



**Topic: Impact of Cannabis on Mental Health in Young People
in UK.**

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Abstract

This is a systematic literature review presented with the researched area of evaluating the impact of cannabis on the mental health of young people in the UK. The secondary data is used by reviewing past research articles based on the related field of research topic. Moreover, the assessment showing that commonly experienced mental issues are epilepsy, anxiety, mental stress, depression among the young people. The findings are showing that consumption of cannabis is increasing due to the smoking habits of people in the colleges and schools and the prescribed cannabis use is also increasing the drug abuse. The prolonging impact is explored in the literature review showing that after teenage the mental health issues increase in later adulthood.

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1.0 Introduction to the Research

1.1 Background to the problem

The consumption of unlawful drug and drug related substances by teenage girls and boys has always been a matter of concern in United Kingdom and the entire world, because these drug used has a negative effect not only on the individual using the drug but on the entire country or community as a whole. There are many different types of harmful and unlawful drugs and drug related substances such as alcohol, cigarettes, cannabis and many other harmful substances. However this research is mainly focused on, the effect of cannabis uses on teenagers later as they grow into adult? It is worth noting that cannabis is a class B controlled drug under part schedule 2 of the misuse of drug Act 1971 (MDA 1971) it is also listed in schedule 1 to the misuse of drugs regulations 2001. (MDR 2001)

According to Hindocha et al. (2015) it has been found that most of the teenagers at the age of 16 starts to smoke and later end up being addicted to the use of cannabis in the cigarette smoking. The research shows that the dependence of the cannabis is higher among early smokers from 16 onto adulthood age. This social issue is concerning health authorities in the UK the most as youngsters are facing mental health issues and high risk of negative life impact while; as mentioned by Campbell et al. (2020) students in colleges having the habit of using cannabis where UK is struggling with the issue of people having sever mental issues like social anxiety, mental stress and depression due to the use of cannabis whilst; as mentioned by Baumbusch, and Sloan Yip (2021) clinical sources also recommend cannabis in most of the countries which influenced the perspective of using smoking cannabis among youngsters. This is however manifested in the NHS mental health hospital lady well unit in lewisham where every day young men and women are admitted for mental health issues. This is putting a heavy pressure on the NHS, the community and the government as a whole.

1.2 Statement of the problem

While many recent studies have focused on the problem of cannabis and crime, the identified problem is showing that teenagers in the UK are starting to consume cannabis at the age of 13 and onwards where the colleges and school students happen to use it as a fun habit where it leads to the actual consumption. The identified issue is showing that medical prescription cannabis, which is influencing the use of cannabis among most of the adults and teenagers under unsupervised circumstances.

1.3 Justification of the Research

The research area is related to the assessment of the affects cannabis is leaving on the teenagers later as they grow into the adulthood. The systematic review of literature is relying on the use of research aspects on the highlighted issue presented in the research problem through reflecting on the issues faced in later life by the adults. Moreover, the research is done to cater the issue in order to bring the useful measures to consider eliminating the health threats after the use of cannabis. The research area of the literature review is relying on focusing on this social issue by focusing it on the UK.

1.4 Significance of the Research

The research area focused on this systematic review of literature is portraying a significance and severity of the issue identified regarding the impact of cannabis on mental health in young people in the UK. The study area presented in the literature review is elaborating on the issue and its dynamics, which will help in the future to cater the issue by the health authorities. This study area will be helpful for the future researchers to cater the issues with clinical and medical support for the youngsters.

2.0 Literature Review

2.1 Existing Literature on the Topic

As mentioned by Hindocha et al. (2015) 90% the use of cannabis is leaving a great impact on teenagers such as brain activity. It freezes the brain activity, which is also increasing the dependency on nicotine while; Hakkarainen et al. (2015) conducted a study by reviewing the schools in the UK where it is found that drinking, smoking and cannabis are the common habits found among the teenagers. Moreover, it is bringing behavioral concerns for the teenagers. The culture of consuming cannabis is increasing and leaving the mental health issues like stress, severs anxiety, unhealthy sleeping patterns. In addition to this, Di Forti et al. (2015) described that these issues are increasing among the youngsters in the UK due to the high level potency of cannabis in South London, which is resulted in the greater proportion of increasing psychosis cases.

According to Murray et al. (2016) it has been found that people having genetic disorders or a gene which is a carrier for most of the mental and physical issues. However, the consumption impacts on the genetic aspects clearly linked to the study conducted in UK initiating that people having such gene having sever issues such as schizophrenia, depression and other mental issues while, Colizzi and Murray (2018) stated that the recreational factor associated with the medical cannabis is prolonged with the clinically tested methods. The consumption of cannabis in biscuits and cakes is increasing the medical consumption is on the rise. The clinically approved methods are rare among the people in the UK to consumer cannabis as it helps to release stress if used through clinically prescribed methods whereas; in the views of Hodgson et al. (2020) it has been found that, use of cannabis by the young people in the UK is bringing them towards self-harm where people suffering from depression and unhealthy family life in their teenage having the habit of consuming cannabis in various ways.

As mentioned by Schlag et al. (2020) patient demand for the medical cannabis is increasing in the UK where the study shows that disparity is posses a challenging notion for the prescribers to prescribe the cannabis to people. A wide spread of medical cannabis is seen in last 10 years where UK is experiencing a high potency of chronic patients abusing the use of cannabis.

According to Thomas and Cunningham (2018) it has been found that one-third of people having the seizures issues which is being controlled through the proper treatment in therapeutic ways. UK is experiencing an increase in chronic illness of anxiety in patients and epilepsy patients where study indicates that use of cannabis is increasing the severity of the issue among youngsters.

2.2 Identify Gaps in the Literature.

The presented literature review is presenting the complex issues faced among the young people in the UK due to the high use of cannabis. The identified gaps in the literature review are to how to solve the high dependency on cannabis among teenagers in UK or to eradicate the early use of cannabis among teenagers. Meanwhile the impacts on health due to the consumption of medical cannabis are not fully explored. The gap is also relying on the post impacts on the mental health of people after their teenage life with the use of cannabis.

2.3 Purpose of the Research

The purpose of this study is to explore the impact of cannabis on mental health in the young people in the UK. Moreover, the purpose of this research is to present systematic literature review, which is reflecting on assessing the impact of cannabis on mental health whereas; it is also exploring the later life effects on the teenagers.

The purpose is relying on bringing the focus on the issue by assessing the different dynamics of the mental health issues with the use of cannabis and reflecting on the habits of teenagers in the UK with the consumption of cannabis.

2.4 Aims and Objectives.

The aim of this study is to conduct the systematic review of literature to analyze and assess the impact of cannabis on mental health in young people in the UK. Moreover, the focus of the

research is to explore the effect of cannabis is leaving on teenagers later as they grow into adulthood.

- To identify the impact of cannabis on mental health in the young people in the UK.
- To identify the impact the use of cannabis leaving on teenagers later as they grow into adults.
- To suggest the useful measures to eliminate the mental health threats among the young people in the UK.
- To irradiate or reduce the use of cannabis among teenagers in UK

2.5 Research question

1. What impact does cannabis use is leaving on teenagers later as they grow into adults?

3.0 Research Methodology

The secondary data was selected, using search engine such as Google Scholar, pubmed, science direct, articles and university library to gather information on teenagers using cannabis.

3.2 Data Collection Methods

Recent published studies are used to assess the take on cannabis consumption in order to explore the literature from the mentioned studies. The data collection methods used for this systematic literature review is relying on focusing on qualitative measures. The already published research articles are chosen to present in this systematic review of literature. The secondary approach method was used to reflect on the patterns of behavior leading to the consumption of cannabis and the impact it has on teenager's mental health.

3.3 Data sources

The main source of data collection for this research was the university library, Google Scholar, science direct and pubmed which helped in searching the related studies published on the topic area. Including recent published research articles are taken and extracted from the different research journals like Journal of Psychopharmacology, The British Journal of Psychiatry and The Lancet Psychiatry. The journals are explored through the different online websites to extract the related published research articles to cater the systematic review of literature.

3.4 Search terms

The keywords used in this research are as follows: cannabis, mental health, Adolescent, young people, recreational drug and UK cannabis

3.5 Inclusion and exclusion criteria

These criteria mainly cover UK

The choice of the literature review inclusion criteria mainly target UK teenagers. Moreover, the study is qualitative and having the interpretive function to the exploration and evaluation of the data where the targeted population mentioned in the past research articles used for the research purpose is related to the UK who are the teenagers and young adults. However, the research exclusion criteria do not focus on teenagers living outside the UK.

3.6 Data Analysis

The systematic review of literature is catered in this study by using the reflective approach of thematic analysis. The conceptualization of the issue of cannabis consumption in the UK among young people is analyzed with the reflective thematic assessment, which is helping to explore the later effects of the cannabis after the growth of teenagers.

3.7 Data summary Table of Journal Articles

Author and title	Research Questions or Research Objectives	Methods and Sample	Evaluation of the Article
Thomas, R. H., and Cunningham, M. O. (2018). Cannabis and epilepsy	To assess the neurologists differences among the use of cannabis with legal prescription and the impact on people's health	Overall population of the UK.	Medical cannabis is spreading the drug abuse among people bringing issues for prescribers.
Hindocha, C., Shaban, N. D., Freeman, T. P., Das, R. K., Gale, G., Schafer, G., ... and Curran, H. V. (2015). Associations between	To understand the factors involved in the maintenance of substance use, such that prevention strategies are better informed, longitudinal designs of the use of both drugs are essential, especially during the critical period of	298 participant's age group 16 to 23. Primary research.	Smoking based cannabis is consumed among majority of the youngsters leaving them with severe mental issues.

cigarette smoking and cannabis dependence: a longitudinal study of young cannabis users in the UK	adolescence		
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Hakkarainen, P., Karjalainen, K., Raitasalo, K., and Sorvala, V. M. (2015). Schools in! Predicting teen cannabis use by conventionality, cultural disposition and social context.	To explain the evident associations between the predictive variables and discover and develop explanations based on wider conceptions than single variable	Sample of 3744. Method used: Latent Class Analysis and Multilevel logistics regressions.	Cultural normative is bringing the increasing use of cannabis among students in schools and colleges.
Di Forti, M., Marconi, A., Carra, E., Fraietta, S., Trotta, A., Bonomo, M., ... and Murray, R. M. (2015). Proportion of patients in south London with first-episode psychosis attributable to use of high potencies	To investigate how frequent use of skunk-like (high-potency) cannabis in south London affected the association between cannabis and psychotic disorder	Logistics regression model from the patient aged 18 to 60. Sample of 606 respondents.	Psychotic disorders in South London evaluated to understand the control for the population with the frequent use of cannabis.

Cannabis			
Murray, R. M., Quigley, H., Quattrone, D., Englund, A., and Di Forti, M. (2016). Traditional marijuana, high-potency cannabis and synthetic cannabinoids: increasing risk for psychosis.	To which extent genetic predisposition is correlated to, or interacts with, cannabis use, and what proportion of psychosis could be prevented by minimizing heavy use.	Secondary research. Time series data.	Genetic mental disorders tend to activate by the use of drugs and cannabis. It is causing PTSD and ADHD issues among youngsters.
Colizzi, M., and Murray, R. (2018). Cannabis and psychosis: what do we know and what should we do?	To understand a dose–response relationship and high potency preparations and synthetic cannabinoids carry the greatest risk.	Secondary study. Review of 13 longitudinal studies.	Clinically prescribed use of cannabis is also increasing and leaving people with the drug abuse and mental issues like schizophrenia and psychotic illness.
Hodgson, K., Coleman, J. R., Hagenaars, S. P., Purves, K.	To estimate the phenotypic and genetic associations between cannabis use and	Primary research. 126291 British adults targeted.	Use of cannabis leaving people with the severe aftereffects of self-harm, depression and other

L., Glanville, K., Choi, S. W., ... and Lewis, C. M. (2020). Cannabis use, depression and self-harm: phenotypic and genetic relationships	depression and self-harm.	Age group of 40 to 70 is used.	sever psychotic illness.
Schlag, A. K., Baldwin, D. S., Barnes, M., Bazire, S., Coathup, R., Curran, H. V., ... and Nutt, D. J. (2020). Medical cannabis in the UK: from principle to practice	To assess the mismatch between demand and supply of cannabis and prescribed use of cannabis.	60 participants targeted to collect primary data.	The high level demand is increasing among the patients due to the addiction of prescribed cannabis.

3.8 Research Ethics

Hennink, Hutter and Bailey (2020) stated that research ethics helps to bring the ethical methods to be used in data collection, analysis and discussions.

The following aspects are considered during the systematic review of literature:

- The sources utilized in the systematic review of literature are free from the aspect materiality.
- The sources used in the literature review are given credits through the proper referencing and citations.

3.9 Limitation of the Research

The availability of the data source was limited as recent published articles in last five years are considered in this study to make the findings relevant to the issue. The limitation of this literature review is that the topic area and research criteria only target UK based research articles which limit the criteria to explore further issues impacting the mental health. However, the research method used for reviewing of the literature is focusing on the area of inclusion and exclusion, which justifies the choice of the research area.

4.0 Secondary Data Analysis

As mentioned by Hindocha et al. (2015) 90% of the teenagers using cannabis in the cigarette where the smoking is bringing breathing issues and the low metabolism. The study is also reflecting on the conclusion that smoking cannabis is creating issues like mood swings, depression, and anxiety for the teenagers with prolonging mental issues in further life. This shows that smoking is also addictive and bringing the urge among adults to have a strong affiliation to the consumption based on which they use cannabis whereas; Smyth et al. (2020) stated that another reason teenagers are using cannabis is they are not being counseled by the parents, teachers or authorities in health sector with the use of drugs. Moreover, Hakkarainen et al. (2015) conducted a study by reviewing the schools in the UK where it is found that drinking, smoking and cannabis are the common habits found among the teenagers. This shows a cultural aspect associated with the higher chances of increasing risk factor of mental issues among the teenagers when they grow up whereas; according to Hudson and Hudson (2021) it has been found that the market availability for the prescribed and clinically tested cannabis is also increasing and supporting the consumption by bringing it to the lifestyle of people using prescribed cannabis.

Di Forti et al. (2015) described that these issues are increasing among the youngsters in the UK due to the level of potency of cannabis in South London, which is resulted in the greater proportion of increasing psychosis cases. The study shows that mental issues are increasing in the UK are the main reason that people are consuming cannabis in young age. This is impacting their brain activity and bringing issues in adult life like neural dysfunctional ties whereas; Urits et al. (2020) stated that use of cannabis among addicts is common where market availability is of medical cannabis is bringing an issue for the health authorities to control the consumption.

As mentioned by Murray et al. (2016) people having genetic disorders or a gene which is a carrier for most of the mental and physical issues are more responsive with the drug use effects. The study is showing the in last decade the genetic disorders are increased and prolonged in the further generations due to the use of cannabis while; as mentioned by Urits et al. (2020) people with carrier gene tends to have more chances of facing severity of the medical health issues. Considering this, the d

rug use or substance abuse often triggers the psychotic illness among people, which requires to be treated under proper psychiatric help and facilities to perform the cleaning ritual for the body and blood. On the other hand, Colizzi and Murray (2018) described that the consumption of cannabis prolonged with the use cannabis in biscuits and cakes. As mentioned by Hodgson et al. (2020) use of cannabis among young people in the UK is directing towards the self-harm. Farris et al. (2020) stated that use of cannabis leaving people with epilepsy where the abusive use of drugs and smoking cannabis impacting on health after people reaching adulthood. As mentioned by Schlag et al. (2020) demand among addicted patients is also increasing where UK is experiencing an outburst of the prescribers prescribing the cannabis. However, it is impacting on the youth where people at schools are consuming it, which is leaving them with prolonged health issues. Thomas and Cunningham (2018) stated that one-third of people having the seizures issues which is being controlled through the proper treatment in therapeutic ways. Practitioners are bringing treatments like therapies and counseling for the patients to treat them with proper medical support.

5.0 Discussions

To identify the impact of cannabis on mental health in the young people in the UK

As mentioned by Hindocha et al. (2015) teenagers using cannabis in the cigarette and smoking is causing breathing issues and the low metabolism.

There should be a proper regulation set on cannabis use because the after effect on teenagers is leaving as ever behavioral problem and increasing of mental health issues like stress, severe anxiety, unhealthy sleeping patterns. In addition to this, Di Forti et al. (2015) described that people consuming cannabis via smoking in young age are experiencing mental and physical issues of organ failures,

To identify the impact the use of cannabis leaving on teenagers later as they grow into adults.

According to Murray et al. (2016) people with genetic mental disorders or a carrier have higher chances to be triggered with the drug use. The study is exploring that people with the family history of schizophrenia and depression have more severe impacts on the mental health with the use of cannabis. On the other hand, Colizzi and Murray (2018) argued that medical cannabis is leaving prolonged impact of lasting consumption among teenagers. This is bringing aftereffects in the adult life where mood swings; personality issues, anxiety and depressions are being faced in early 20s and onwards.

To suggest the useful measures to eliminate the mental health threats among the young people in the UK. Findings

As mentioned by Schlag et al. (2020) patient demand for the medical cannabis is increasing in the UK where the study shows that disparity is possess a challenging notion for the prescribers. This required the proper tested and counselled methods to be used by the practitioners. As stated by Thomas and Cunningham (2018) the consumption of cannabis required to be treated with proper medical attention and family support for the addicted people.

6.0 Conclusion and Recommendations

6.1 Conclusion

The effect of cannabis on UK teenagers as they grow up into adulthood are leaving behind a several mental health issues, these can be clearly seen as you visit mental health centers in UK as a whole. The antisocial behavior which the community is left to deal with couple with the huge budget NHS is left to deal with. Moreover, the destruction of these children is not only the self harm on themselves or on their parents but to the community and the country as a whole.

The overall assessment from the literature review is showing that consumption of cannabis in the UK has increased among teenagers.

6.2 Recommendations

The following recommendations are made after the systematic review of literature. In order to reduce the misuse of cannabis use among teenagers, it is however recommended that cannabis use must be legalise in the Uk in order to minimize the miss use and reduction of crime rate and the prison sentence, because studies have shown that in the Nederland where cannabis use are legalise crime rate and social misconduct are by far more reduce up to 60% than the UK where cannabis use is not legalise

- Proper consultation and evaluation on psychological level should be considered to the patients with the consumption of prescribed cannabis.
- To counsel the teenagers in schools and colleges to avoid the use or abuse of cannabis by explaining them the real harm.
- It is important to restrict the market availability of the cannabis for the teenagers in order to stop them consuming it.
- To legalize the use of cannabis in other to reduce the abuse of the drug itself.
- That growers reduce the use of chemicals in processing the cannabis

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