Cannabis is a popular drug that contains the mind altering chemical THC. After tobacco and alcohol, cannabis is the most commonly used drug among young people. There is strong evidence that regular use of cannabis is linked to increased risk of developing psychosis and schizophrenia, especially among individuals with a family history of these conditions. This is also associated with the amount and potency of cannabis used. Cannabis use before the age of 16 or 17 is a strong predictor of cognitive impairment, although this is found to be reversible following sustained abstinence. Cannabis use can result in alterations in the brain's reward pathways, which can affect psychological and biological processes (e.g., mood, motivation and enjoyment of activities). Regular cannabis use is also associated with altered brain structure and function.