

Newton, M., & Newton, D. W. (2020). Cannabidiol or CBD Oil: Help, Hope, and Hype for Psychiatric and Neurologic Conditions. *Journal of the American Psychiatric Nurses Association*, 26(5), 447–457. <https://doi.org/10.1177/1078390320929410>

**1. Select the pharmacologic action of CBD in Epidiolex that is effective in treating childhood Dravet and Lennox-Gastaut epilepsies.**

- A. Agonist at CB1 receptors
- B. Currently unknown
- C. Stimulation of anandamide biosynthesis
- D. Antagonist at CB2 receptors

**2. Based on the FDA-approved Epidiolex full prescribing information, select the hepatic CYP (cytochrome P450) enzyme, which when induced by St. John's Wort could increase metabolism of CBD.**

- A. 2D6
- B. 2C9
- C. 2E1
- D. 2C19

**3. Based on the FDA-approved Epidiolex full prescribing information, select the most potentially dangerous dose-related adverse effect of CBD.**

- A. Sedation or sleepiness
- B. Cognitive impairment and psychosis
- C. Elevated liver enzymes (ALT, AST)
- D. Cardiac arrhythmias

**4. Select the U.S. federal regulatory status of CBD.**

- A. Over-the-counter oral retail products of CBD with less than 0.1% THC are DEA Schedule V (C-V), but those with more than 0.1% THC are DEA Schedule 1 (C-I)
- B. Federally CBD is DEA Scheduled from 1-5 (C-I to C-V) depending on the percent content of THC.
- C. Over-the-counter oral retail products of CBD from hemp with less than 0.3% THC are not federally regulated, i.e., are not in DEA Schedules I-V (C-I to C-V)
- D. Federally CBD is DEA Schedule 5 (C-V), but CBD is legal for medical use in all states

**5. Select the body sites of CB1 and CB2 receptors.**

- A. CB1 central nervous system and CB2 peripheral nervous system
- B. CB1 central nervous system and CB2 body-wide immune system
- C. CB1 peripheral nervous system and CB2 central nervous system
- D. CB1 body-wide immune system and CB2 cardiovascular system

**6. Select the mechanism by which CBD acts as a partial antagonist of THC at CB1 receptors.**

- A. CBD binds at a secondary site, which alters the primary THC binding site
- B. CBD competes directly with THC at the primary binding site
- C. CBD increases binding of endocannabinoids at the primary binding site
- D. CBD attaches to THC, and the complex is too large for the primary binding site