

## Appendix A: Patient-Reported Benefits from Medical Cannabis

Patient-reported benefits are grouped by benefit scale score, ranging from 1 (no benefit) to 7 (a great deal of benefit). Word choice and spellings have been retained as written by respondent to avoid inadvertent mischaracterization of intent. Brackets have been used to explain words redacted to prevent individual identification or for other reasons.

### 1: No Benefit

- None
- none. it almost killed me, literally. i used the inhaler method of using cannabis and took one draw on it. I started feeling awful and called 911. I asked them to send the ambulance and then I started to black out.  
Ambulance took me to the ER, FAST! I spent hours there and the dr told me that I had had a severe allergic reaction to the [HIGH THC PRODUCT] cannabis that I had purchased thru the [CANNABIS PATIENT CENTER] and that he STRONGLY recommended that I never use it again. He repeated it and was emphatic.  
I spent the next 4 days feeling terrible and my friend took care of me and both of us thought I was going to never recover.
- The ER admission was at [HOSPITAL]
- none
- It did help with flashbacks, but it caused severe depression. I've stopped using it because of that. Real cannabis relieves depression, suicidal thoughts and my self harm urges. Minnesota's medical cannabis I think is dangerous. We need the full plant for the full benefits.
- I would like to replace some of my medications
- I am temporarily unable to take medical cannabis at present due to complications with other medications needed for other medical problems.

### 2

- Some relaxation.

### 3

- 1. I feel less paranoid about using this medicine, because it is legal.  
2. I am able to sleep more soundly, or at all.  
3. My mental state and anxieties have improved, again because I feel safer about my usage when having to be out of the house.  
4. My appetite has improved, marginally.
- Once slept a little more. Anxiety and pain isn't heeled as much as I hoped.

- Less anxiety.
- Decreased anxiety, improved sleep and decreased pain.  
However, the benefits are not as good as they were when I first started so I would like to change my medication regimen.
- better sleep. slightly less anxiety and stress

## 4

- I've taken less benzos for my PTSD  
The medical cannabis helps my anxiety and panic
- It is able to help calm me down quickly.  
It helps some with my pain.
- Better sleep habits. Better appetite.
- better sleep, some less pain
- reduced symptoms
- More talkative, less anxiety, can sleep better at night
- better sleep  
less pain  
relaxing easier
- I feel at ease while on medical marijuana.
- Sleep has been improved when I use the [HIGH THCD PRODUCT] THC strain - I don't startle as easily from nightmares and am more able to go to sleep when I wake up during the night
- Significant decrease in nausea and vomiting
- Decreased anxiety when using CBD oil.
- Less anxiety
- Sleep better  
Less joint inflammation
- Feeling relaxed
- Helps with my anxiety
- I have regained a little bit more of appetite, I have noticed I am able to get a little more sleep. Considering I get none if any..
- Less Anxiety  
More comfortable in social settings  
Decrease in physical back pain
- Muscle spasms, Focus, Appetite, Nerve Pain, Sleep.
- Some relief from anxiety
- Decreased anxiety  
Increased relaxation
- Hope for long term health benefits.  
Some improvement in pain management.  
Less anxiety.
- Relaxing
- has helped my PTSD so I am not so anxious all the time

- When I remember to take it, my panic attacks are less, my pain is better, my sleep is better.
- It's helped my social anxiety more than anything

## 5

- -significantly reduced number of panic attacks
- -lower anxiety levels
- -improved quality if sleep
- Much less Hypervigilance, I find it much easier to sleep at night, I am less on edge, and overall improves my mood. The only problem is the price with my medical condition such as PTSD and major depressive disorder recursive I can't necessarily work so it's very hard to get medicine.
- Less anxiety, more easy to talk, will attempt social situations that previously avoided. Less reactive.
- Have only filled one time. Started taking, working up on the dose that was going to benefit me the most. I started to feel less anxious as we got to the highest dose on the 1st prescription.
- Less stress, less pain, and my P.T.S.D. symptoms are less, all in all an over all improvement
- takes the edge off of pain with way less adverse effects improves sleep, takes the edge off anxiety,
- Great sleep. Better symptom control. Having a 1:1 available during the day has helped immensely with PTSD symptomology and pain.
- Less anxiety and pain
- More calm in daytime
- Better sleep at night
- Benefits primarily with ptsd. Unlike other prescriptions the cbd/thc oil doesn't make me more depressed and helps me to sleep without nightmares or terrors.
- Mild decrease in anxiety. Significant reduction in headaches experienced.
- 1- Improved quality and quantity of sleep.
- 2- Reduction in occurrence of PTSD symptoms.
- 3- Elimination of anxiety induced nausea.
- No side effects. No irrational side effects like unnormal thoughts of suicide!
- Helps me sleep and stay asleep, calms my anxiety and PTSD, helps calm the muscle spasms I have in my legs, helps calm my legs when they're pulsating in pain.
- nerve pain relief
- less frequent PTSD attacks
- Sleeping better than I have in my entire life.
- less chronic pain
- less anxiety
- better sleep

