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Investigating The Impact Of Cannabis And Cigarette Consumption: A Systematic Review

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Abstract: Cannabis is the third most popular substance used in the world, and its use has been rising. The research is undertaken to examine the impact of cannabis addiction on a person's physical, mental, and emotional stability. This review identifies gaps in the literature and the findings from earlier research, which will also suggest subjects that require more thorough and advanced research. A systematic review has been done by following PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) criteria on research from 2020-2025. Researches were extracted from PsycINFO, PubMed, Scopus, Web of Science databases. MMAT (Mixed Method Assessment Tool) 2018, tool was used to critically examine the manuscripts. Out of 110 articles identified, 7 articles were included in the final review. It is evident from the analysis that smoking cigarettes and using cannabis can have a detrimental effect on one's family, profession, and well-being. However, additional research can be done to examine the effects based on other factors, such as lifestyles, members of particular groups, and geographical circumstances.

Index Terms **- "cannabis", "cigarettes" "well being", "career" and "family".**

1. Introduction

The term "substance abuse" describes the dangerous or damaging use of psychoactive substances, such as alcohol and illegal narcotics. Alcohol, marijuana (ganja), bhang, hashish (charas), cough syrups of all kinds, sedative pills, brown sugar, heroin, cocaine, tobacco (cigarette, gutka, pan masala) are the most often abused substances(Murthy et al, 2010). Drug abuse is another name for substance abuse (Sahu & Sahu 2012). In a research study by Sussman & Sussman in 2011 explained elements of addictions as: (a) engaging in the conduct to obtain appetitive effects; (b) becoming obsessed with the behavior; (c) experiencing brief satiation; (d) losing control; and (e) experiencing negative consequences. It is suggested that compulsions differ from addiction. There are various social variables which are responsible for addictive behaviors include role-modeling and imitation, peer pressure (one of the main reasons), Simple accessibility, disputes (often within the family), religious and cultural factors, absence of family or social support, altered social attitude and increased urbanization (Sahu & Sahu 2012). Psychological factors have a very important role to play which manifest as an outcome of the addictive behaviors such as social disobedience , curiosity , inadequate management, searching for sensations (feeling high), anomie, or low self-esteem, inadequate handling of stress, trauma or loss experienced as a child, Some additional pointers which were highlighted as a side effect

of addiction are to alleviate exhaustion or weariness, escape from the actual world, lack of interest in traditional objectives, Anxiety (Sahu & Sahu 2012). There are many biological factors as well which affect individual's with addictive disorders on various aspects such as physical conditions, alter their genetic predispositions, influences family history, and impact pre-existing personality or affects the mental health, which ultimately results in the excessive consumption of high dose medications. The individuals also get impacted with the withdrawal and cravings as a result of their extreme addictions altering their overall wellbeing (Sahu & Sahu 2012). Alcohol Emotional well-being, a fulfilling existence, energy, resilience and self-esteem, and positive functioning are all components of personal well-being (Michaelson et al 2009). It is associated with the ideas of social well-being and spiritual well-being as well as subjective well-being, emotional well-being, psychological well-being, mental well-being, happiness, and life satisfaction. Impact on life of individuals & families: - Substance misuse can cause financial pressure, emotional misery, and a breakdown in relationships and trust within families. It frequently leads to child abuse or neglect, resulting in an unstable home environment that impairs young family members' psychological and emotional development (Manurung 2024). The financial, social, cultural, emotional, and physical health difficulties that addiction-affected families face are numerous and complicated, necessitating the investigation and action of subject-matter experts. (Mardani et al 2023). Addiction is a complex problem that impacts people, families, and workplaces. Research findings from several fields are combined in a systematic review to give a more comprehensive picture of its pervasive influence. Although a lot of studies have been conducted on addiction, some research frequently concentrates on certain areas majorly emphasizing on disorders, legalization of cannabis, cannabis effects on wellbeing & brain structure.

2. Methodology

The present work based on systematic review will point out gaps in the literature and the outcomes based on the previous studies, which will further recommend topics that will need more advanced and rigorous research. A methodical approach guarantees that findings that are rigorously derived from peer-reviewed research by following PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) criteria. It will offer a comprehensive framework for further investigations and real-world applications. The research is conducted to analyze the effects of addiction on a person's physical, mental, and emotional stability. Further, the manuscripts were analyzed to examine the way addiction affects communication, relationships, careers, employability, productivity and maintenance of the general functioning of the family. The manuscripts which were published between the year 2020- 2025 and belonged to the database of **PsycINFO, PubMed, Scopus**, **Web of Science.** The keywords that were included to search the research articles were "Cannabis and cigarettes", "Individual wellbeing", "Career ", "Impact on family". Any other type of drugs other than cannabis and cigarettes were strictly not included as well as the manuscripts written in English language were only selected.

