

## SUPPLEMENTARY FILE

### *Cannabis Café* Trivia, World Café, and Goal Setting Questions

The *Cannabis Café* intervention is comprised of trivia, world café, and the goal setting activity.

Trivia will be facilitated using Mentimeter, an online platform, where students can provide responses to questions via their mobile or digital devices. Student responses to the trivia questions will remain anonymous and will only be reported in aggregate form during the *Cannabis Café* (e.g., % of participants that voted for each category). Discussion will be facilitated following the review of each answer to the trivia items by the group facilitator. A description of each trivia item, respective answers, supporting resources and follow-up discussion questions are presented in Table 1.

Table 1  
Mentimeter Trivia Questions & Discussion (~1hr)

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1) Trivia Question: *Approximately how long should someone wait to feel the effects of a cannabis edible?*

*Option: 30 min, 60 min, 90 min, 120 min, 180 min, 240 min, 300 min*

*Answer and supporting resource:* Following oral ingestion and depending on dose, effects typically set in with a delay of 30-90 minutes, reach their maximum after 4 hours after consumption. Effects may last up to 12 hours total, with residual effect lasting up to 24 hours.[1]

*Follow up questions to facilitate discussion:*

- Do you think this is common knowledge among the student body? If not, what problems might this result in?
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2) Trivia question: *How long should someone wait until after having consumed cannabis to operate a motor vehicle?*

*Options: 1hr, 2 hrs, 4, hrs, 6, hrs, 8 hrs, 12 hrs, 18 hrs,*

*Answer and supporting resource:* It is recommended that you wait at least 6 hrs and potentially even longer (up to 12 hours) if you have consumed an edible.[2]

*Follow up questions to facilitate discussion:*

- Do you think UCalgary Students will follow this recommendation? If yes or no, why?
- What might be some logistical problems around driving impaired and the consumption of edibles?

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3) *Trivia question:* Where are you currently allowed to consume cannabis on campus?

*Options:*

- In designated areas on campus
- Cannabis use is allow in select campus residences
- Only allowed on campus for those with medicinal authorization
- Anywhere on campus so long as it is 10 meters from a building entrance

*Answer and supporting resource:* Regardless if a person is legal age to consume cannabis, UCalgary campus policy prohibits cannabis consumption in any form on the university campus or facilities.[3]

People using cannabis for medical reasons must carry proof of their authorization and adhere to the university's Smoking Policy and all Provincial Regulations and City of Calgary bylaws related to smoking and vaping.

*Follow up questions to facilitate discussion:*

- If it is unclear, how might the campus be more effective on educating students?
- What are your thoughts about the approach on campus?

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4) *Trivia question:* The following should be considered to reduce risk when selecting a cannabis product:

*Options (participants are able to select more than one option):*

- Lower THC
- Higher CBD
- Higher THC
- Lower CBD

*Answer and supporting resource:* As per LRCUG[2] it is recommended that individuals use low-strength products (e.g., with lower THC) or products with a higher ratio of CBD to THC.[4]

*Follow up questions to facilitate discussion:*

- What are your thoughts about these recommendations?
  - Do you think students are considering CBD and THC levels when selecting
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products? If yes or no, why?

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5) *Trivia question:* What do you think the average frequency of cannabis use is in the last 6 months for undergraduate students?

*Options (participants are asked to attribute what percentage of the student population endorsed each of the following categories:*

- Reported no cannabis use in the past 6 months
- Used cannabis monthly or less
- Used 2 - 4 times a month
- Used 2 – 3 times a week
- Used 4 or more times a week

*Answer and supporting resource:* Findings from UCalgary's Campus Experience with Cannabis Survey in 2018 are contrasted with participants' responses. Rates of use for both male and female undergraduate students is provided.

*Follow up questions to facilitate discussion:*

- Why do you think there is an over-estimation of use?

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6) *Trivia question:* To your knowledge, what ailments or conditions might cannabis be used to treat?

*Options (responses to this item are in the form of a word cloud, where participants are able to present up to 5 ailments each).*

*Answer and supporting resource:* Simplified Guideline for Prescribing Medicinal Cannabinoids in Primary Care: neuropathic pain and palliative & end-of-life patients; chemotherapy-induced nausea & vomiting; and spasticity due to multiple sclerosis or spinal injury.[5]

*Follow up questions to facilitate discussion:*

- Why do you think there is such divergence between physician guidelines and reasons for medicinal consumption among students?
  - What do you think is contributing to this divergence?
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Following the trivia, two rounds of World Café styled discussion will be facilitated by discussion leaders. Each round will be 15 minutes in length. The World Café format has been described as facilitating authentic and meaningful conversations, bringing groups together to discuss issues that matter.[6] The World Café is founded upon 7 principles including setting the context, creating a hospitable space, exploring important questions, facilitating equal contribution, connecting diverse perspectives, listening for patterns and insights, and sharing collective discoveries.[7] The questions used to facilitate each round of discussion are presented in Table 2. In the first round, the LRCUG will be disseminated to students prior to beginning discussion. The discussion will then address students' perspectives towards the LRCUG. The second round of discussion will address the topic of stigma in relation to cannabis use. Following each round, discussion leaders will synthesize and report on major themes to be reviewed with the larger group where commonalities and nuances between the smaller group discussions will be highlighted by the group facilitator.

