P300 amplitude¹⁵⁷ suggesting that CB₁ receptor function may play a role in the regulation of P300 amplitude.

In contrast, studies assessing the effect of chronic *cannabis* use on the P300 have produced mixed results. Solowij et al., reported decreased P300 amplitudes in a small sample of recently abstinent *cannabis* users.¹⁵⁸ However, in a subsequent larger study, they failed to replicate the P300 amplitude deficits, but observed slower P300 latencies, and furthermore, the latency deficits correlated with frequency of *cannabis* use.¹⁵⁹ Kempel et al., reported reduced P300 amplitudes,¹⁶⁰ Skosnik reported increased P300 amplitudes,¹⁶¹ and Patrick et al. and de Sola et al. were unable to detect P300 amplitude differences in *cannabis* users.^{162,163} While the reasons for these discrepant results are unclear, they may be related to differences in samples and the cognitive load of the task such that P300 is impaired in studies using cognitively challenging tasks,¹⁵⁸⁻¹⁶⁰ but unimpaired with simple tasks.^{161,163}

3. Mismatch Negativity (MMN)

MMN is an automatic, pre-attentive, negative-voltage ERP component that occurs approximately 100 to 200 milliseconds after an auditory stimulus that deviates in frequency or duration from a sequence of standard auditory stimuli. It is thought to reflect basic auditory processing and sensory memory, and is generated primarily in the superior temporal and prefrontal cortex.^{164,165} Numerous studies have demonstrated abnormal MMN amplitudes to stimuli deviating in either duration or frequency in SZ patients.^{166,167} As MMN does not appear to be altered in other psychiatric disorders such as unipolar and bipolar depression,¹⁶⁸ it may be a particularly specific and useful biomarker for auditory disturbances in SZ.

The acute administration of oral Δ^9 -THC did not alter MMN amplitude compared to placebo.¹⁶⁹ However, the combination of Δ^9 -THC and CBD actually increased MMN amplitudes. The authors postulated that the MMN was enhanced by CBD's putative antipsychotic effects. It is likely that the lack of an effect of Δ^9 -THC may be related to the dose and route of administration.

The same group reported that chronic *cannabis* users exhibited decreased MMN amplitudes at the central electrode in the frequency deviance condition.¹⁷⁰ More striking was the fact that both long-term and heavier users of *cannabis* had significantly lower MMN amplitudes compared to short-term or light users, and that duration of *cannabis* exposure was negatively correlated with MMN amplitudes. While these data are only preliminary, it appears that chronic, heavy use of *cannabis* may be associated with

MMN ERP deficits in a pattern similar to SZ patients.

4. N100

This large exogenous ERP is independent of task demand, although it can be modulated by attention.¹⁷¹ It is thought to be related to basic perceptual processing, and in the auditory domain, is likely generated by auditory and frontal cortices.¹⁷² Schizophrenia patients and their unaffected relatives exhibit abnormal N100s, which have been reported in both schizophrenia patients and their clinically unaffected relatives.^{173,174}

The acute effects of cannabinoids on the N100 ERP are yet to be examined. However, recently abstinent chronic *cannabis* users show robust differences in the visual N160 response but no difference in latency to repetitive photic stimuli.¹⁷⁵ This effect was further demonstrated in the auditory modality for discrete 1000 Hz tones during an associative learning task.¹⁷⁶ However, a subsequent study failed to replicate this finding.¹⁷⁷

Vulnerability to the propsychotic effects of cannabinoids

Even though millions of people use *cannabis*, only a minority experience psychotic symptoms and even fewer develop a psychotic disorder. Clearly, other factors must interact with exposure to *cannabis* to increase the likelihood of a psychotic outcome.

