

Anxiety Screening Process & Treatment Protocol

Is the patient pregnant or breastfeeding?

Yes

No

*Consider testing for the elevation of two liver enzymes that indicate liver stress/injury, i.e., Alanine aminotransferase (ALT) and Aspartate aminotransferase (AST). Normal ALT is 7-56 U/L; Normal AST is 0 to 35 U/L; For more information on liver tests, [click here](#)

Compromised liver function?*

Yes

Severe?

Yes

No

No

Potentially contraindicated

Yes

Is the anxiety temporary/acute (e.g., a one-time event like public speaking)?

No

Is the patient also suffering from a chronic anxiety disorder? (e.g., GAD, OCD, PTSD, SAD)?

Is the patient diagnosed with a chronic anxiety disorder (e.g., GAD, OCD, PTSD, SAD)?

Yes

No

Yes

Acute Low Dose CBD Protocol
300mg CBD x 1
(1-2 hours before the event)
[I. Linares et al., 2018](#)

Acute High Dose CBD Protocol
600mg CBD x 1
(1-2 hours before the event)
[M. M. Bergamaschi et al., 2011](#)

Go to **Standard CBD Protocol**

Conservative CBD Protocol
Starting dose: 5 mg CBD 1 or 2 xa day
Titrate: ↑ CBD every 2-3 days by 5-10 mg a day
Maximum: ≥40 mg CBD may ↑ with expert guidance
[A. Baskar et al., 2021](#)

Modulators of the eCBome

and
or

Currently, no longer-term duration or higher dosing data has been published to offer additional clinical guidance.



Anxiety



Chronic anxiety disorders:

- Generalized anxiety disorder (GAD)
- Obsessive-compulsive anxiety disorder (OCD)
- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Social anxiety disorder (SAD)

Standard Type III Protocol

Starting dose: 150mg CBD am and 150mg CBD pm

[J. Crippa et al., 2021](#), [J. Souza et al., 2022](#)

Maximum: 300mg a day; may ↑ with expert guidance

[M. Berger et al., 2022](#)

*Consider testing for the elevation of two liver enzymes that indicate liver stress/injury, i.e., Alanine aminotransferase (ALT) and Aspartate aminotransferase (AST). Normal ALT is 7-56 U/L; Normal AST is 0 to 35 U/L; For more information on liver tests, [click here](#)

Yes

Positive results?

No

Inadequate relief?

Continue treatment & check ALT and AST liver enzymes*

Allergies or adverse effects of CBD?

No

Yes

Insufficient results (e.g., due to co-morbidities that may benefit from THC):

- Autism aggression
- Alzheimer's with night-time agitation
- Chronic pain
- Insomnia
- Substance use disorders

Consider Modulators of the eCBome

Add THC to Standard CBD Protocol by using the:

Go Slow and Start Low THC Protocol

Starting dose: 1-2mg THC

Titrate THC: ↑THC by 1mg a week and titrate to effect or until adverse effects outweigh benefits

Maximum THC: 5-10mg (more may cause anxiety)

[A. Baskar et al., 2021](#)

No longer-term duration or higher dosing data has been published to offer additional clinical guidance. To consider higher dosages, consult with a licensed experienced cannabis clinician

Anxiety

Ensemble Effect and Modulators of the eCBome for Anxiety

Other cannabinoids/acid forms

Cannabigerol (CBG): A double-blind placebo-controlled trial found that a single dose of CBG (20mg) reduced anxiety without changes in cognition or adverse effects ([C. Cuttler et al., 2024](#))

Terpenes

Beta-caryophyllene: This CB2 activator terpene has been demonstrated in animal trials to produce multiple behavioral changes relevant to anxiety in test animals ([A. Bahi et al., 2014](#)). These anxiolytic results were echoed in another recent trial ([G. L da Silva Oliveira et al., 2021](#)). Beta-caryophyllene is especially abundant in the essential of copaiba ([J. Lee et al., 2023](#)).

Borneol: Pre-clinical data shows therapeutic effects in the regions of the brain associated with anxiety. It also showed suppressed conditioned fear recall and reduced anxiety-like behaviors ([B. Cao et al., 2018](#)).

Eucalyptol: A clinical trial confirmed pre-clinical anxiolytic effects data. Physicians were effective in reducing preoperative anxiety and pain ([K. Y. Kim et al., 2014](#))

Linalool (as Silexan): A systematic review and meta-analysis found that the oral administration of lavender essential oil (in the form of Silexan) and, to a lesser degree, inhalation of lavender oil (abundant in linalool) proves to be effective in the treatment of anxiety ([D. Donelli et al., 2019](#)).

Lipidome

↑**Omega-3:** A systematic review and meta-analysis suggests increasing dietary omega-3s reduces clinical anxiety ([K. Su et al., 2018](#)).

Nutraceuticals

Palmitoylethanolamide (PEA): Animal trials have shown that PEA can potentially reduce anxiety associated with metabolic disorders and neuroinflammation ([A. Lama et al., 2022](#)).

FAAH inhibitors have been associated with ↓ anxiety, an effect likely to be associated with the resulting increased bioavailability of anandamide (AEA).

- **Biochanin A** is an FAAH inhibitor found in red clover, soy, and chickpea ([L. Thors et al., 2010](#)).
- **Kaempferol**, an FAAH, is found in numerous plants, including Brussels sprouts, citrus, apples, tea, saffron, rosemary, and raw capers ([H. Ahmad et al., 2020](#)).

Dietary considerations

Ingesting food (esp. rich in omega-3) ↑ the bioavailability and effects of CBD ([K. Mozaffari et al., 2021](#)).

Keto diet: A case series found that a 12-16 weeks regimen of a keto diet induces complete remission of comorbid anxiety with depression ([L. Calabrese et al., 2024](#)). Despite the lack of high-quality trials, a systematic review found that several uncontrolled studies suggest anxiolytic effects ([D. Dietch et al., 2023](#)).

Mind-body Medicine

Exercise, yoga, and acupuncture reduce anxiety ([G. Byrne, 2023](#)). Cardio exercise ↑ AEA and 2-AG result in a “Runner’s high” with anxiolytic effects ([M. Siebers et al., 2021](#)).

Osteopathic manipulation techniques (OMT): This pilot study found that OMT was able to reduce stress, anxiety, and depression in first responders ([C. Abraham et al., 2021](#)).

Microbiome

Probiotics: Gut microbiota and the ECS are intricately involved in stress resilience ([R. K. Srivastava et al., 2022](#)). While probiotics using *Lactobacillus (L.) rhamnosus* reduce anxiety-like behavior in animals, these effects remain to be confirmed in humans ([D. Reis et al., 2018](#)). Probiotics gut bacteria support healthy endocannabinoid signaling with potential anxiolytic effects ([V. Di Marzo 2022](#)).