

## ***Cannabis Cessation in the Eyes of Former Committed Users***



NECHUTNÝ, T.<sup>1</sup>, MORÁVEK, J.<sup>2</sup>

<sup>1</sup> No current academic affiliation

<sup>2</sup> Institute of Sociological Studies, Faculty of Social Sciences, Charles University in Prague, Czech Republic

**Citation:** Nechutný, T., Morávek, J. (2010). Konec konopné kariéry očima někdejších náruživých uživatelů. *Adiktologie*, (10)4, 226–235.

**BACKGROUND:** Some cannabis users face important subjective difficulties after years of intensive use. Ultimately, this results in the cessation of their cannabis careers. **AIMS:** The aim of this paper is to explore what leads to cannabis cessation, how it proceeds, and whether it is permanent. **METHODS AND SAMPLE:** The data analysis was guided by Grounded Theory. Qualitative narrative interviews were conducted with 17 respondents who told their stories of life with cannabis. **RESULTS:** A subjective assessment of the pros/cons of cannabis use is important in

the cessation process. The assessment may be accelerated by a shocking experience or another experience that becomes the “last straw”. The ensuing periods of abstinence and lifestyle changes may lead to permanent abstinence or relapse. Relapse may lead to continued abstinence or controlled cannabis use. **CONCLUSIONS:** This article brings new knowledge on drug use management. Exploring subjective difficulties which led committed users into abstinence or controlled use without specialised help gives us greater insight into drug cessation.

**KEY WORDS:** CANNABIS – CAREER – EFFECTS – ABSTINENCE – CONTROLLED USE – MANAGEMENT – NARRATIVE INTERVIEWS – GROUNDED THEORY

**Submitted:** 29 / MAY / 2010

**Accepted:** 30 / NOVEMBER / 2010

**Grant support:** The work on this research was supported under FSV UK Research Programme No. MSM 0021620841, “Development of Czech Society in the European Union: Challenges and Risks”.

**Address for correspondence:** Tomáš Nechutný / [tho.mas@centrum.cz](mailto:tho.mas@centrum.cz) / 23 Dorset Gardens, Brighton, BN21RL, East Sussex, UK