



Realm of Caring

Help Shape the Future of CBD Research for Older Adults

Principle Investigator:

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About the Study

Why This Study Matters

- Older adults increasingly use CBD for pain, sleep, anxiety, and overall wellbeing
- Despite widespread use, data specific to adults 65+ is limited
- This study focuses on real-world CBD use over time in older adults

Study Aims

Looking at how starting CBD use may relate to changes in:

- Pain levels and daily functioning
- Sleep quality
- Mood, anxiety, and mental health
- Overall quality of life and wellbeing
- Healthcare use and related costs
- Symptom experience from those diagnosed with cancer

FAQ

How Does it Work?

- Fully online participation
- Five surveys total:
- Baseline (before starting CBD)
 - 1 month
 - 3 months
 - 6 months
 - 12 months
- Participants receive \$25 per survey, up to \$125 total

Who Can Participate?

- Age 65 or older
- Lives in the U.S.
- English-speaking
- Has not used CBD regularly in the past year
- Willing to begin regular CBD use (3+ times per week)

Why Share This?

- Helps support informed conversations about CBD and aging
- Addresses a major evidence gap for adults 65+
- Allows older adults to contribute to research shaping future guidance
- Built on Realm of Caring's established research infrastructure

Study Contact

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