

Format: Abstract

Send to

Perm J. 2016 Fall;20(4):108-111. doi: 10.7812/TPP/16-005. Epub 2016 Oct 12.

Effectiveness of Cannabidiol Oil for Pediatric Anxiety and Insomnia as Part of Posttraumatic Stress Disorder: A Case Report.

Shannon S¹, Opila-Lehman J².

Author information

Abstract

INTRODUCTION: Anxiety and sleep disorders are often the result of posttraumatic stress disorder and can contribute to an impaired ability to focus and to demonstration of oppositional behaviors.

CASE PRESENTATION: These symptoms were present in our patient, a ten-year-old girl who was sexually abused and had minimal parental supervision as a young child under the age of five. Pharmaceutical medications provided partial relief, but results were not long-lasting, and there were major side effects. A trial of cannabidiol oil resulted in a maintained decrease in anxiety and a steady improvement in the quality and quantity of the patient's sleep.

DISCUSSION: Cannabidiol oil, an increasingly popular treatment of anxiety and sleep issues, has been documented as being an effective alternative to pharmaceutical medications. This case study provides clinical data that support the use of cannabidiol oil as a safe treatment for reducing anxiety and improving sleep in a young girl with posttraumatic stress disorder.

PMID: 27768570 PMCID: PMC5101100 DOI: 10.7812/TPP/16-005

[Indexed for MEDLINE] [Free PMC Article](#)



Conflict of interest statement



Publication type, MeSH terms, Substances



LinkOut - more resources



Full text links



Save items



Similar articles

Review Cannabidiol in medical marijuana: Rese [Pharmacol Res. 2017]

A case series on the use of lavendula oil capsules [Complement Ther Med. 2014]

Review Pharmacotherapeutic treatment of nightmares : [Ann N Y Acad Sci. 2006]

Buspirone in the treatment of posttraumatic s [Pharmacotherapy. 1991]

Cannabidiol can improve complex sleep-related behavir [J Clin Pharm Ther. 2014]

See reviews...

See all...

Cited by 3 PubMed Central articles

Review Cannabidiol as a Therapeutic Alternative for Po [Front Neurosci. 2018]

No Acute Effects of Cannabidiol on the Sleep-Wake Cy [Front Pharmacol. 2018]

Review Cannabidiol regulation of emotion and emc [Br J Pharmacol. 2017]

Related information

Articles frequently viewed together

MedGen

PubChem Compound (MeSH Keyword)

References for this PMC Article

Free in PMC

Cited in PMC

Recent Activity

Turn Off Clear

Effectiveness of Cannabidiol Oil for Pediatric Anxiety and Insomn PubMed

Endocannabinoid Signaling Regulates Sleep Stability. PubMed

Intranodose ganglion injections of dronabinol attenuate serotoni PubMed

Endocannabinoid modulation of cortical up-states and NREM PubMed

Cannabidiol, a constituent of Cannabis sativa, modulates s PubMed

See more...

You are here: NCBI > Literature > PubMed

Support Center

GETTING STARTED

- NCBI Education
- NCBI Help Manual
- NCBI Handbook
- Training & Tutorials
- Submit Data

RESOURCES

- Chemicals & Bioassays
- Data & Software
- DNA & RNA
- Domains & Structures
- Genes & Expression
- Genetics & Medicine
- Genomes & Maps
- Homology
- Literature
- Proteins
- Sequence Analysis
- Taxonomy
- Variation

POPULAR

- PubMed
- Bookshelf
- PubMed Central
- BLAST
- Nucleotide
- Genome
- SNP
- Gene
- Protein
- PubChem

FEATURED

- Genetic Testing Registry
- GenBank
- Reference Sequences
- Gene Expression Omnibus
- Genome Data Viewer
- Human Genome
- Mouse Genome
- Influenza Virus
- Primer-BLAST
- Sequence Read Archive

NCBI INFORMATION

- About NCBI
- Research at NCBI
- NCBI News & Blog
- NCBI FTP Site
- NCBI on Facebook
- NCBI on Twitter
- NCBI on YouTube
- Privacy Policy