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### Cross-sectional Survey regarding Marijuana Use in Pregnancy

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# More research is needed on why and how women use marijuana in pregnancy despite maternal and fetal risks.

## Cross-sectional Survey regarding Marijuana Use in Pregnancy

S. Kathleen Carlson, MD, Alane O'Connor, DNP, Wendy Craig, PhD

### Introduction

- There is a paucity of data regarding extent and patterns of marijuana use in pregnancy.
- Nausea, sleep problems, anxiety are commonly reported reasons for use (Kaarid, 2021)
- Marijuana use in pregnancy is associated with increased risk for neonates of preterm delivery, NICU admission, small for gestational age, and lower 1min APGAR scores (Marchand, 2022)
- Knowledge of reasons and patterns of marijuana use is important to properly counsel patients, identify patients at risk for use during pregnancy and to offer alternative therapies that are safer during pregnancy.

### Methods

- Prospective cross-sectional survey-based study of English speaking pregnant women receiving prenatal care at the MMP OBGYN Clinic in their early third trimester
- Survey includes general demographic questions, pregnancy related questions and marijuana use questions including amount and rate of use, how it has changed during pregnancy and beliefs regarding impacts of marijuana use on pregnancy outcomes

### References

- Kaarid KP, Vu N, Bartlett K, Patel T, Sharma S, Honor RD, Shea AK. Assessing the prevalence and correlates of prenatal cannabis consumption in an urban Canadian population: a cross-sectional survey. *CMAJ Open*. 2021 Jun 23;9(2):E703-E710.
- Marchand G, Masoud AT, Govindan M, et al. Birth Outcomes of Neonates Exposed to Marijuana in Utero: A Systematic Review and Meta-analysis. *JAMA Netw Open*. 2022;5(1):e2145653.

### Results

- Results from this planned study are not yet available, but the desired result is improved clarity in reasons for and patterns of marijuana use during pregnancy among patients receiving prenatal care at Maine Medical Center. This information will help to inform care with the goal to optimize maternal and fetal outcomes.

### Discussion

- Rates of marijuana use are increasing
- Data is accumulating that there are risks associated with marijuana use in pregnancy
- Knowledge of why and how women choose to use marijuana in pregnancy will facilitate improved identification, education and counseling

## Subset of Survey Questions

### I use marijuana: (Select all that apply)

To enjoy the effects of it: yes/no

To be cool: yes/no

To forget my problems: yes/no

Because I had nothing better to do: yes/no

Because I was drunk: yes/no

To celebrate: yes/no

Because I want to alter my perspective: yes/no

Because it relaxes me in an insecure situation: yes/no

Because it is safer than drinking alcohol: yes/no

Because I am having problems sleeping: yes/no

### Which of the following describes the therapeutic benefit you receive from marijuana? (Select all that apply)

#### To relieve:

Pain: yes/no

Headaches: yes/no

Anxiety: yes/no

Nausea/vomiting: yes/no

Depression: yes/no

Cramps: yes/no

Panic attacks: yes/no

Diarrhea: yes/no

Itching: yes/no

#### To Improve:

Sleep: yes/no

Relaxation: yes/no

Appetite: yes/no

Concentration/focus: yes/no

Energy: yes/no

#### To prevent:

Medication side effects: yes/no

Anger: yes/no

Involuntary movements: yes/no

Seizures: yes/no

#### As a substitute for:

Prescription medication: yes/no

Alcohol: yes/no

Did your method(s) of marijuana use change after finding out you were pregnant?

Did your frequency of marijuana use change after finding out you were pregnant?

How often did you use marijuana during the first trimester after finding out you were pregnant?

How often did you use marijuana during the second/third trimester?

Do you think marijuana use has any effect on your pregnancy/baby? (please explain)

Has your doctor/midwife/nurse discussed marijuana use in pregnancy with you?

