



THC + CBD Oil in Fibromyalgia: Promising Pilot Data, but Still Early

Fibromyalgia is a complex chronic condition involving widespread pain, sleep disturbance, fatigue and other symptoms. Because treatment can be difficult, cannabinoid medicines continue to be investigated.

A recent double-blind randomized placebo-controlled pilot trial studied a 1:1 THC:CBD oil in 24 adults with fibromyalgia. Participants underwent four weeks of dose titration followed by 12 weeks at a stable dose.

The small study showed good retention and adherence, with mostly mild adverse events. Preliminary outcomes suggested effects favoring the cannabinoid oil for pain, sleep quality and overall fibromyalgia impact. For example, 40% of the cannabis group achieved the prespecified clinically meaningful improvement in the Fibromyalgia Impact Questionnaire compared with 10% receiving placebo. Because the sample was very small, these efficacy findings remain preliminary.

Potential application

The study provides a useful signal for designing a larger clinical trial, but it is not yet strong evidence of efficacy. It also highlights an important distinction: these findings concern a balanced THC:CBD preparation and should not be presented as evidence for CBD alone.

Reference

Kurlyandchik I, Tiralongo E, Lauche R, Tracey G, Ng J, Schloss J. Feasibility, safety and preliminary efficacy of 1:1 THC:CBD cannabis oil for fibromyalgia symptoms: results from a randomised, double-blind, placebo-controlled pilot trial. *Pain Research and Management*. 2026;2026:7311235.

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