









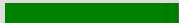


Page 1. Benzodiazepine Survey Five - 24 months off and not recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	28.57%	6
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril) 	14.29%	3
clorazepate (Tranxene) 	4.76%	1
diazepam (Valium, D-Pam, Pro-Pam) 	23.81%	5
estazolam (ProSom)	0.00%	0
flunitrazepam (Rohypnol)	0.00%	0
flurazepam (Dalmane)	0.00%	0
halazepam (Paxipam)	0.00%	0
ketazolam (Anxon)	0.00%	0
loprazolam (Dormonoc)	0.00%	0
lorazepam (Ativan) 	14.29%	3
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)	0.00%	0
nitrazepam (Mogadon, Insoma, Nitrados)	0.00%	0
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)	0.00%	0
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox) 	4.76%	1
Zopiclone (Zimovane, Imovane) 	9.52%	2
Eszopiclone (Lunesta)	0.00%	0
Number of respondents		14
Number of respondents who skipped this question		0

2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?	% of Respondents	Number of Respondents
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Under a month	0.00%	0
1- 3 months	0.00%	0
3 - 6 months	0.00%	0
6 - 9 months 	7.14%	1
9 - 12 months 	7.14%	1
1 - 2 years	0.00%	0
2 - 3 years	0.00%	0
3 - 4 years 	14.29%	2
4 - 5 years 	14.29%	2
5 -10 years 	7.14%	1
10 -15 years 	14.29%	2
15 - 20 years 	7.14%	1
over 20 years 	28.57%	4

Number of respondents 14

Number of respondents who skipped this question 0

3. If you were only taking one benzodiazepine or Z-drug at the time you decided to withdraw, enter the number of milligrams per day you were taking.

Number of Respondents 10

Number of respondents who skipped this question 4

4. If you were taking more than one benzodiazepine or Z-drug at the time of deciding to withdraw, enter the name of each of the drugs that you were taking, followed by the number of milligrams you were taking, e.g. Valium 30, Klonopin 2.


Number of Respondents 5

Number of respondents who skipped this question 9


5. Why were you prescribed benzodiazepines or Z-drugs?

% of Respondents Number of Respondents


Anxiolytic (tending to reduce anxiety/produce relaxation)  52.63% 10

Hypnotic (tending to make you sleepy)  31.58% 6

Anti-seizure (tending to reduce the probability of having seizures and convulsions) 0.00% 0

Muscle relaxant (tending to reduce muscle tension and associated pain)  10.53% 2

Amnesic (tending to disrupt both long and short term memory) 0.00% 0

Other (Specify)  5.26% 1

Number of respondents 14

Number of respondents who skipped this question **0**

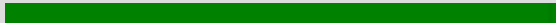

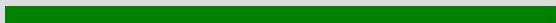

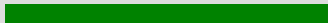







Page 2. Symptoms Prior to starting either benzodiazepines or Z-drugs



6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	84.62%	11
They were mild	15.38%	2
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1

7. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychia (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms	92.31%	12
They were mild	0.00%	0
They were moderate	7.69%	1
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1

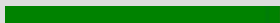

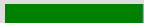

8. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms	69.23%	9
They were mild	23.08%	3
They were moderate	7.69%	1
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1





9. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	84.62%	11
They were mild	7.69%	1
They were moderate	0.00%	0
They were severe	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		1





10. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	92.31%	12
They were mild	0.00%	0
They were moderate 	7.69%	1
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1
11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	92.31%	12
They were mild 	7.69%	1
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1
12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	53.85%	7
They were mild 	15.38%	2
They were moderate 	15.38%	2
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		1
13. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	53.85%	7
They were mild 	15.38%	2
They were moderate 	15.38%	2
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		1

14. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	84.62%	11
They were mild 	15.38%	2
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1

Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	46.15%	6
They were mild 	15.38%	2
They were moderate 	23.08%	3
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		1

16. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychia (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	46.15%	6
They were mild 	7.69%	1
They were moderate 	30.77%	4
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		1

17. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	53.85%	7
They were mild 	7.69%	1
They were moderate 	15.38%	2
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		1

18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder	% of Respondents	Number of Respondents
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pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration		
I was not experiencing these symptoms	53.85%	7
They were mild	0.00%	0
They were moderate	23.08%	3
They were severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		1





19. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	53.85%	7
They were mild	15.38%	2
They were moderate	7.69%	1
They were severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		1

20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms	61.54%	8
They were mild	15.38%	2
They were moderate	23.08%	3
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		1











21. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	30.77%	4
They were mild	30.77%	4
They were moderate	7.69%	1
They were severe	30.77%	4
Number of respondents		13
Number of respondents who skipped this question		1



22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia,	% of Respondents	Number of Respondents
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anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment		
I was not experiencing these symptoms 	23.08%	3
They were mild 	38.46%	5
They were moderate 	7.69%	1
They were severe 	30.77%	4
Number of respondents		13
Number of respondents who skipped this question		1

23. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis		
	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	69.23%	9
They were mild 	7.69%	1
They were moderate 	7.69%	1
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		1





