Effects of Delta-9-Tetrahydrocannabinol (Delta-9-THC, Δ⁹-THC) and Delta-8-THC (Δ⁸-THC)

Delta-9-THC is the primary psychoactive compound in cannabis. It is responsible for producing impairment and a feeling of “high.”

Delta-9-THC Effects on Driving
- Decision-making
- Ability to estimate distance
- Alertness
- Ability to react
- Swerving
- Memory

Delta-9-THC Onset of Effects
- Inhalation: Within minutes
- Edibles: Delayed ~30 minutes

Delta-9-THC Duration of Effects
Effects may persist for up to 8 hours or longer depending on dose, route of administration (e.g., smoking, vaping, edibles), and frequency of use.

Delta-9-THC Effects
- Increased heart rate
- Dry mouth & throat
- Increased appetite
- High/euphoric feeling
- Sedation & relaxation
- Impaired short-term memory

Delta-9-THC Toxicity
- Panic attacks
- Psychosis/hallucinations
- Cardiac complications
- Vomiting

Delta-8-THC Effects—Currently Known
- Delta-8-THC is less potent than Delta-9-THC.
  - Increasing the dose of Delta-8-THC can result in similar strength of effects as Delta-9-THC.
- Oral and vaped Delta-8-THC produces similar feelings of euphoria and impairment to Delta-9-THC according to preliminary data from Johns Hopkins University (JHU) School of Medicine.
- Adverse effects after consumption of Delta-8-THC products include hallucinations, vomiting, tremors, anxiety, dizziness, confusion, and loss of consciousness, as reported by the U.S. Food and Drug Administration (FDA).
- Further research is needed on Delta-8-THC.

CAUTION: Motor vehicles and machinery should not be operated while under the effects of Delta-9-THC and/or Delta-8-THC.

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For more information on the JHU study: [QR Code]

For more information from the FDA: [QR Code]

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