

Self-Assessment for Use Level

CUDIT-R

Regular use of cannabis is associated with both mental and physical health issues. Take this questionnaire to understand your level of use.

Have you used cannabis over the past six months? **YES** **NO**

If YES, please answer the following questions about your cannabis use. Circle the response that is most correct for you in relation to your cannabis use over the past six months:

1 How often do you use cannabis?

Never 0	Monthly or less 1	2-4 times a month 2	2-3 times a week 3	4 or more times a week 4
------------	----------------------	------------------------	-----------------------	-----------------------------

2 How many hours were you "stoned" on a typical day when you had been using cannabis?

Less than 1 0	1 or 2 1	3 or 4 2	5 or 6 3	7 or more 4
------------------	-------------	-------------	-------------	----------------

3 How often during the past 6 months did you find that you were not able to stop using cannabis once you had started?

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
------------	------------------------	--------------	-------------	----------------------------

4 How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis?

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
------------	------------------------	--------------	-------------	----------------------------

5 How often in the past 6 months have you devoted a great deal of your time to getting, using or recovering from using cannabis?

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
------------	------------------------	--------------	-------------	----------------------------

6 How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
------------	------------------------	--------------	-------------	----------------------------

7 How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery or caring for children?

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
------------	------------------------	--------------	-------------	----------------------------

8 Have you ever thought about cutting down or stopping your use of cannabis?

Never 0	Yes, but not in the past 6 months 2	Yes, during the past 6 months 4
------------	--	------------------------------------

To calculate your score, add up all the numbers that you circled:

Your score

Check the table below to see what your score means.

NOTE: Your score is **not a diagnosis**. It is only meant for you to assess and reflect on your cannabis use.

0 to 7	LOW	Your cannabis use might be lower risk.
8 to 11	MEDIUM	Your cannabis use might be risky or problematic.
12+	HIGH	You might be experiencing symptoms of a cannabis use disorder.

Approaching Cannabis Responsibly



UNDERSTANDING CANNABIS

THC, Labels & Lowering Your Risk

PROTECT YOUR HEALTH. KNOW THE RISKS.



Paid for by the Government of Prince Edward Island



There is no recommended safe amount of THC—the higher the levels of THC, the greater the risk.

What Is THC & Why It Matters

THC is the substance in cannabis that causes the intoxicating effects—often called the “high.” It can also trigger things like anxiety, racing heart, dizziness, drowsiness, and other unpleasant or adverse reactions. Consuming THC, especially in higher amounts or often, may lead to poor mental health and even trigger psychosis or schizophrenia in people who are at risk of these conditions. THC content varies depending on the type of product.



CANNABIS FLOWER
(e.g. Rolled Joints):

UP TO 35-40% THC



CANNABIS EXTRACTS
(e.g. Vapes, Hash and Oils):

60% TO OVER 90% THC



EDIBLES
(e.g. Gummies, Drinks, etc.):

UP TO 10 MG OF THC PER SERVING

CBD is not intoxicating and may reduce some of THC's effects.

How To Read The Label

To understand the risk level of a product you first need to identify the THC level. This may be presented in a percentage (%) or as mg/g. Use the example below, and then the right converting method to find out the risk level.

CONVERTING MG/G TO % THC

To convert mg/g to %, move the decimal one place left: 50.0 mg/g = 50% THC
To convert % to mg/g, add a zero to the end: 50% + 0 = 500 mg/g

50 mg/g = 5% THC

100 mg/g = 10% THC
500 mg/g = 50% THC

250 mg/g = 25% THC
840 mg/g = 84% THC



THC Risk Levels (Smoked Or Vaped)

Using the number provided on the package, or the number you found by conversion, identify the risk level using the categories below:



LOWER RISK:
UNDER 20% THC
(under 200 mg/g)



MEDIUM RISK:
20-40% THC
(200-400 mg/g)



HIGH RISK:
40% THC
(over 400 mg/g)



DRIED FLOWER

The strength of dried flower (e.g., joints) cannabis is usually listed as a percentage (%) of THC (for example, 20%). Some products also list THC in milligrams per gram (mg/g) (for example, 840 mg/g).



EXTRACTS (VAPES, HASH, WAX, SHATTER & OIL)

THC levels in extracts are often listed as total milligrams (mg) per gram.

- ✓ These products vary widely in strength.
- ✓ Some extracts can contain up to 990 mg/g or 99% THC.

This level of THC comes with a very high risk of harm, especially for people who are new to cannabis.

Edibles & Beverages

THC risk levels for edibles:

LOWER RISK: Under 2.5 mg

MEDIUM RISK: 2.5-10 mg

HIGHEST RISK: Over 10 mg

Edible cannabis products list THC in total milligrams (mg)—for example, 10 mg THC.

- ✓ A single serving can legally contain up to 10 mg THC total. A package however can vary in how many single servings there are so read the package carefully.
- ✓ Portions inside the package may range from 0.5 mg to 10 mg per serving.
- ✓ Some packages contain individually wrapped servings, each with up to 10 mg THC.

Always check the serving size carefully to avoid accidental over-consumption.



Lower Risk Cannabis Use Guidelines

It's okay not to use cannabis.

Start low:

- Under 10% THC for smoked or vaped cannabis
- Under 2.5 mg THC for edibles
- Increase slowly (e.g. 2.5 mg at a time)

Take your time:

- Wait 30 minutes after smoking or vaping before consuming more
- Wait 2-4 hours after taking edibles before consuming more

Limit and reduce:

- Use smaller amounts, lower-THC products, and reduce frequency
- Delay moving to higher strengths, especially with new products

Choose lower strength:

- Swap high-THC products for reduced-strength options when possible

Do not drive or operate machinery for at least 6 hours after using cannabis. Never mix cannabis and alcohol—together they greatly increase impairment and risk.



AVOID CANNABIS ALTOGETHER IF YOU:

- **HAVE A PERSONAL OR FAMILY HISTORY OF PSYCHOSIS OR SUBSTANCE USE DISORDERS**
- **ARE PREGNANT OR NURSING**
- **UNDER THE AGE OF 19**
- **ON MEDICATION**