Abstract

BASIC POSTULATES: It is common the people affected by ADHD consume addictive substances such as alcohol, marihuana, heroin, sedatives, analgetics, nicotine, caffeine, sugar, cocaine or street-produced amphetamines, seeking relief from their sensations of motorical unease and to disturb their rationalising and thinking (Downs, 2013). Using these substances subjectively improves their abilities, reducing the undesired and unpleasant sensations emanating from the ADHD, possibly even creating enjoyable and desirable moods. The resulting problem is, this self-medication causes troubles in many aspects, detectable only gradually after longer periods of consumption. What starts as an effort to palliate the undesirable symptoms of ADHD and other effects thereof, progressively becomes seeking a solution to harmful consumption of marihuana and, in extreme cases, addiction to cannabinoids (Jensen, 2013).

OBJECTIVES: The purpose of this thesis is to analyse adult ADHD, regardless of whether they have been diagnosed, yet with perduring symptoms, and who have never been medicated and now use marihuana as self-medication. The main objective is to determine whether respondents subjectively realise when cannabis helps them to relieve their internal unease and when not. Besides, it is also to learn if we can speak of self-medication as such or only current lifestyle of university students.

METHODS: The study was carried on by a quantitative method, whereby a questionnaire by Ptáček (Ptáček, Pémová, 2015) as well as questionnaire CUDIT and an ad-hoc questionnaire for this study, inspired by ESPAD, where used. The sample-selection was performed by the snowball method. Afterwards, persons were selected, complying with this essay’s criteria. The sample is made up of 71 respondents (n=40 men, n=31 women). For data-analysis, chi-squared distribution of answers' weight, occurrence charters and contingent tables were used.

RESULTS: The study points to the respondents’ use of cannabis as no self-medication, yet they do use, interestingly, alcohol and tobacco for this purpose more often. Hence we can suppose these substances do play self-medication roles. Furthermore, the study shows most respondents, according to MKN-10 classification, consume to the extent of harmful use. Equally, the study showed respondents used cannabis throughout the year
rather than only during their university studies, implying we can speak of a current lifestyle. CONCLUSION: The study did not prove statistically valid importance between the use of cannabis and symptoms-palliation, yet it did prove a fact another study is needed, to focus on legal substances such as alcohol and tobacco, where the possible connection between use and self-medication by other means than cannabis was proved.

**Key words:** ADHD, cannabinoid use, marihuana, self-medication, young adults, chi square