

Colombian consensus of treatment with pure cannabidiol (CBD) in Psychiatry

Carlos Cassiani-Miranda¹, Cesar A. Arango-Dávila², Jeffrey González-Giraldo³, Mario D. Parra-Vera⁴, Jorge Tellez-Vargas⁵, and Lilian R. Morales⁶

¹Universidad de Santander

²Universidad Icesi

³Universidad del Rosario

⁴Vitale specialized medical services, Bogotá, Colombia

⁵Universidad El Bosque

⁶Affiliation not available

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Abstract

Introduction: Autism spectrum disorder, major depressive disorder, anxiety disorders, post-traumatic stress disorder, schizophrenia, insomnia, and disorders related to psychotropic substances are common diseases worldwide and in Colombia. The pharmacological treatments available for the management of mental disorders are effective, although adverse reactions sometimes limit their use; additionally, some patients do not have an adequate response to them, which generates the need to develop new effective and safe drugs. **Methodology:** A Delphi consensus was developed in real-time, with a panel of seven psychiatric specialists and a group of developer epidemiologists; a systematic search was carried out in 3 specialized databases and contributed articles. By the panel of experts participating in the consensus, two questionnaires were applied for consideration by the group of experts, anonymously and on an online platform with the Likert scale. **Results:** Recommendations were established based on the available evidence and the experience provided by the experts. **Conclusions:** There is biological plausibility in clinical and preclinical studies that suggest the effectiveness of the use of pure pharmaceutical-grade CBD, as adjunctive therapy, for the control of symptoms associated with mental disorders such as schizophrenia and disorders related to the abuse of psychotropic substances. However, more rigorous clinical trials are required to make more precise recommendations on CBD to treat other mental disorders. Additionally, pure pharmaceutical-grade CBD is considered a safe treatment.

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