## APPENDIX A: PATIENT-REPORTED BENEFITS FROM MEDICAL CANNABIS

- This is still new to me, but my anger and anxiety has be almost nothing! This has also helped me be able to relax and take away my STRESS! It really helps for my migraines as well!
- Better sleep  
Less agression
- depression, anxiety, panic attacks and physical body pain has lessened.
- feeling less anxious, better sleep sometimes
- Getting more sleep  
Not being so anxious  
Eating more
- Helps PTSD. Better sleep. Fewer demons.
- I believe it helps take my mind away from the pain
- It helps to relax my back muscles, which are often cramped with pain. It helps me sleep better
- Less anxiety, happerir.
- Less pain less anxiety and better sleep.
- Less pain. I'm free from taking pain pills. My relationship with family is improving
- Better appetite helps with my depression
- Less pain, improvement in PTSD episodes ( this has been my greatest improvement), better sleep
- Gives me more of a break from the pain.
- Helped me stop taking hydrocodone  
Clears the fuzzies out of my head  
Helps cut down hearing and seeing things  
Allows me to sleep for more than an hour at a time  
Distracts my mind from constantly thinking about pain
- sleep better and helps with body pain and depression
- Sleeping better, less overall stress
- sleeping, reduce anxiety, reduce full body spasms, able to walk better. Still have many symptoms of my chronic conditions, but find significantly better than taking hydrocodone.
- Sleeping has been AMAZING, pain is way down, not helping my anxiet as much as I would like, but nothing is perfect.
- Fewer periods of dissociation due to increased mindfulness, being able to tolerate processing trauma in therapy without dissociating, Improved sleep, improved transition from sleeping to wakefulness, decreased body pain, eating more, not Isolating from friends and family as much, being able to tend to my house more
- When I am able to use my medical cannabis it seems to help. However the cost limits how often I am able to use the product.
- Im more calm less irratibe, and can get more done.
- I take THC for sleep after being diagnosed with C-PTSD. I have experimented with dosages and with CBD. Currently, I am just taking THC 4 ml. for sleep. Both the THC and CBD were not working as well for me until I consulted with a naturopathic doctor who

prescribed pregnenolone (for healing adrenal fatigue). Now the THC is helping with sleep.

## 6

- Less irritable, less anxious, more relaxed, better relations with family and friends. PTSD symptoms have lessened dramatically since starting medical cannabis
- helped with anxiety and PTSD
- Ease of pain. Increased sleep. Reduction in symptoms of PTSD. Decreased Anxiety. Easier to get to sleep. Reduction in Nightmares. I stay asleep all night.
- Controlled doses. I used cannabis before this program in such an uncontrolled dosage that it affected my other medications. The control of the cartridge has been extremely helpful.
- Less nausea  
Calms anxiety  
Reduces pain
- Being able to go to work with less anxiety and feeling like I can function no more night terrors and screaming in my sleep.
- Helps a great deal with panic/anxiety attacks.  
also helps with hyper-vigilance.
- I sleep better at night, less pain and I feel better
- Less anxiety, happier, relaxed, more productive.
- being able to go places like the dells, lego land, ect with my son and not be stricken by panic attacks.
- Less anxiety
- Sleep better, more, not on "edge" 24/7,
- I feel normal now I still have a bad day once in awhile but not almost everyday like before I started I am on a regular sleeping schedule when before I would only get anywhere from 0-4 hrs a night haven't had any suicidal thoughts my eating habits are regular instead of not eat couple days then over eat other days I've cut way down on smoking cigs I've been leaving the house keeping the house haven't had a panic attack or lost my temper or cut myself since I started I'm sure there's more stuff just can't think of
- Lessened nerve pain, better sleep, fewer anxiety attacks.
  - 1 My social anxiety has decreased. This has allowed me to take charge of my life and focus on my job and goals.
  - 2 People respond more positively to me and my behaviors. as I am less scared, frustrated and anxious. I'm able to articulate my emotions better than before.  
This has been a huge and sudden behavioral change that people have noticed. I no longer feel that people are fearful of me or my behaviors.
  - 3 I thought that on these meds I would become slow and lazy. On the contrary I have found that I am more focused and organized. I have a clear head and I'm able to focus much better.
- I am getting sleep for the first time in 5 years without harsh drugs. I can't shut off the PTSD/anxiety on my own, the cannabis gently makes me genuinely tired and makes it

hard to concentrate on the things that I keep thinking about that keep me awake. I am also thrilled that I can work on my own pace in titrating to need, I have a hand in my own care, which is really important.