2.1 Selection criteria

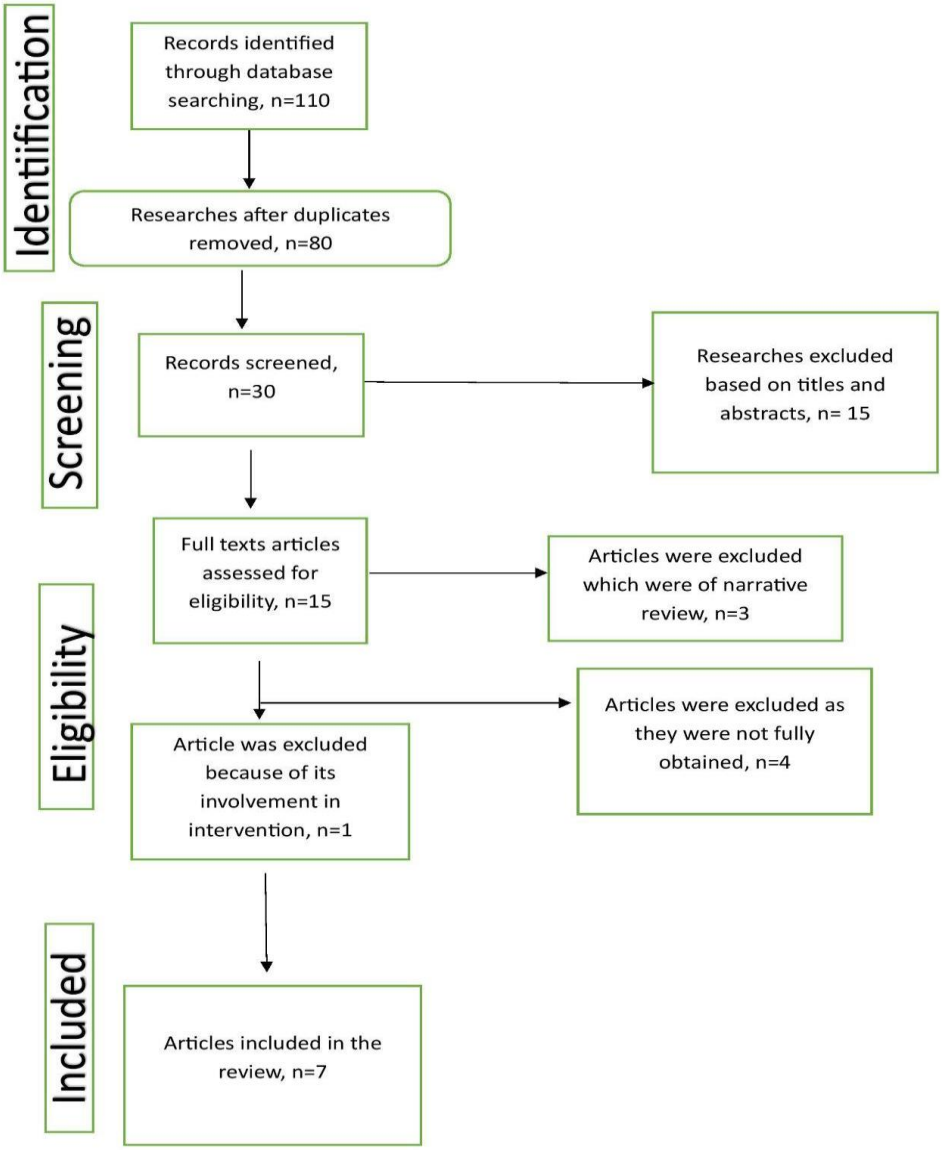
The screening was done based on Titles and abstracts and were filtered according to how well they met the objectives as well as the inclusion and exclusion criteria. A total of 110 studies were assessed out of which 80 research papers were removed in this stage because of the duplicacy of the articles. The research papers were screened based on their titles, keywords, and publication language. The inclusion criteria of the articles also included the full texts and open access. The exclusion criteria of the research papers were based on the addictions like alcohol, chemical drugs, and non-English studies. At this step a total 15 article were left for the screening, leaving only 15 articles to be assessed for eligibility. The full texts were obtained for each selected article which were thoroughly checked to achieve the inclusion criteria as well as desired objectives within the study. Finally a total number of 7 articles were accepted which were included in this review. Total 08 articles were excluded because one research article had its involvement in some or the other interventions, three articles were of narrative review and four research papers were not fully obtained.

2.2 Data extraction tool

Each article's data was separately retrieved by the first reviewer and entered into an Excel spreadsheet. According to their (a) number, (b) year, (c) author and country, (d) titles, (e) study design, (f) substance abuse type, (g) results—risks and protective variables, and (h) conclusions, the data were then tailored. A second reviewer added comments to the table and double-checked the articles they were given.

2.3 Quality assessment tool

In conducting the analyses, the MMAT (Mixed Method Assessment Tool) 2018 version was utilized to critically examine the obtained researches by two independent reviewers. With the help of this tool the selected articles can be more rigorously and with high reliability be evaluated. However, no disagreement was recorded between the reviewers and all the questions from the MMAT checklist have received ‘yes’ ratings in all the domains. Consequently, none of the selected article was withdrawn from the final review due to low quality. The obtained agreement (Cohen’s Kappa was 0.82) was good which indicated perfect alignment between both the reviewers.