Psychosis proneness may be defined psychometrically or by the presence of some other obvious risk, such as family history of psychosis. *Cannabis* exposure has been shown to be associated with higher rates of psychotic outcomes in individuals with higher scores on measures of psychosis proneness.^{74,178-180} Similarly, individuals with a high risk for developing psychosis (either because of family history or prodromal symptoms) have higher rates of psychotic outcomes associated with *cannabis* use.¹⁸¹⁻¹⁸⁵

McGuire reported that individuals who developed acute psychosis after *cannabis* exposure were 10 times more likely to have a positive family history of schizophrenia than patients who screened negatively for *cannabis* use.¹⁸¹ Recently Arendt showed that predisposition rates of psychiatric disorders from first-degree relatives of individuals treated for *cannabis*-induced psychosis were the same as those of individuals treated for schizophrenia suggesting that *cannabis* causes psychotic symptoms mainly in those who are predisposed for psychosis.¹⁸⁴

In a prospective study of *cannabis* using prodromal patients, Corcoran noted significantly more perceptual disturbances and worse functioning during epochs of increased *cannabis* use¹⁸⁵ and concluded that *cannabis* use was a risk factor for the exacerbation of subthreshold psychotic symptoms. Similarly, Cadenhead et al., reported that individuals with a high risk for developing psychosis who used *cannabis* use were 10 times more likely to convert to psychosis than individuals who did not use *cannabis*.¹⁸³ This interaction of psychosis proneness and *cannabis* exposure has also been observed in an experimental approach - in a controlled laboratory study, Henquet showed that psychosis proneness influenced the effects of Δ^9 -THC on cognition and psychosis.¹⁸⁶

Similarly, Verdoux reported that only psychosis-prone individuals reported marked perceptual changes and feelings of increased suspicion and hostility after consuming *cannabis*.¹⁸⁰

Several models have been proposed to explain the interaction between *cannabis* exposure and psychosis proneness. It may be that the psychosis-prone individuals are attracted to using *cannabis* (an association model), that *cannabis* use increases psychosis proneness (a causal model), or that there is some other common factor that causes both psychosis proneness and *cannabis* use (an indicator-variable model).^{187,188} While *cannabis* users tend to exhibit higher psychosis proneness scores in some¹⁸⁹⁻¹⁹¹ but not all studies,^{187,192} psychosis prone individuals are not more likely to use *cannabis*.⁷⁴ Cannabis users as a group tend to exhibit higher schizotypy scores.^{187,190,191} Recently, Veling et al., showed that individuals with schizophrenia had higher rates of *cannabis* use than either their siblings or controls, while their siblings had similar rates of *cannabis* use to controls suggesting that 1) *cannabis* use predicted schizophrenia and 2) that risk for developing schizophrenia does not confer a higher risk for *cannabis* use.¹⁹³

Psychosis proneness may at least in part have a genetic basis. A number of recent studies illustrate how specific genetic factors moderate the effect of *cannabis* exposure on the risk for psychosis.¹⁸⁸ Catechol-O-methyltransferase (COMT) is critical in the breakdown of dopamine in the prefrontal cortex. In a longitudinal birth cohort study (n > 1000), adolescents homozygous for the COMT Val¹⁰⁸Met allele were more likely than those without the allele to exhibit psychotic symptoms or develop schizophrenia if they used *cannabis*.¹⁹⁴ Similarly, in a randomized, double blind, placebo-controlled study carriers of the Val allele were more sensitive to Δ^9 -THC induced psychotomimetic and amnesic effects than Met carriers, but this was conditional on psychometric evidence of psychosis proneness.¹⁸⁶ Unlike Caspi et al., Zammit failed to find evidence supporting differential effects of *cannabis* use on psychosis risk according to variation of the COMT gene.¹⁹⁵

Neuregulin 1 (*NRG1*), a candidate gene for schizophrenia, is relevant to several schizophrenia-related neurodevelopmental processes reviewed in¹⁹⁶. Heterozygous deletion of *NRG1* results in increased sensitivity of mice to the neurobehavioral effects of Δ^9 -THC on an array of different behaviors including those that model symptoms of schizophrenia, especially under stressful conditions.¹⁹⁷ These mice also showed greater increases in prepulse inhibition (PPI), a marker for sensorimotor gating known to be impaired in schizophrenia, following Δ^9 -THC administration.¹⁹⁷