- In managing PTSD, my work attendance has improved vastly, and I feel a sense of accomplishment over this.
- I suffer from PTSD and I have to live with the effects of having an abusive boyfriend who cheated on me many times throughout my my life ages 13 to 20 I am now 30 and I seem to have occasional outburst and just thoughts of those who have been through what I've been through but when I use my cannabis pen I don't seem to have those any thought any of those kind of pots at all and it puts me at ease at my mind where I just don't think negatively.
- Increased stamina.  
Calmer from stressed and anxiety within 10 minutes.  
Reduce of my hypervigilance.
- Able to leave the house much easier. I have PTSD and being on any road can make me anxious and hyper-vigilante using medical cannabis makes that feeling go away for the most part. Before medical cannabis it felt like anyone and anything could be a threat. After, it allows me to remain calm and either ignore or remove thoughts and feelings like that. It eases my general anxiety and depression overall so I'm able to take less of my as needed medications like Diazepam, propranolol, and hydroxyzine. Overall, it has reduced my stress levels which helps me think clearer and be a more productive father and husband. I'm grateful for it.
- Anxiety has gone down from a 10 to a 5, I sleep through the night again, I am not always on edge looking over my shoulder or wonder who is hiding behind me. It has made things somewhat normal again
- Decreased chronic pain, improved quality of life
- Elimination of nightmares, reduced pain, more positive attitude
- Has helped sleeping and anxiety
- Has helped with anxiety, pain reliever
- Helps with my anxiety, keeps my nausea down, somewhat helps with pain & concentration.
- I am off of my Klonopin, metoprolol, trazadone and almost off of my buspar. It is wonderful not being dependent on so many pharmaceuticals for the first time in many years.
- I feel calmer and like being legal.
- I feel happier and less depressed.
- It has helped with my insomnia & panic attacks from PTSD
- Less anxiety during episodes and less episodes of depression.
- Less anxiety, pain and depression
- Less chronic pain, better sleep.
- less irritable, more calm to deal with my ptsd without
- Lower anxiety  
Lower pain  
Less depression

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- No longer quick to anger. Less pain. Got rid of my Cpap machine (for sleep apnea) Sleep better.
- No seizures and less anxiety
- Pain much more manageable and am sleeping better (less nightmares)
- Pain relief lets me sleep, calms me and lets me function
- Pain relief, sleep better than I ever have.
- PTSD  
Appetite  
Insomnia  
Depression
- Quality of life. Better sleep. Less anxiety.
- Significantly less insomnia, less panic attacks, and flashbacks and relief from severe anxiety
- sleep apnea, Pain, PTSD help with all
- I am getting sleep, able to manage my anxiety, depression significantly under more control, much easier to come out of episodes of severe depression.
- Sleep, reduced anxiety, improved appetite, less flashbacks, less nightmares.
- Less symptoms for PTSD better sleep it helps me live a water life
- better quality of life, able to relax, less PTSD symptoms and less severe when they do come, less stress, less startle response, less public anxiety, happier
- Decreased anxiety, decreased pain, better night sleep
- Feeling less anxious and having to deal with less chronic pain has overall improve my quality of life a great deal. I have more moments of happiness and it's opened up many doors to me that I have had shut for a long time.
- Helping me sleep at night. Also has helped my anxiety and Ptsd. It has helped my body aches as well.
- I feel more calm and relaxed.
- It helps relieve
- It helps with my sleep. I have taken melatonin and prescription sleep meds for years but they always left me groggy or didn't work.
- Less anxiety, better sleep, less tired during the day
- Much less anxiety in public.  
Increased appetite.  
Much less vomiting.
- PTSD is more manageable  
Anxiety relief, ability to relax  
Emotion regulation
- Relaxation  
Comfort  
Less muscle tension  
More fluidity
- Sleep threw the night  
Anxiety is at an all time low  
Motivation to do stuff in public

- Smooth out my thought process, make it easier to breath n handle my thought process
- Not as much pain..
- Instant relief from panic/anxiety attacks
- Mood stability
  - Great Sleep
  - Reduced pain
  - Reduction of feelings of anxiety
- has helped me get off methadone.
- Anxiety
  - Pain
- Joint pain relief; less anxious; fewer, less severe headaches; some PTSD relief.
- my sleep has improved drastically. I also have experienced way less flashbacks and anxiety during the day as well as at night.
- Better sleep, less pain, less anxiety, less stomach problems.
- Less anxiety, better sleep
- Pain was significantly reduced when small amount was used nightly. Sleep quality and quantity was substantially increased when used three to four hours before bed. The occurrence of combat related nightmares was substantially reduced.
- Less pain in knees. Less anxiety.
- Reduced seizures
  - Helps with my anxiety
  - Helps with my pain
  - a good alternative to Narcotic pain meds
  - Helps calm my muscle spasms
- Cannabis makes it easier to cope at work, I'm less stressed over all. Improved mood and focus.
- Sleep! Calmness when around social situations. Relief of anxiety
- Sleep and self control
- Helps with anxiety. Many times getting better sleep.
- Less anxiety, less pain, better sleep, higher ability to function.