Table 2  
World Café Discussion Questions

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**Lower-Risk Cannabis Use Guidelines (Round 1):**

Dissemination of LRCUG document. Following up questions: Do the guidelines make sense to you? Are there guidelines you already use, or plan to use? Is there anything missing? Is there anything you would change?

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**Stigma (Round 2):**

What are some of the stereotypical views of individuals who use cannabis? How have your experiences challenged some of these stereotypical views?

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The third component to the *Cannabis Café* is a goal setting activity to be completed online as part of the immediate follow-up survey emailed to consenting participants. Participants will be asked to set a goal regarding their personal cannabis use following the *Cannabis Café*. Participants who have not endorsed past 30 day use and do not intend to use cannabis, will be asked to set a goal regarding how they could use information gained as part of the *Cannabis Café* to positively influence others use of cannabis within their personal network. Each participant will be asked to formulate and write a goal following the SMART goal format (e.g., specific, measurable, achievable, realistic, and time-based) that they will try to accomplish over the next month. The goal setting activity is presented in Table 3.

Table 3  
SMART Goal Setting Activity

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*We would like you to set a goal around your personal cannabis use. If you are not planning on using cannabis, please set a goal on how you might positively influence other's use of cannabis in your social life.*

*Pease use the SMART goal format presented below to formulate your goal:*

- **Specific** (e.g., a goal that is clearly defined)
- **Measurable** (e.g., a goal that involves something that you can keep track of)
- **Achievable** (e.g., a goal that is something that is doable)
- **Realistic** (e.g., a goal that is sensible)
- **Time-based** (e.g., a goal within a defined time period)

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*Some examples of SMART goals are as follows:*

Over the next month...

1. I will not use a deep-inhalation technique when consuming burnt cannabis.
2. I will limit my cannabis use to weekends.
3. I will not use cannabis at all.
4. I will continue my commitment to not use cannabis.
5. I will provide at least 2 friends or family members who consume cannabis a copy of the Lower-Risk Cannabis Use Guidelines.

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*Please think of a goal you will try to accomplish over the next month that incorporates ALL of the SMART goal elements.*

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## Fidelity Checklists

### ***Facilitator role during the Cannabis Café***

- Welcome attendees as they arrive
- Invite attendees to sit in groups of 8-10 with one Discussion Leader
- Encourage attendees to log in to the Trivia platform using their mobile or digital devices
- Provide an overview of the three *Cannabis Café* activities
- Review each trivia item and discussion question as outlined (in Table 1), inviting conversation and exploring attendees' responses
- Review the World Café rules
- Present the World Café discussion questions to the larger group
- Keep time during the World Café and provide discussion leaders with a 2-minute warning to summarize key themes within the group
- Review relevant themes from the small group discussions that emerged with the larger group
- Wrap up the world café discussion with concluding remarks and thank attendees for their participation

### ***Discussion leader roles during the Cannabis Café***

- Discussion leaders are in attendance
- Discussion leaders introduce themselves to their groups
- During the World Café, leaders are responsible for encouraging discussion:
  - Use of open ended questions
  - Use of summarizing statements
- Discussion leaders ensure that each attendee has an opportunity to share during both rounds of World Café
- Discussion leaders record themes that arise in group discussion
- Discussion leaders share these themes with the larger group following each round of World Café

## References

- 1 Canadian Centre on Substance Use and Addiction [CCSA]. 7 things you need to know about edible cannabis. 2019. <https://www.ccsa.ca/7-things-you-need-know-about-edible-cannabis> (accessed November 2019)
- 2 Fischer B, Russell C, Sabioni P, et al. Lower-risk cannabis use guidelines (LRCUG): An evidence-based update. *Am J Public Health* 2017;107(8). doi:10.2105/ajph.2017.303818
- 3 University of Calgary. Cannabis policy. 2018. <https://www.ucalgary.ca/policies/files/policies/cannabis-policy.pdf> (accessed June 2019).
- 4 Lafaye G, Karila L, Blecha L, et al. Cannabis, cannabinoids, and health. *Dialogues in Clin Neurosci* 2017;19(3):309-316.
- 5 Allan, MG, Ramji, J, Perry, D. Simplified guideline for prescribing medical cannabinoids in primary care. *Can Fam Physician* 2018;64(2):11–120.
- 6 Fouche C & Light G. An invitation to dialogue: ‘The World Café’ in social work research. *Qual Soc Work* 2010;10(1):28-48. doi:10.1177/1473325010376016
- 7 The World Café. Design principles. 2008. <http://www.theworldcafe.com/principles.html> (accessed June 2019).