The cannabinoid receptor gene (CNR1) is thought to modulate the striatal response to rewarding stimuli¹⁹⁸ and polymorphisms of this gene are associated with alcoholism and intravenous drug use in humans.¹⁹⁹⁻²⁰² A variety of CNR1 polymorphisms have been studied for associations with schizophrenia, with mixed results.^{196,203-208} The (AAT)n microsatellite is associated with drug use,¹⁹⁹ decreased frontal P300,¹⁵⁷ and childhood attention-deficit hyperactivity disorder (ADHD) in alcoholics.²⁰² An association between the (AAT) n microsatellite and schizophrenia in

Japanese,²⁰³ Spanish,²⁰⁴ and Costa Rican populations,²⁰⁵ but not in a Chinese population.²⁰⁶ Association studies of single nucleotide polymorphisms (SNPs) within the CNR1 gene have also been mixed, with positive²⁰⁷ and negative results.^{196,208} A 1359G/A polymorphism of the CNR1 gene (also known as the "G allele") has been associated with better response to antipsychotics in a population of French schizophrenic patients.²⁰⁹ It is possible that genetic variants of the CNR1 gene may underlie individual vulnerability to schizophrenia and explain the high comorbidity between schizophrenia and substance abuse.

Cannabinoids, psychosis and causality

Does exposure to cannabinoids "cause" psychosis where none would have otherwise existed? The commonly applied criteria to establish disease causality include temporality, strength and direction of the association, biological gradient (dose), consistency, specificity, coherence, experimental evidence and biologic plausibility reviewed in⁵.

Temporality: Experimental evidence from laboratory studies clearly demonstrates a robust temporal relationship between exposure to cannabinoids and psychotic *symptoms*. The onset of *cannabis* use may precede, follow or co-occur with the onset of schizophrenia. Allebeck et al. reported that in 69% of a schizophrenic patient sample from a Swedish case registry (n = 112), *cannabis* abuse preceded the onset of psychotic symptoms by at least one year.²¹⁰ Further, in only 11% did the onset of psychotic symptoms precede the onset of *cannabis* abuse. Similarly, Linszen et al., found that *cannabis* abuse preceded the onset of psychotic symptoms by at least 1-year in 23 of 24 *cannabis*-abusing recent onset schizophrenic patients.²¹¹ Hambrecht and Hafner in their study of first-episode schizophrenic patients found that 14.2% of the sample had a lifetime history of drug abuse with *cannabis* being the most frequently abused drug (88%).^{212,213} Furthermore, drug abuse preceded the first sign of schizophrenia by more than a year but typically by more than 5 years in 27.5% of patients. In 37.9% of individuals, drug abuse followed the first sign of schizophrenia, and in 34.6% of individuals, the first sign of schizophrenia and drug abuse started within the same month. Related to the above, some studies suggest that *cannabis* and other substance use is associated with an earlier age of and more abrupt onset of psychotic symptoms in schizophrenic patients.^{57,211,212,214-221}

However, schizophrenia begins insidiously, and evolves through several identifiable stages with the emergence of psychotic symptoms as the final step in the evolution of the disorder. As a result, while it may be easy to pinpoint the emergence of positive psychotic symptoms in retrospective studies, pinpointing the onset of the less obvious prodromal symptoms is extremely challenging. Further, if as the neurodevelopmental hypothesis posits, that the pathophysiological processes underlying the illness precede the clinical manifestations by years or even decades and that these processes may even begin in utero, then, the argument about a temporal relationship is no longer relevant.