## 7: A Great Deal of Benefit

- - Fewer PTSD triggered events
  - Fewer violent outbursts
  - Calm
  - Clarity of thought
  - more restful sleep
  - increased patience
- Stress relief, inhancement of joy doing daily routeens. Physical pain relief eliminating or way cutting down on current other meds.
- Helps with PTSD and pain management
  1. Decreased symptoms of ptsd



2. Improved quality of sleep
  3. Improved daily functioning
  4. Ulcerative colitis in remission
- much less depression and anxiety  
pain in the face has lessened 75%
  - Reduced pain  
Reduced depression and anxiety  
Better sleep
  - I have become more comfortable with social interactions also i have become extremely successful at me work
  - Able to prevent panic attacks
  - Calmness, ability to function, ability to get a good nights sleep
  - Decreased pain, off of 4 pharmaceutical medications.
  - I was able to stop many medications for my autism. I stopped needing any pain meds for my arthritis. I got the best sleep of my life. For the first time in my life my headaches went away.
  - Less groggy, helps with my anxiety and stress.
  - Focused on projects, maintain better control of pain
  - Better sleep less pain from arthritis has helped a lot with ptsd symptoms less anger rage
  - Less Headaches and pain relief when I do get them.  
Pain relief from back aches and joint pain.  
Helps depressions and anxiety significantly .  
I get slightly dry eyes and sometimes tired from it.
  - Daily PTSD anxiety relief
  - relaxation, ability to get to and stay asleep. less PTSD responses when walking outside.
  - Medical cannabis has enabled me to enjoy my life and experience less symptoms from epilepsy and PTSD. My life has been a constant twist and turn of trying to figure out how I can stop the traumatic and violent memories I experienced from being constantly on my mind, making me feel as though I'm there in that one scary moment even if everything is now okay. I don't shake from tremors or get seizures anymore, which before affected my work life and personal life. I can actually socialize and smile now. And I recently discovered a an aneurysm as well. The cannabis has reduced pains which Had been stemming from that problem my entire life, as well as reducing complications by relaxing my my muscles. Anuerysms are very serious and the cannabis has been a powerful tool for fighting against it.
  - Headaches are gone.  
Dizziness is much reduced  
Sleep problems are improved
  - Much less anxiety. I sleep better too. This has allowed me to stop taking other medications.
  - This helps with my hot flashes big time. It helps me be able to go out in public more easier than when I was on pills. I no longer take pills for my condition. I also have quit

smoking cigarettes as well. The cannabis has also helped calm down flash back nightmares associated with PTSD.

- I have gotten so much more social freedom, I am able to be around people without feeling like something bad is going to happen or without my PTSD episodes. I have also noticed a significant reduction in my migraines, both in pain and frequency; which I was not expecting.
- reduced anxiety  
relieved panic attack  
increased focus  
better sleep
- Medical cannabis calms everything down for me. It helps me focus more clearly while decreasing anxiety. It additionally brings about a mild euphoria which helps motivate me to either get things done or be creative.
- I have relief from several of my PTSD symptoms.  
My anxiety, depression and body pain are all symptoms where I experience relief.
- Less anxiety, reduction in stress
- I am able to manage my PTSD symptoms and have more quality of life. Prior to medical cannabis I struggled with anger, hopelessness, suicidal thoughts, and a constant fight or flight reaction. I now have no suicidal ideation and my other symptoms are manageable. Cannabis is the reason I am here and functioning so well. Being able to medicate with a plant that is natural is amazing. I am able to use something natural that is not a pair acerbic all drug.
- It has lowered my anxiety a lot. It has made me become closer to my kids making me a better father. I suffer from A Traumatic Brain Injury and PTSD and it has given me the ability to analyze and think about different situations without such panic.
- Well I've only been on it for about two and a half months and I'd have to say that it has helped me considerably with my nerves my lower back pain my migraine headaches and my ability to start dealing with my mental health because it's not running over and over like a recording so as far as I'm concerned this should have been legalized long ago alcohol intensifies suicide car accidents that kill and when you can take something that was God given to us from the ground as a plant and turn it into so many good things I think I'll go with the good things so I hope I answered your questions and as I go farther into the program I will let you know how I'm feeling God bless you for making it medically legal to have
- My pain level has become manageable and my mental health has improved tremendously. This program can help so many people, the potential is so huge.
- Medical cannabis helps immensely as a mood stabilizer for me. I've noticed my mood is much more even keeled when using it. On top of that it helps lift my mood when my depression is kicking my ass. It helps relax and relieve my tensed muscles as a result of my anxiety. It makes me feel better overall and I like who I am when I'm using cannabis; most other times I hate myself. Helps me sleep, helps me respond more appropriately in social situations, helps me get off the couch and do stuff, helps stimulate my brain. Basically every positive thing you've ever heard about medical cannabis and marijuana in general is why I continue to use it.

