

# Effects of Delta-9-Tetrahydrocannabinol (Delta-9-THC, $\Delta^9$ -THC) and Delta-8-THC ( $\Delta^8$ -THC)

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

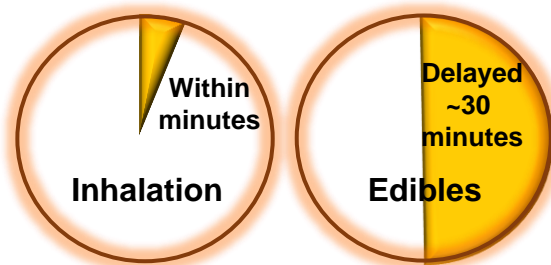
## Delta-9-THC Effects on Driving

- ↓ Decision-making
- ↓ Ability to estimate distance
- ↑ Swerving
- ↓ Alertness
- ↓ Ability to react
- ↓ Memory



Photo by Hakuna Matata on Unsplash

### Delta-9-THC Onset of Effects



### 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.

For more information on the JHU study:



For more information from the FDA:



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