Thus, while there is evidence suggesting a temporal association between *cannabis* use and the onset of positive psychotic symptoms,

the temporal relationship between *cannabis* use and the less obvious symptoms has not been studied.

Dose: Several studies reviewed here provide evidence of a dose-response relationship between exposure to cannabinoids and the risk of both psychotic symptoms and disorder.

Direction: The case of reverse causality has been proposed whereby risk for schizophrenia predisposes to *cannabis* use, rendering the association between *cannabis* and psychotic illness merely an epiphenomenon of a shared vulnerability for both psychosis and *cannabis*.^{222,223} Since several longitudinal studies excluded people with psychosis at baseline, or adjusted for psychotic symptoms in the analysis, the observed association between *cannabis* and psychosis is unlikely to reflect reverse causation.⁷⁵

Strength: *Cannabis* exposure increases the odds of developing schizophrenia modestly (by 40%) even after controlling for many potential confounding variables.⁷⁵

Specificity: While there is a strong association between cigarette smoking and schizophrenia, there is little evidence to support the notion that cigarette smoking “causes” schizophrenia. Further, the association between *cannabis* use is weaker for anxiety or affective disorders.⁷⁵

Biologic plausibility: The effects of cannabinoids on key neurotransmitters and known to be implicated in psychosis, and also neurodevelopmental processes provide biological plausibility for the association.^{5,224,225}

Conclusion

Cannabinoids can induce transient schizophrenia-like positive, negative and cognitive symptoms, and exacerbate symptoms in schizophrenic patients. Schizophrenic patients and others who are psychosis prone may be more likely to experience transient positive, negative and cognitive symptoms following exposure to cannabinoids, and these effects may be greater in magnitude and duration relative to healthy individuals. Cannabinoids can also induce a range of psychophysiological abnormalities that are also known to be present in schizophrenia.

Increasing evidence suggests that early and heavy *cannabis* exposure may increase the risk of developing a psychotic disorder such as schizophrenia. The relationship between *cannabis* exposure and schizophrenia fulfills some, but not all, of the usual criteria for causality. However, most people who use *cannabis* do not develop schizophrenia, and many people diagnosed with schizophrenia have never used *cannabis*. Furthermore, the increase in *cannabis* use, the use of more potent forms of *cannabis* and the earlier age of first use should be accompanied or followed by a commensurate increase in the rates of schizophrenia or an earlier age of onset of the illness. However, data on the rates of schizophrenia have been mixed with some studies suggesting a decrease, others suggesting an increase and others suggesting no change. Therefore, exposure to *cannabis* is neither a necessary nor a sufficient cause of schizophrenia – similar to cigarette smoking being neither necessary nor sufficient to cause lung cancer or the

role of dietary sodium and hypertension. More likely, *cannabis* exposure is a component or contributing cause which interacts with other known (genetic, environmental) and unknown factors, culminating in schizophrenia. In the absence of known causes of schizophrenia, however, and the implications for public health policy should such a link be established,²²⁶ the role of component causes such as cannabinoid exposure should remain a focus of further study.

Acknowledgments

The authors wish to acknowledge support from the Department of Veterans Affairs (RAS, IGS, MR, DCD), National Institute of Mental Health (DCD), National Institute of Drug Abuse (PDS, DCD), Stanley Medical Research Institute (MR), and NARSAD (MR, PDS).

Disclosures

Writing group member	Employment	Research grant ¹	Other research grant or medical continuous education ²	Speaker's honoraria	Ownership interest	Consultant/ Advisory board	Other ³
R. Andrew Sewell	VA Connecticut Healthcare System Abraham Ribicoff Research Facilities Yale University	Department of Veterans Affairs	-	-	-	-	-
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* Modest

** Significant

*** Significant: Amounts given to the author's institution or to a colleague for research in which the author has participation, not directly to the author.

Note: NIMH = National Institute of Mental Health; NARSAD = National Alliance for Research on Schizophrenia and Depression.

For more information, see Instructions for authors.

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