## APPENDIX A: PATIENT-REPORTED BENEFITS FROM MEDICAL CANNABIS

- Less anxiety, less often triggered by things that used to bring my PTSD to the front, migraines are very rare anymore.
- Peace of mind knowing that I can get the pain relief I need without fear.
- It's been a lot easier to focus in class instead of letting my anxiety go bananas because of being around people. It has helped me with my test-taking skills as well!! My notes are better than ever because my mind and thoughts aren't like a slideshow that's on fire: flickering images I can't process because they are moving too fast.
- Clarity without my other medications
- It has provided great anxiety relief as it pertains to my PTSD symptoms. I have also found it extremely helpful with my small fiber Neuropathy.
- Medical cannabis helps with my PTSD episodes by calming me down and it pulls me back into reality, it also helps with my anxiety/major depression, it helps put my mind at ease and I get more relaxed.
- I have struggled with medications and my mental illnesses and it helps a lot because it gives me freedom to take a more healthy approach also it helps me calm down I also help stabilize my mood and calm down
- I have been able to stay off alcohol since starting using marijuana again. I'm able to sleep peacefully through the night. I'm able to manage my mood disorder way better now.
- able to sleep, reduction in anxiety and panic attacks
- Less anxiety, less muscle tension
- Being able to cut back on narcotics and benzos, better pain control, and I have never slept this well in my life.
- Decreased nightmares, increased sleep quality, decreased intrusive thoughts, decreased anxiety, fewer panic attacks, fewer flashbacks, fewer dissociations, better mood
- Decreased PTSD symptoms (anxiety, depression, etc.), decreased pain, healthier digestion, better sleep
- More focus. Less anxiety. Better sleep.
- Preventative of Triggers and Symptoms  
In the Moment Relief of Psychosomatic Flashbacks  
Reduction of Anxiety, Allowing Uninterrupted Daily Functions (Sleep, Interpersonal Relationships, etc.)
- The medicine helps relieve symptoms of my severe anxiety
- When I am triggered with my PTSD, and I take the cannabis it both quiets my mind and quiets my body (shakes) so that I can function normally again. It also helps me sleep.
- Less anxious  
Better sleep  
More energy  
Helps manage pain  
More social  
Less TBI brain fog
- 1 reduced anxiety 2 better sleep 3 fewer emotional outbursts 4 calmer

## APPENDIX A: PATIENT-REPORTED BENEFITS FROM MEDICAL CANNABIS

- Keeps blood pressure low 2. It helps me eat and keep the food down 3. Helps me sleep 4. Helps keep my anxiety down so I can go to my pt and therapy 5. Medical cannabis keeps me alive.. it's the best thing I've ever used..
- Able to focus on the present  
Able to not think distracting thoughts or to think about past distracting memories  
Able to do more tasks
- About to go completely off pharmaceuticals after decades of side effects and no positive outcomes. (Klonopin) that says a heck of a lot for a person with a brain like mine.
- Allows me to more effectively use dialectical behavior skills. Decreases emotional stimuli when it is past the skills break down point. Allows better perspectives to be present in times of great emotional upset such as PTSD triggers, which affect me daily.
- Anxiety is significantly reduced. Helps me slow down and process things more efficiently.
- Better sleep quality and length. I was sleeping 2-3 interrupted hours a night before. Now I can sleep 6-8 hours. Significantly less anxiety in crowded places. Calmer and happy mood.
- Better sleep, better appetite, I'm not so angry all the time, My memories don't seem to bother me like they used to. This has been a life changer for me!
- Calm  
Able to think clearly  
Able to deal with triggers better ( crowds, etc.. )
- Calm. Being able to talk to people. Less to no stress. Relaxed. Much better sleep
- Decreased anxiety, decreased migraines, better sleep
- Decreased night terrors, seizures, sleep walking, agoraphobia, ptsd, anxiety, hot flashes, sleep apnea, rem sleep behavior, pml, only slight pain improvement.
- Decreased ptsd symptoms including no more insomnia, decreased depression and anxiety. No significant negative side effects.
- Eliminated long standing anti depression medication. Reduced anti anxiety medication. Improved sleeping. Improved lung function. Nearly eliminated chronic arthritic pain. Improved activity level.
- Eye pressure has significantly decreased and has continued to stabilize at that level. Sleep has improved drastically.
- Far better symptom control. I was able to stop taking the zoloft, Buspar, and Ativan for PTSD and anxiety.
- Got off my effexor and Wellbutrin,
- Help with sleep/nightmares, stress/panic attacks, chronic migraines.
- Helps stop racing thoughts from ptsd and flashbacks . It stops nightmares associated with Ptsd. It has also helped me cut back on other medications for anxiety as well.
- Helps with my RLS  
Helps me sleep

