



**Project Code: Goldstein**

**APD 1210 RESEARCH PRACTICUM COURSE**

**PROJECT DESCRIPTIONS 2024-25**

**FALL/WINTER**

**Name and Title:** *Abby Goldstein, Ph.D., Associate Professor.*

**Lab Website:** [www.oisepearl.com](http://www.oisepearl.com)

**TITLE OF RESEARCH PROJECT:** *Cannabis and Coping in Emerging Adulthood*

**NUMBER OF STUDENT PLACES AVAILABLE:** 2

**PRIMARY MODE OF RESEARCH PLACEMENT PARTICIPATION (circle one option and describe):**

IN PERSON       REMOTE (ONLINE)       HYBRID/FLEXIBLE

*Mode of placement participation will be flexible and based on the needs of the research project, with the majority of tasks completed online.*

**OBJECTIVES AND METHODOLOGY:** The students will be involved in research on cannabis use in emerging adulthood, with a focus on coping-motivated cannabis use and the relationship between cannabis use and ADHD. As the Canadian government prepared for the Cannabis Act in October 2018, emerging adults (ages 18-25 years old) were identified as a population in need of research, clinical and public health attention (Health Canada, 2017). Emerging adults are more likely than any other age group to have used cannabis in the past year (51% of 20-24 year olds; Government of Canada, 2019) and have the highest rates of cannabis use disorders (CUDs; 7.2 times higher in emerging adults than adults ages 45 years or older; Hasin et al., 2016). Motivational models of cannabis use highlight that coping motives – using cannabis to reduce tension, forget problems and induce relaxation – are associated with heavier cannabis use, more cannabis problems, and increased vulnerability to psychological distress in emerging adulthood (Benschop et al., 2015; Buckner, 2013; Colder, Lee, Frndak, Read, & Wieczorek, 2019; Mitchell, Zvolensky, Marshall, Bonn-Miller, Vujanovic, 2007; Moitra, Christopher, Anderson, & Stein, 2015). In addition, attention deficit hyperactivity disorder (ADHD) has been linked to cannabis use and problems in emerging adulthood. However, little is known about why coping-motivated cannabis use is more problematic and the nature of the relationship between cannabis use and ADHD. Given the high prevalence of cannabis use among emerging adults, there is a critical need to identify factors implicated in the transition from regular to more problematic cannabis use and CUD, including symptoms of ADHD. The students will be involved in a study using ecological momentary assessment (EMA) to understand the relationship between cannabis use and ADHD symptoms.



**DESCRIPTION OF STUDENT PARTICIPATION:** Students are expected to contribute 10 lab hours per week. Students may gain exposure to data collection using ecological momentary assessments with a data collection app. They will have the opportunity to develop a research question pertaining to cannabis use and coping in emerging adulthood. They will learn how to conduct literature reviews, summarize relevant research, develop a research question and implement data analysis related to the research question.

**DESCRIPTION OF PREFERRED SKILLS/BACKGROUND (OPTIONAL):**

- Some experience conducting literature reviews
- Interest in research in mental health and substance use in emerging adulthood
- Some data analysis skills and preferably experience with SPSS

**DAY AND TIMES OF LAB MEETINGS:**

Lab meetings are biweekly on Fridays from 10 to 11:30