

# A Preliminary Test of Positive Psychological Interventions to Change Cannabis Motives

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## BACKGROUND

- Motives for cannabis use are positively associated with cannabis use quantity, cannabis use disorder, and negative consequences<sup>1,2</sup>
- Cannabis use motives may be amenable to interventions<sup>1,3</sup>
- Savoring is associated with decreased cannabis-related negative consequences<sup>4,5</sup>
- The purpose of this study was to examine the effect of savoring and a comparable positive psychological intervention (Three Good Things) on cannabis use motives

## METHODS

### Participants:

- $N = 59$  young adults (18 - 25 years old,  $M_{age} = 22.75$  years, 69.6% men, 19.6% Hispanic, 41.1% White)
- Inclusion criteria: used cannabis at least weekly in the previous month
- Participants were randomized to either a savoring ( $n = 22$ ), Three Good Things ( $n = 15$ ), or a control condition ( $n = 19$ ) daily for two weeks

### Marijuana Motives Measure<sup>6</sup> (MMM):

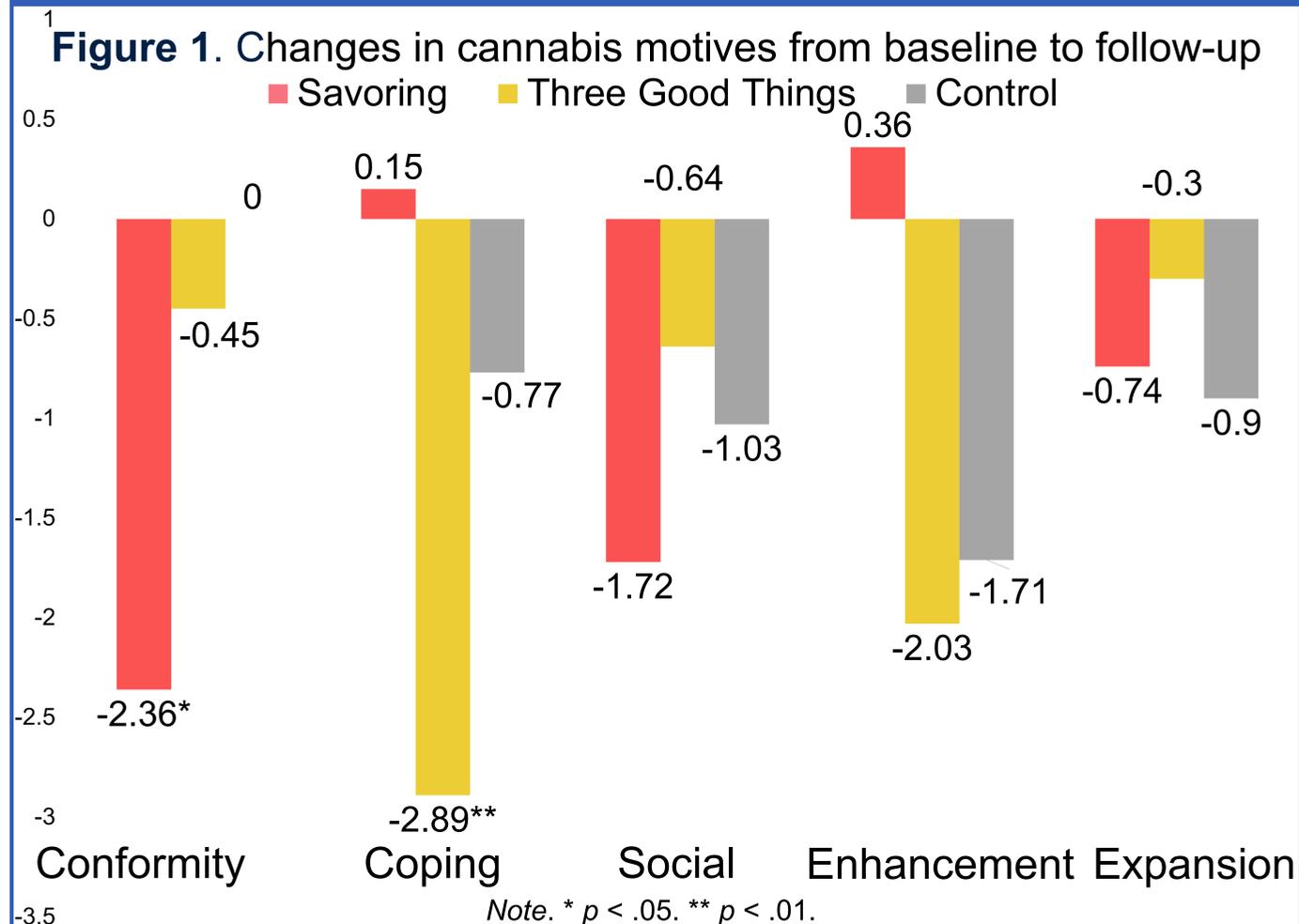
- Administered at baseline and two-week follow-up:

|             | Baseline    |          | Follow-up   |          |
|-------------|-------------|----------|-------------|----------|
|             | M (SD)      | $\alpha$ | M (SD)      | $\alpha$ |
| Coping      | 2.79 (0.66) | .81      | 2.72 (0.69) | .82      |
| Conformity  | 2.00 (0.74) | .87      | 1.84 (0.76) | .87      |
| Social      | 2.78 (0.67) | .81      | 2.61 (0.64) | .74      |
| Enhancement | 2.88 (0.66) | .82      | 2.80 (0.75) | .84      |
| Expansion   | 2.61 (0.67) | .79      | 2.59 (0.78) | .83      |

### Data Analysis:

- Paired samples  $t$ -tests were used to examine changes in cannabis motives from baseline to follow-up

## Savoring and Three Good Things interventions decreased conformity and coping motives for cannabis use



## RESULTS

- The **savoring condition** demonstrated a decrease in conformity motives:
  - $f[20] = -2.36, p = .03, g_{av} = -0.51$
  - No significant changes in other motives (coping, social, enhancement, expansion)
- The **Three Good Things condition** demonstrated a decrease in coping motives:
  - $f[11] = -3.89, p = .003, g_{av} = -1.08$
  - No significant changes in other motives (conformity, social, enhancement, expansion)
- The control condition demonstrated no changes in cannabis motives

## CONCLUSION

- Results provide initial support for the utility of positive psychological interventions in decreasing motives for cannabis use
  - Decreased conformity motives have been associated with decreased cannabis use<sup>1</sup>, related consequences and symptoms<sup>7</sup>
  - Decreased coping motives have been associated with better treatment outcomes and fewer cannabis-related consequences<sup>7,8</sup>

### Future Directions:

- Examine if changes in motives decrease cannabis use and associated consequences
- Larger samples with greater racial/ethnic diversity

### Limitations:

- Small sample sizes for each condition
- Participants were limited to 18- to 25-year-old adults with text messaging
- Participants were primarily Black and White

Scan for PATHS Lab website & land/labor acknowledgement



Scan for references

I acknowledge that the University of Rhode Island is located on the homelands of the Narragansett and Eastern Nehântick peoples, and acknowledge the legacy of displacement and violence of settler colonialism on which the institution is built. I pledge to work to honor Native land and to celebrate the resilience of Indigenous peoples amidst ongoing oppression.