

# A Comparative Study of CBD Oil and Conventional Anti-Anxiety Medication in the Treatment of Generalized Anxiety Disorder

## Author and Affiliation

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## Abstract

This study investigates the effectiveness of cannabidiol (CBD) oil compared to traditional anti-anxiety medications in patients diagnosed with Generalized Anxiety Disorder (GAD). A total of 120 patients were randomly assigned to either a CBD oil treatment group or a conventional medication group. After 12 weeks, both groups showed significant reductions in anxiety symptoms. However, the CBD group reported fewer side effects compared to the conventional medication group. These results suggest that CBD oil may be a promising alternative for individuals seeking a natural treatment for GAD with fewer side effects.

## Keywords

CBD oil, generalized anxiety disorder, anti-anxiety medication, randomized study, cannabidiol

## Main Article

### Introduction

Generalized Anxiety Disorder (GAD) affects millions of people globally, causing persistent worry and tension. Conventional treatments, such as selective serotonin reuptake inhibitors (SSRIs) and benzodiazepines, are effective but can produce undesirable side effects, such as fatigue and dependency. Cannabidiol (CBD), a non-psychoactive compound derived from cannabis, has gained attention as a potential treatment for anxiety due to its anxiolytic properties and minimal side effects.

### Methods

A randomized control trial was conducted over a period of 12 weeks. The study included 120 participants, all diagnosed with GAD. Participants were divided into two groups: 60 patients received 25 mg of CBD oil daily, while the other 60 were treated with conventional anti-anxiety medications (SSRIs). Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HAM-A) at baseline, 6 weeks, and 12 weeks.

## **Results**

Both groups experienced a significant reduction in anxiety symptoms after 12 weeks. The CBD oil group saw a 40% reduction in HAM-A scores, while the conventional medication group reported a 45% reduction. Importantly, the CBD group experienced significantly fewer side effects, with the most common being mild drowsiness. In contrast, the conventional medication group reported side effects such as nausea, fatigue, and mild dependency in some cases.

## **Discussion**

The results of this study suggest that while both CBD oil and conventional medications are effective in reducing anxiety symptoms, CBD oil may offer a safer alternative with fewer side effects. The minimal side effects observed in the CBD group support the potential of CBD as a viable option for patients who are either unable or unwilling to use traditional anti-anxiety medications due to their side effects.

## **Conclusion**

CBD oil shows promise as an effective treatment for Generalized Anxiety Disorder, offering comparable results to conventional medications with fewer side effects. Further research should focus on the long-term efficacy and safety of CBD oil in treating anxiety disorders.

## **Acknowledgements**

## **References**

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