

Journal of Cannabis Therapeutics, 4(1), 79-93, 2004

Cannabis as a Substitute for Alcohol: A Harm-Reduction Approach

TOD H. MIKURIYA

Abstract

Ninety-two Northern Californians who use cannabis as an alternative to alcohol obtained letters of approval from the author. Their records were reviewed to determine characteristics of the cohort and efficacy of the treatment, which was defined as reduced harm to the patient. All patients reported benefit, indicating that for at least a subset of alcoholics, cannabis use is associated with reduced drinking. The cost of alcoholism to individual patients and society at large warrants testing of the cannabis-substitution approach and study of the drug-of-choice phenomenon.

BMJ 1997; 315:305-308

How to read a paper: Assessing the methodological quality of published papers

TRISHA GREENHALGH

Abstract

Before changing your practice in the light of a published research paper, you should decide whether the methods used were valid. This article considers five essential questions that should form the basis of your decision. The first essential question to ask about the methods section of a published paper is: was the study original? The second is: whom is the study about? Thirdly, was the design of the study sensible? Fourthly, was systematic bias avoided or minimised? Finally, was the study large enough, and continued for long enough, to make the results credible?