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- Helps with pain.  
Helps with anxiety.  
Helps with migraines.  
Helps with sleep.  
Helps mood.
- I am able to communicate with others more than I use to, be around more people, go in public more often, handle conflict better
- I feel like I can be a normal person and lost a lot of my anxiety.
- I feel much more capable of dealing with my anxiety and depression now, I don't feel the urgency to solve everything immediately.
- I handle my depression and anxiety with almost no side effects at all. The PTSD controls every aspect of my life now but with the help of the medicine I am still able to talk to some people. The only problem I have is I can't afford it so for now I'm stuck without any type of medicine and pretty much bed ridden with depression and anxiety from PTSD.
- I have a lot less anxiety and sleep better.
- I have a mental health condition called post traumatic stress disorder. Since taking medical Cannabis all of my Symptoms Have have come to a stop. Medical Cannabis has saved my marriage.
- I have had hard core PTSD for most my life, I have been working a path of recovery for it for years. Medical Cannabis has suppressed my anxiety probably by 50%.  
My condition is paralyzing at times
- I have medical setting PTSD and went to clinic without a panic. I have severe sinusitis the inflammation from it made me unable to sleep and required a lot of sinus maintenance. I can sleep for hours at a time. Previous night was 7 or more wakings and at least one medication cycle. My sinuses don't ache.
- I have not had a panic attack or night terror since starting to use medical cannabis. My anxiety and PTSD have calmed by 60%.
- I used to take two Unisom pills and a Benadryl every night to try to sleep, and it didn't work. I can finally sleep at night without waking up, I am more focused, and I have much less anxiety
- I'm able to sleep.
- I'm able to eat MORE than a meal a day, sleep through the night, better overall outlook on life, concentration
- Improved sleep, decreased irritability, attend more social gatherings
- Increased ability to manage PTSD symptoms as well as manage the pain and other symptoms associated with my GI and neurological conditions. Increased quality of sleep. And improved functioning (not return to baseline) across all areas of functioning.
- It helps me at night. Before I would wakeup in a bad state of mind. But now it has be reduced in frequency.
- It helps with all my PTSD symptoms.
- I've decreased the number of anti-depressants/anti-anxiety medications from 4 to 1, able to take basic care of myself, able to enjoy activities again, overall mood improved

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- Less aggression 1x/2-3weeks (before was daily towards family), no more suspensions/trouble in school, in class all day learning, happier, reports feeling “better inside,”
- Less anxiety
- Less Anxiety - Ativan use has plummeted as a result of taking cannabis.  
Manages sadness over life events to a good degree  
Manages sleeplessness very well.
- Less Anxiety  
Less Hypervigilance
- Less anxiety, sleeping better
- Less back and abdominal pain  
Mood swings are less severe  
Sleeping better
- Less daily anxiety, makes me calm instead of holding my breath which is one way Anxiety affects me. Less social phobia so I’m not avoiding family events or procrastinating on simple things like having to build up my mental strength just to go to get mail or groceries. More energy and I believe it helped me on reducing drugs for the PTSD. In the past three months I am successfully off Resperdal. I am also working with my dr to wean from or at least lower the antidepressant Duloxetine. For 10 days now I have lowered my dose from 90mg to 60mg. It’s going fairly well so far.
- Less fluctuating mood swings  
Less depression or thoughts of suicide or helplessness
- Less pain, anxiety, better sleep
- lowers anxiety, helps with racing thoughts
- Medical Cannabis helps with my PTSD. I am able to eat, I am no where as irritable. My PTSD give me severe anger issues and medical cannabis really helps keep some of my urges back. Medical cannabis is safe and can be used for a wide range of symptoms. I also have seven screws and a plate holding my right arm together and medical cannabis gives me the pain relief and management safely with everyday use, that a pain pill will never do for me. I can sleep! Medical cannabis treated my extreme depression in such a way SSRIs will never do for me! When I take medical cannabis, I feel like a normal humanbeing! I feel like me me again! Medical cannabis has saved me. Has saved my life.
- More sleep  
Better control over my panic attacks
- Nausea relief  
Better sleep  
Better focus  
Less pain  
Better mood
- No nightmares, way less anxiety.
- no PTSD nightmares after years and years! my sleep is improving as well. Pain level is noticeably better as well as anxiety.
- Off pain meds, more energy, better sleep, less anxiety
- Pain relief, nausea relief, less anxiety, better sleep

