

## **Abstract Simplified (CBD and Anxiety)**

Cannabidiol (CBD) is a compound found in the cannabis plant that has recently gained attention for its potential to treat various mental health disorders, particularly anxiety. This review looks at research on CBD's effectiveness for anxiety-related conditions by examining studies in animals, humans, and larger population studies.

The findings show strong evidence that CBD can help with several anxiety disorders, including generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder (PTSD), especially when taken in the short term. However, there are not many studies on the effects of long-term CBD use. Human studies also support the idea that CBD can reduce anxiety, but they mostly focus on short-term use and clinical studies are limited. Overall, CBD shows great promise for treating different anxiety disorders, but more research is needed to understand its long-term effects and how it works in clinical settings.

## **Introduction Simplified**

Fear and anxiety are natural reactions that help us deal with threats. However, when fear becomes excessive or lasts too long, it can lead to problems. Many mental health disorders, such as generalized anxiety disorder (GAD), panic disorder (PD), PTSD, social anxiety disorder (SAD), and obsessive-compulsive disorder (OCD), are related to excessive anxiety. Even though PTSD and OCD are not classified as anxiety disorders in the latest mental health guidelines, they still involve significant anxiety.

These anxiety disorders can severely affect a person's well-being, leading to issues like unemployment, relationship problems, and a higher risk of suicide. In the U.S., about 29% of people experience these anxiety disorders at some point in their lives, making them one of the most common mental health issues and a significant burden on society.

The current medications for treating anxiety include various types of antidepressants and anti-anxiety drugs. However, these treatments often have limited success, especially for PTSD, and can come with side effects that make them hard to tolerate.

CBD, on the other hand, is a non-psychoactive compound from cannabis that does not cause the "high" associated with THC. It has shown therapeutic potential for a variety of mental health issues. Recently, CBD has become a popular option for treating anxiety. This review aims to evaluate the current research on the risks and benefits of using CBD for anxiety disorders.