



When CBD Doesn't Work: An Important Result in Fibromyalgia

Good science isn't only about reporting positive findings.

A randomized clinical trial involving approximately 200 people with fibromyalgia investigated 50 mg of CBD per day versus placebo over 24 weeks.

The result was striking — but not in the direction many might expect.

Pain improved more in the placebo group than in the CBD group.

Potential application

Negative studies are extremely valuable because they help define where a compound may — and may not — be useful.

This study is also an excellent reminder that saying simply "CBD helps pain" is scientifically inadequate.

Neuropathic pain, inflammatory pain, nociplastic pain and acute pain involve different biological mechanisms. Dose, formulation, duration and patient population can also dramatically influence the outcome.

The more cannabinoid science develops, the more important these distinctions become.

Reference

Rasmussen MU, Christensen R, Wæhrens EE, et al. Cannabidiol versus placebo in patients with fibromyalgia: a randomised, double-blind, placebo-controlled, parallel-group, single-centre trial. *Annals of the Rheumatic Diseases*. 2026;85(3):566–574.

Dr. Peter Verdegem, Ph.D., MBA