- Peace
- PTSD relief, pain relief
- PTSD-Stress sweat profusely in crowds like grocery shopping, park, loud noise's, new people/under control.  
Sleep-getting to sleep w/out Amitriptyline and Desipramine. able to go back to sleep with 4 puffs.
- quality of life, sleep better, appetite, increased social/community engagement
- quality of life.
- Quality of Sleep/Nightmare greatly.  
Varies, but quite a bit of anxiety reduction usually.  
Falling sleep/staying asleep (kinda tied into first one).  
Varied pain reduction  
Noticeable depression reduction
- Really helps with anxiety and depression and helps me sleep. ONLY PROBLEM IS THE COST AND FORM! why is Minnesota the only medical marijuana state that doesn't give the patient the options to grow and consume flower? Why do all these other states have all these other options of ingestion and we only get oils and such? I strongly disagree with this. Thank you for reading if you got this far.
- Reduced anxiety, insomnia, depression, and social isolation
- Relief and Management of anxiety and PTSD
- Relief from stress , and Anxiety ,Social Anxiety .
- relief of anxiety. lessening depression. reduction of pain
- Since starting medical cannabis its like ive been given a fair chance to treat my PTSD symptoms ive struggled with over a decade now my family sees a night and day difference and its easier to communicate with em. I've since found a part time job with flexible hours to work around starting College in January 2018. The only hope I have is that it becomes more affordable as im barely able to afford it now
- Sleeping better,eating great n keeping food down,I also noticed I'm much calmer and in less pain..my family even tells me thank you [MANUFACTURER] [PATIENT] has been more relaxed,pain free, less irritable..my quality of life's gotten better I take less victosa,for my diabetes and my numbers I feel have been lower because of the medical cannabis..thank you .
- sleeping lower anxiety
- The benefits of giving me the ability to multitask my activities of daily living. I can work three maybe four shifts a week. I can manage my anxiety levels better to help reduce flashbacks
- This program has helped me live with my PTSD and anxiety better. I am able to be more motivated. I am able to handle life's daily challenges better.
- control of stress and most other effects of my PTSD
- Reduced pain  
Able to sleep through the night
- Better overall quality of life. personal relationships as well as dealing with PTSD and disturbed sleep.

## APPENDIX A: PATIENT-REPORTED BENEFITS FROM MEDICAL CANNABIS

- It helps with stress and anxiety due to my conditions. 2. It helps with the pain. 3. It helps with the nausea. 4. It helps me sleep. 5. It helps me avoid other medications with harmful side effects.
- Able to communicate my thoughts easier  
Less stress  
Less anxiety  
Depression not as bad
- Able to focus  
Not so upset and on edge  
More relaxed  
Better appetite  
Not as many night terrors
- anger control, anxiety, social communication, being able to think before i act
- anxiety are gone. I get a full nights sleep. I can go to the bathroom normally. PTSD is under control. pain minimized. the bad side effects from regular drugs are gone. my killing night mares are gone...
- Anxiety, depression and sleep disturbances are greatly improved.
- Better quality of life
- Better sleep.. Better mood.. Better appetite.. Anxiety has been less when using medical cannabis
- Calmer sleep better
- Can sleep all night.
- decreased anxiety and depression; greater ability to manage ongoing PTSD experiences/triggers, improved sleep, better concentration
- decreased anxiety, less nausea
- Decreased pain, increased ability to focus, decreased anxiety, increased quality of life overall.
- -decreases anxiety and depression
  - increased quality of sleep
- Helps with my PTSD and anxiety.
- I can relax and feel connected to my kids!! This Has by far been the best benefit! I can complete a full Work day; instead of having to leave because I couldn't Fulfill my job duties due to my illness.  
I don't want to die
- I have experienced benefit in all areas included: (relationships, work, anxiety, depression, PTSD(primary diagnosis), body regulation and sleep, exercise and energy, and most importantly outbursts.
- Increased mood and relaxation. limits need for other meds with harmful side effects.
- It is easier for me to get to sleep after taking my medication.  
When I am having anxiety issues it calms me down alot quicker then any other anxiety medication I have been prescribed before.  
If I am having a PTSD flare up I will take my medication and I calm down within a few minutes. This has helped out a great deal as far as I am aware.