3. Review of literature

Author & year	Study type	Sample size	Key findings	Limitations
Gripe et al, 2023	Longitudinal study	1988 individuals who used cannabis	Adolescents and young adults who use cannabis more frequently appear to be more susceptible to	There was no data on the amount of cannabis consumption, data was taken from 1992-2005, will not give the current picture.

			mental distress symptoms.	
Mensah et al, 2024	Longitudinal study	344 families participating in the Aboriginal Families Study longitudinal cohort.	The findings indicated that among mothers who used cannabis during pregnancy, there was a significant burden of psychological discomfort, anxiety, and depression during the postpartum phase and as their children turned five to nine years old.	Cannabis Use Measurement: It's possible that the study did not evaluate cannabis use in sufficient depth to distinguish between occasional and chronic use, including frequency, dosage, and motivations for use.
Sahu et al. 2022	Systematic review	65 studies were included from Medline and google scholar	Subatance use has negative effects on academic performance and patient care. Males were almost five times more likely than females to consume cannabis and males were around ten times	There can be a data extraction bias or publication bias.

			more likely to use tobacco.	
Torres et al, 2023	Literature review	Literature review performed on PubMed and Google Scholar databases, using the keywords "cannabis", "mental health", "psychiatry"	One adjustable risk factor for the onset and aggravation of mental disorder is cannabis usage. Early and continuous use in children and young people is most strongly linked to the emergence of a psychotic illness.	Publication bias.

Chen et al, 2024	Cross-sectional investigation	National survey conducted in China in 2022 recruited a total of 21,916 individuals	Overall, 14.87% of study participants smoked. According to the study, smoking has a significant detrimental impact on family health. This implies that the general health of the family deteriorates as smoking rises.	Self-report bias and social desirability bias,as it's a cross-sectional study it implicates association and not causation.

Pedersen et al, 2022	They analyzed data from the Young in Norway Study, a 23-year longitudinal investigation	It included (N= 2,550, 56% females).	Both tobacco and cannabis users were more likely to be welfare dependents and have lower salaries. Compared to tobacco users, cannabis users had a greater effect on unemployment. The detrimental effects of tobacco usage diminished when other variables were taken into account, while the effects of cannabis use persisted. This implies that compared to tobacco use, cannabis usage may be more directly linked to financial and job difficulties.	It explains correlation, not causation, self report bias.

Manthey et al, 2023	A systematic literature review including publication since 2012.	Only (n = 136) were selected for full-text review, out of which (n = 13) met the inclusion criteria.	Although legal cannabis makes it easier for people to start using cannabis, the hazards to one's health are still unclear. The experts recommend limiting the number of cannabis shops in order to minimize any potential adverse consequences.	Short term data was collected, Publication bias could be there.

In the prima facie the search initially included 110 studies, thereafter by careful analysis the duplicates were removed by adhering to the inclusion and exclusion criteria. In the flow of reduction of the entire pool of 110 studies, only 30 studies were left. On the basis of the defined criteria's only 15 articles were shortlisted in which only 7 research were considered for the final review. In 15 articles, 3 research papers were of narrative review, for the 4 papers full article was not available and 1 paper was intervention-based study. The above table represents total number of 07 articles which were shortlisted for the further evaluation. The obtained researches were based on the earlier specified criteria's, in which 02 of the studies were from the Asia region and Norway as well as one study was from North America, Australia, and Europe respectively. All the identified researches were strictly in the English language only and included 'individual wellbeing', 'career' and 'family wellbeing'. There are a total of 03 studies based on longitudinal research design, 03 are based on systematic review and only 01 research study is cross sectional research design. The findings indicate that there are negative impacts on individual well being, career and family well being of the individuals who consume both cannabis and cigarettes. The shortlisted studies also manifested that increased consumption of cannabis lead to the increased risk for anxiety and suicidal ideations. Although the studies have shown potential impact on both physical and mental wellbeing as well by consuming cigarettes and cannabis. However, some thorough studies are required to study the more specific impact based on an individual's well being based on their particular geographical locations, other factors influencing their overall lifestyle like their medication, family settings, living standards and workplace stressors.

4.Conclusion

Therefore, on the basis of the obtained results it can be clearly said that the consumption of cannabis and cigarettes can negatively impact on their wellbeing, careers as well their family. However, more studies can be conducted to study the impacts based on other variables like lifestyles, specific group people and also

considering their topographical situations. This can lead to policymakers, medical professionals, mental health professionals as well as employers to better understand the detrimental effects of addiction and develop more effective interventions based on the gap identified for the addiction behavior occurring due to cannabis and cigarette consumption specifically.

5. Limitation

1. Short term review: - While many studies concentrate on the immediate consequences of cannabis and cigarette addiction, they frequently do not thoroughly examine the long-term impacts on people's behavior, health, or ability to recover. It is difficult to comprehend the long-term effects of addiction and recovery in the absence of long-term data.

2. Data collection methods of the studies included: - dependency on self-reports, researches used self-reported information to evaluate addiction, which could be biased because people may overreport or underreport their substance use. The reliability of the results may be impacted if participants are not completely honest about their use of cigarettes or cannabis.

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