# Article information:

CANNA-TICS: Efficacy and safety of oral treatment with nabiximols in adults with chronic tic disorders – Results of a prospective, multicenter, randomized, double-blind, placebo controlled, phase IIIb superiority study - ScienceDirect
<https://www.sciencedirect.com/science/article/pii/S0165178123000860?via%3Dihub=>

# Article summary:

1. Tourette syndrome (TS) is a neurodevelopmental disorder characterized by motor and vocal tics with childhood onset, and the majority of patients suffer from psychiatric comorbidities such as obsessive-compulsive behavior/disorder (OCB/OCD), attention deficit/hyperactivity disorder (ADHD), anxiety, depression, rage attacks, and sleeping problems.

2. Cannabis-based medicines (CBM) may be a well-tolerated treatment strategy that improves tics and comorbidities in patients with chronic tic disorders (CTD). However, current data is limited to case reports or series, open label studies, and only three small randomized controlled trials (RCT).

3. A prospective, multicenter, randomized, double-blind, placebo-controlled phase IIIb superiority study was conducted to examine the efficacy and safety of nabiximols in a large sample of adults with chronic tic disorders (CTD). The study found that nabiximols improved tics and comorbidities in patients with chronic tic disorders while being well-tolerated.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "CANNA-TICS: Efficacy and safety of oral treatment with nabiximols in adults with chronic tic disorders – Results of a prospective, multicenter, randomized, double-blind, placebo controlled, phase IIIb superiority study" presents the results of a study that aimed to examine the efficacy and safety of nabiximols in treating adults with chronic tic disorders. While the study provides valuable insights into the potential benefits of cannabis-based medicines (CBM) for treating tics and comorbidities, there are several limitations and biases that need to be considered.

One potential bias is the small sample size of the study. Although the authors claim that they based their sample size calculation on a previous trial, which provided similar values to their observed responder rates, it is unclear whether this approach is appropriate given the differences in patient populations and treatment protocols. Moreover, almost half of the patients were recruited at one center, which may limit the generalizability of the findings.

Another limitation is that the study only examined one type of CBM (nabiximols), which contains both THC and CBD. While this approach has some advantages over using pure THC or CBD extracts, it also makes it difficult to determine which component(s) are responsible for any observed effects. Additionally, there are concerns about potential side effects associated with THC use, such as cognitive impairment and addiction.

The article also does not provide a comprehensive overview of existing research on CBMs for treating tics and comorbidities. While it acknowledges that previous studies have reported positive results with different types of CBMs, including pure THC extracts and cannabis flowers, it does not discuss any negative findings or limitations of these studies. This lack of balance may suggest a promotional bias towards CBMs as a treatment option.

Furthermore, while the study did report some improvements in secondary outcomes such as quality of life and psychiatric symptoms, it is unclear whether these improvements were clinically significant or sustained over time. The article also does not explore potential counterarguments or alternative explanations for these findings.

Finally, while the article notes that adverse events were monitored throughout the study period using standardized measures such as blood pressure and pulse measurements and suicide risk assessments, it does not provide detailed information on any specific adverse events or their severity. This lack of transparency may raise concerns about potential risks associated with CBM use.

In conclusion, while this study provides some evidence supporting the use of nabiximols as a treatment option for adults with chronic tic disorders, there are several limitations and biases that need to be considered when interpreting its findings. Future research should aim to address these limitations by using larger samples sizes and examining different types of CBMs while providing more balanced reporting on both positive and negative findings.

# Topics for further research:

* Negative findings of cannabis-based medicines for treating tics and comorbidities
* Long-term effects of nabiximols on quality of life and psychiatric symptoms
* Comparison of nabiximols to other cannabis-based medicines for treating tics
* Potential risks and adverse events associated with nabiximols use
* Alternative explanations for improvements in secondary outcomes with nabiximols use
* Generalizability of nabiximols study results to different patient populations and treatment protocols

# Report location:

<https://www.fullpicture.app/item/55a4346da16305f853dcf3855326dddc>