We tracked 662 young Canadians’ marijuana use across more than a decade (age 15-28) to see how different patterns of use affects mental health, substance use, education and achievement from adolescence to adulthood. This is what we found...

What are some of the outcomes associated with high marijuana use?

Compared to Abstainers, frequent users (Chronic users and Increasers) are much more likely to experience:

- depression, anxiety and behavioural problems
- higher debt, less income, and greater difficulty paying for bills and medical treatments
- heavier use of alcohol and illicit drugs and more substance use disorders
- poorer school performance and less prestigious jobs

On the other hand

Abstainers & Occasional users, who make up 56% of the sample, are happier, healthier, better educated, and more successful

Findings are drawn from: