

Cannabis Use Disorder and Related Outcomes

Partners in Prevention (PIP) is Missouri's higher education substance misuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 27 public and private colleges and universities in the state working to prevent high-risk behaviors by implementing evidence-based strategies, including education, social norming campaigns, policy review and enforcement, and more. This brief includes data for the 23 4-year institutions in the coalition; 2-year campuses participate in a separate version of the survey, and their data is not included in this statewide aggregate. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey that has been implemented each spring since 2007. The survey assesses the roles that alcohol, drugs (illegal and prescription), tobacco/nicotine, interpersonal violence, and mental health have on student health and wellness. This brief will focus on cannabis use disorder and the related impacts associated. (sample size, N = 5634).

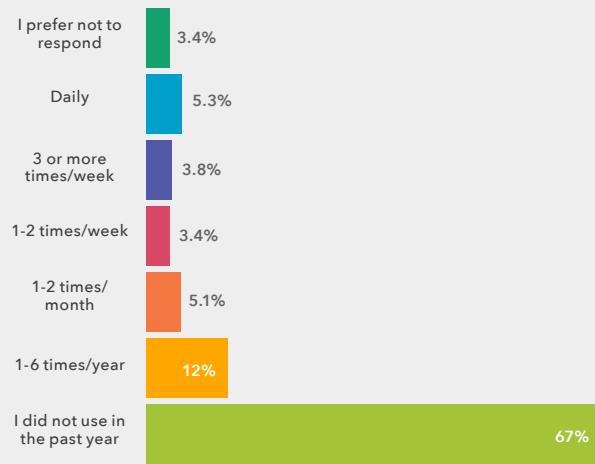
"Cannabis use disorder is a mental health condition in which you have a problematic pattern of cannabis use that causes distress and/or impairs your life. It is a type of substance use disorder." (Cleveland Clinic, 2024). Cannabis use disorder can be a spectrum and can only be diagnosed by a doctor or specialist. However, typically, it occurs in more frequent users. A formal screening tool used to determine cannabis use disorder is the CUDIT-R, find it here: [CUDIT.pdf](#). Other screening tools are also available.

MACHB Data: Cannabis Use Rate

Missouri college students report starting to use cannabis at all different ages. However, the highest first use rates were between the ages of 16-18 years old. On the other hand, 60% of respondents said they have never used cannabis. While these are important data points, frequency of use may give more insight into college students' health behaviors and the related consequences. While 67% of students that have tried cannabis report that they have not used in the past year, 18% are less frequent users (1-6 times/ year, or

1-2 times/ month), and 12.5% are frequent users (1-2 times/ week, 3+/ week, daily).

Chart 1: In the past 12 months, how often have you used marijuana/cannabis (including edibles, derivatives, and ALL other types of marijuana/cannabis products)?

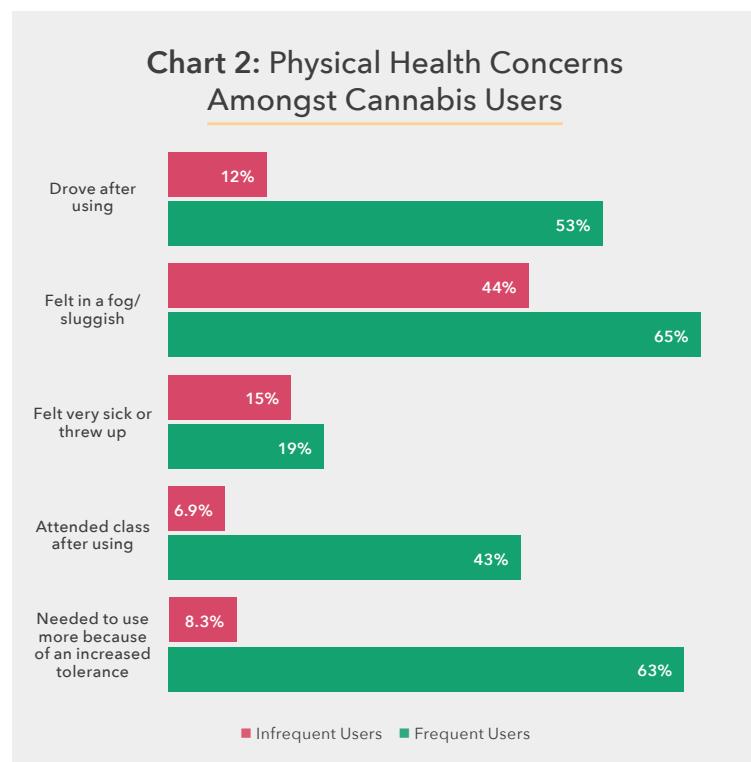


When students who have used cannabis were asked how many days they've used cannabis in the past 30 days, the most answered response was 'more

than 20 times'. For more information about Missouri college students' cannabis use, take a look at our 'At A Glance: MACHB 2025: Cannabis Use' at [Cannabis_AtaGlance_2025MACHB.pdf](#). (MACHB, 2025).

MACHB Data: Related Impacts

The MACHB asks students that have used cannabis to report on whether they've experienced potential outcomes of cannabis use. Outcomes respondents are asked to report on are driving after consumption, feeling foggy/sluggish, felt sick or threw up, attended class after consumption, and needing to use more cannabis because of tolerance. Students that are less frequent users (1-6 times / year and 1-2 times/month) saw less related outcomes in response to their cannabis use. Twelve percent of less frequent users reported driving after consuming cannabis (in any form), and 6.9% of respondents reported attending class after consuming cannabis. Additionally, physical symptoms were also reported at 44% of respondents feeling sluggish or foggy at least one time after consuming cannabis, 15% reported feeling very sick to their stomach or throwing up from cannabis, and 8.3% responded that they needed to use more cannabis at least once because of increased tolerance (MACHB, 2025).

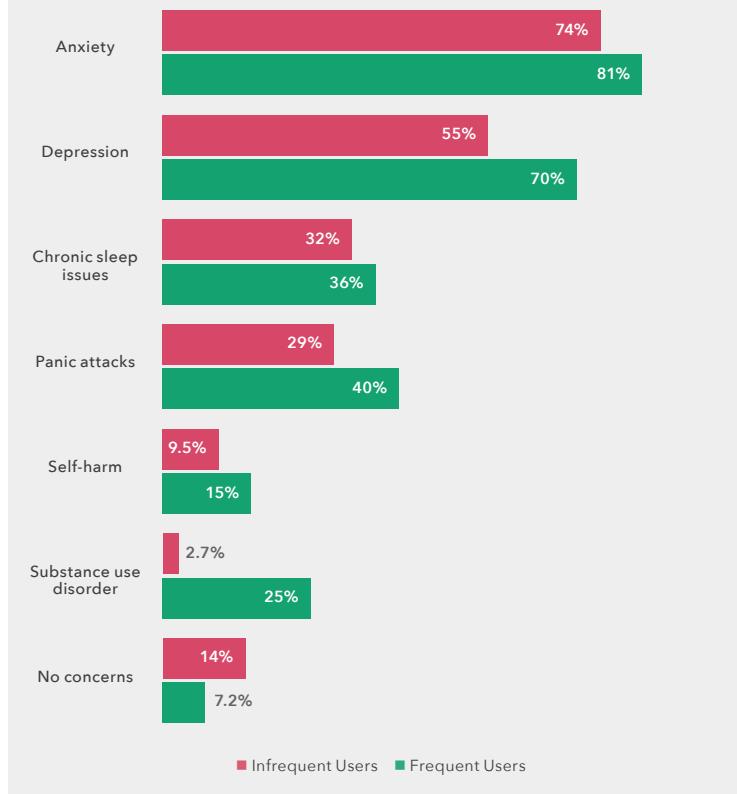


Based on this data, more frequent cannabis users in the state of Missouri face more consequential outcomes from using cannabis.

MACHB Data: Cannabis Use Disorder and Mental Health

The MACHB also asks students to report on their mental health. Respondents are asked about anxiety, depression, chronic sleep issues, panic attacks, self-harm, and substance use disorder. Students that are less frequent users (1-6 times/year and 1-2/month) reported generally lower rates of these mental health concerns than frequent users (1-2 times/week, 3+/week, and daily). Of the less frequent users, 74% report anxiety, 55% report depression, 32% report chronic sleep issues, 29% report panic attacks, 9.5% reported self-harming, and 2.7% reported a substance use disorder. Among frequent users, 81% report anxiety, 70% report depression, 36% report chronic sleep issues, 40% report panic attacks, 15% report self-harming, and 25% report a substance use disorder (MACHB, 2025). See comparison chart below.

Chart 3: Mental Health Concerns Amongst Cannabis Users



Of the less frequent users, 14% have not experienced any mental health concerns, and of the frequent users, 7.2% report not having any mental health concerns. Additionally, 22% of respondents that reported using cannabis, indicated that they are currently trying to use less often or quit.

Moving Forward and Resources

Addressing the effects of problematic cannabis use is important in higher education. How, where, and how frequently students are using cannabis can give insight

into the mental health status of students on campus. Having this information can be vital in determining prevention efforts needed to address key concerns each school year. For more information about MACHB data, research briefs, best practices, and national and statewide resources about cannabis, visit our website at [Cannabis - Partners in Prevention](#).

Contact Partners in Prevention at (573) 884-7551.

Report prepared by Kate Kazlauskas, Missouri Partners in Prevention Program Coordinator. Data prepared by Meg Mottola, and Kayleigh Greenwood, Missouri Partners in Prevention's research team. Published January 2026.