

Effects of quitting cannabis smoking on respiratory symptoms

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Online tables

Table S1. Association between frequent cannabis use and current tobacco smoking. P values from chi-squared tests.

	Age				
	18	21	26	32	38
Non-smoker	568	553	564	591	665
Cannabis user	12	44	51	35	31
Tobacco user	225	236	239	239	183
Both	57	108	111	103	68
Total	862	941	965	968	947
p	<0.001	<0.001	<0.001	<0.001	<0.001

Table S2. Associations between current cannabis use and respiratory symptoms across multiple assessments using generalised estimating equations in non-smokers and smokers of tobacco.

a. Analyses exclude current tobacco smokers and are adjusted for sex, age of assessment, and asthma at that age. Odds Ratios represent the odds associated with current frequent cannabis use compared to compared to non or infrequent use.

	Participants	Mean observations/participant	Odds Ratio (95% CI)	p
Cough	814	3.8	1.98 (1.21, 3.26)	0.007
Sputum	814	3.8	2.18 (1.38, 3.45)	0.001
Wheeze	811	3.8	1.48 (0.97, 2.25)	0.071
Dyspnoea	814	3.8	1.55 (0.99, 2.41)	0.054

b. Analyses restricted to current tobacco smokers and are adjusted for sex, age of assessment, and asthma at that age. Odds Ratios represent the odds associated with current frequent cannabis use compared to compared to non or infrequent use.

	Participants	Mean observations/participant	Odds Ratio (95% CI)	p
Cough	469	3.3	2.01 (1.55, 2.62)	<0.001
Sputum	469	3.3	2.40 (1.83, 3.45)	<0.001
Wheeze	469	3.3	1.57 (1.20, 2.05)	<0.001
Dyspnoea	469	3.3	1.14 (0.87, 1.50)	0.331

Table S3. Associations between current cannabis use and respiratory symptoms across multiple assessments using generalised estimating equations.

Analyses are adjusted for BMI, sex, age of assessment, and tobacco use and asthma at that age. Pregnant women are excluded. Odds Ratios represent the odds associated with current frequent cannabis use compared to non or infrequent use.

	Participants	Mean observations/participant	Odds Ratio (95% CI)	p
Cough	996	4.6	2.02 (1.60, 2.55)	<0.001
Sputum	996	4.6	2.38 (1.88, 3.00)	<0.001
Wheeze	995	4.6	1.60 (1.27, 2.01)	<0.001
Dyspnoea	996	4.6	1.27 (1.00, 1.62)	0.053

Table S4. Associations between changes in cannabis use between assessments and respiratory symptoms across multiple assessments using generalised estimating equations in non-smokers of tobacco.

a. Analyses exclude current tobacco smokers and are adjusted for asthma at that age, sex, and age of assessment. Odds Ratios represent the odds associated with changes in cannabis use compared to the reference (non-user) category.

	Participants	Mean observations/participant	Group	Odds Ratio (95% CI)	p
Cough	775	3.2	Non-user	ref	0.020
			Quitter	0.93 (0.39, 2.24)	
			Starter	1.35 (0.61, 2.96)	
			Continuing	2.76 (1.45, 5.27)	
Sputum	775	3.2	Non-user	ref	0.005
			Quitter	0.99 (0.44, 2.26)	
			Starter	2.24 (1.21, 4.16)	
			Continuing	2.55 (1.35, 4.81)	
Wheeze	774	3.2	Non-user	ref	0.476
			Quitter	0.96 (0.50, 1.84)	
			Starter	1.25 (0.68, 2.32)	
			Continuing	1.57 (0.85, 2.90)	
Dyspnoea	775	3.2	Non-user	ref	0.304
			Quitter	1.12 (0.58, 2.17)	
			Starter	1.07 (0.53, 2.17)	
			Continuing	1.83 (0.98, 3.43)	

b. Analyses restricted to current tobacco smokers and are adjusted for asthma at that age, sex, and age of assessment. Odds Ratios represent the odds associated with changes in cannabis use compared to the reference (non-user) category.

	Participants	Mean observations/participant	Group	Odds Ratio (95% CI)	p
Cough	441	2.8	Non-user	ref	<0.001
			Quitter	1.25 (0.79, 1.97)	
			Starter	1.63 (1.07, 2.50)	
			Continuing	2.98 (2.11, 4.23)	
Sputum	441	2.8	Non-user	ref	<0.001
			Quitter	0.82 (0.48, 1.39)	
			Starter	1.84 (1.19, 2.77)	
			Continuing	3.04 (2.12, 4.35)	
Wheeze	441	2.8	Non-user	ref	0.013
			Quitter	1.40 (0.87, 2.24)	
			Starter	1.35 (0.88, 2.09)	
			Continuing	1.80 (1.26, 2.57)	
Dyspnoea	441	2.8	Non-user	ref	0.502
			Quitter	1.17 (0.73, 1.89)	
			Starter	1.31 (0.85, 2.02)	
			Continuing	1.26 (0.87, 1.82)	