## APPENDIX A: PATIENT-REPORTED BENEFITS FROM MEDICAL CANNABIS

- Less pain, better functionality and a clearer mind.
- Less stress
  - Less pain
  - Less anxiety
- Lessen pain
- Lessened anxiety, helps with panic attacks
- More energy, better sleep, elevated mood, less physical pain, less anxiety.
- Much more relaxed, better sleep
- My anxiety has gone down pain has gone down
- PTSD night terrors greatly reduced.
  - Insomnia reduced.
  - Anxiety & Depression reduced.
  - Pain levels reduced.
- Ptsd symptoms managed very well
  - Less stress & anxiety
- Reduced reliance on alcohol and prescription medication. Increased sleep.
- Reduced stress, reduced anxiety, increased motivation, sleep
- Able to get off of anxiety medication and I feel so much better! I can eat normal, I have more energy, I'm sleeping better and able to have my life back.
- Less anxiety!
- Able to cope with PTSD issues.. able to go outside experience life
- My muscle spasms and pain level are very low! I'm hoping to get off my bachlophen using cannabis instead. I fall asleep a lot faster as well. My PTSD has improved with the vape. My anxiety isn't off the charts anymore. I'm getting my life back
- I feel less Anxiety and more like a normal person.
- Reduces LOTS of symptoms of P.T.S.D.
  - Helps amazingly with sleep insomnia & nightmares.
  - Reduces my everyday anxiety ALOT &helps with panic attacks.
  - I Broke 2 vertebrae in 2012, causing almost unbearable back pain alot of times. With this new medication it takes the pain almost all the way away! It's unbelievable, I forget about the pain, it just goes away! I can barely even feel the pain when medicated. I cannot describe in words how much I benefit from this medication. I still thank God everyday, that I am a patient of Medical Cannabis- his medicine, made for us.
- Pain level down to where it is so little that I hardly notice the pain. Sleep is so much better! Depression is gone. I call this a mirical. I am actually interested in life again. It helps my arthritis 80%!!
- Sleep! I can finally sleep. I have a much more reduced anxiety, and am not easily startled as I was before. Even though I am not able to take medicine and drive, my anxiety of driving has been reduced due to overall improved mental health.
- - Pain: Medical Cannabis has been able to reduce pain greatly, which has helped to stay off of stronger pain medications for a herniated disc that is flattening the spinal cord in my neck/back.
  - Back Muscle Spasms: My back muscle spasms seem to have st

- sleeping all night without any nightmares  
a lot more calm  
less anxiety  
I notice it also helps with my menstrual cramps too
- Much better sleep.
- relief from ptsd attacks, increased creativity, increased motivation, help coping with depression
- pain and anxiety relief
- pain control, reduced anxiety, improved mood, increased sleep
- Going out in public i am able to enjoy activities with my family
- Ptsd. Sleeping. Appetite. Pain relief
- Muscle spasm relief, frequency of nightmares reduced, pain relief, anxiety relief
- Decrease anxiety, less trouble sleeping, happier overall, able to be motivated to improve mundo life, helps get me out of bed, more concentration, increase sex drive,
- Medical cannabis has drastically helped with my anxiety associated with my PTSD.
- Less muscle spasms, less trauma nightmares, more restful sleep, and a reduction in severe episodes of pain.
- Decreased anxiety/panic attacks, increased duration and quality of sleep, increased appetite, decreased pain
- No panic attacks. No night terrors. Anxiety attacks are few and far between and flashbacks nearly completely gone.
- Weight loss, increase in positive mood, no sleep disturbances, less anxiety, no more panic attacks, no suicidal ideation, positive growth in personal relationships,
- better pain management  
no migraines  
can relax and hold a conversation  
anxiety is much lower  
no seizures
- increased appetite, increased attention, better quality sleep, helps me stay grounded after trauma therapy, more sleep, increased confidence, New Job, new career direction
- Anxiety less panic attacks, peace of mind, muscle spasms greatly reduced to almost none.
- Medical cannabis has made a drastic impact on my mental health. It has helped me to better control my emotions so I can work through my problems. I have experienced many instances of trauma in my life and it helps to subdue the memories that flood my mind and prevent me from sleeping at night. It helps me to better control how much I deal with as far as issues rather than being bombarded by memories and past hurts. It has helped my physical health in that I have less panic attacks and my body is not going through as much stress physiologically from my fight and flight responses to triggers in my environment. I can handle stress better and I can remember things I didn't use to be able to because of such heightened emotional states. It is less invasive than pharmaceutical medications and less toxic to my body. I feel more at ease and less anxious as well as less depressed. It has enhanced my quality of life drastically. My first experience with a medical cannabis program was in San Diego from 2011-2013. It has

literally helped me to function effectively in society rather than isolating myself and feeling down. I am much more motivated and creative and feel less tense.

- I have had a very positive experience except I got very sick with the influenza virus that lasted 2 plus weeks. My energy level is very low. In addition to PTSD I have fibro myalgia and it has been difficult to get my strength and endurance back. I ran out of medical marijunna and I was unable to pick up additional product. I should have gotten my husband screened as a guardian in able to pick up produce if I am unable to. Might be something to discuss at the intake interview with pharmacist?
- Less anxiety, sleeping way better, and the cannabis has basically relieved me of all my PTSD symptoms.