Page 4. Functionality and Activities

24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?		
	% of Respondents	Number of Respondents
Self care - showering, dressing 	12.09%	11
Cooking 	12.09%	11
Housework and home care 	12.09%	11
Shopping 	12.09%	11
Socializing 	10.99%	10
Driving 	8.79%	8
Working 	7.69%	7
Exercise 	12.09%	11
Intellectual 	10.99%	10
None of the above 	1.10%	1
Number of respondents		12
Number of respondents who skipped this question		2

25. What activities were you able to participate in with ease at the time you decided to withdraw from benzodiazepines or Z-drugs?		
	% of Respondents	Number of Respondents
Self care - showering, dressing 	18.75%	9
Cooking 	12.50%	6

Housework and home care 	12.50%	6
Shopping 	10.42%	5
Socializing 	8.33%	4
Driving 	8.33%	4
Working 	6.25%	3
Exercise 	8.33%	4
Intellectual 	8.33%	4
None of the Above 	6.25%	3
Number of respondents		12
Number of respondents who skipped this question		2



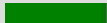



Page 5. General Questions


26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.	% of Respondents	Number of Respondents
Beta Blockers	0.00%	0
Antiseizure medication 	15.38%	2
Antipsychotic medication 	7.69%	1
Antidepressant medication 	23.08%	3
Prescription Sleep Aids	0.00%	0
Other (Specify) 	53.85%	7
Number of respondents		10
Number of respondents who skipped this question		4

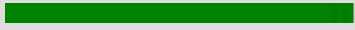
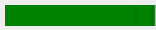


27. Please list the supplements and vitamins you were taking at the time you decided to withdraw from benzodiazepines or Z-drugs

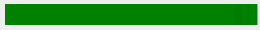



Number of Respondents 10



Number of respondents who skipped this question 4

28. Why did you decide to come off benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
I no longer needed them 	8.33%	2
They stopped working 	12.50%	3
There were too many side effects 	16.67%	4
Didn't wish to rely on drugs anymore 	8.33%	2
Doctor would no longer prescribe them 	4.17%	1
They were making me sick 	20.83%	5

I could no longer afford the drugs - my insurance ran out	0.00%	0
Other (Specify) 	29.17%	7
Number of respondents		12
Number of respondents who skipped this question		2


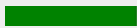


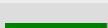

29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents
This is my first time 	58.33%	7
One previous attempt 	25.00%	3
Two previous attempts	0.00%	0
Three previous attempts 	8.33%	1
More than three previous attempts 	8.33%	1
Number of respondents		12
Number of respondents who skipped this question		2




30. How old are you?	% of Respondents	Number of Respondents
under 20	0.00%	0
20 - 29	0.00%	0
30 - 39	0.00%	0
40 - 49 	41.67%	5
50 - 59 	33.33%	4
60 - 69 	16.67%	2
70 - 79 	8.33%	1
80 and over	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2



31. Indicate your gender.	% of Respondents	Number of Respondents
Male 	25.00%	3
Female 	75.00%	9
Number of respondents		12
Number of respondents who skipped this question		2


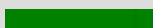
Page 6. Withdrawal Methods


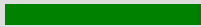
32. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	27.78%	5

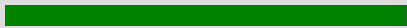


Inpatient detox	0.00%	0
Outpatient detox 	5.56%	1
Valium crossover and Ashton style taper 	22.22%	4
Rapid direct taper using dry cutting of pills 	11.11%	2
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	11.11%	2
Water Titration 	16.67%	3
Other (Specify) 	5.56%	1
Number of respondents		12
Number of respondents who skipped this question		2



33. Please rate any experience you had with a cold turkey from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	33.33%	4
I tried this method and is was impossible 	8.33%	1
I tried this method and it was difficult 	58.33%	7
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2

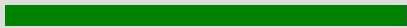
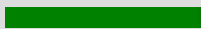
34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	83.33%	10
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	16.67%	2
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2

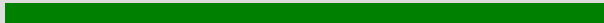
35. Please rate any experience you had with an outpatient detox from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	75.00%	9
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	25.00%	3
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2






36. Please rate any experience you had with a Valium crossover and Ashton style taper from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	66.67%	8
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	33.33%	4
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2

37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	66.67%	8
I tried this method and is was impossible 	8.33%	1
I tried this method and it was difficult 	25.00%	3
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2




38. Please rate any experience you had with a slow (cuts of 10% or less) taper using dry cutting of pills from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	83.33%	10
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	16.67%	2
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2



39. Please rate any experience you had with Water Titration from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	66.67%	8
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	33.33%	4
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2



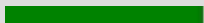







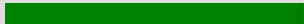

40. Please rate any experience you had with any other method of getting off benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	100.00%	12
I tried this method and it was impossible	0.00%	0
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		12
Number of respondents who skipped this question		2

41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	41.67%	5
Inpatient detox	0.00%	0
Outpatient detox 	8.33%	1
Valium crossover and Ashton style taper 	25.00%	3
Rapid direct taper using dry cutting of pills 	16.67%	2
Slow (cuts of 10% or less) direct taper using dry cutting of pills	0.00%	0
Water Titration 	8.33%	1
Number of respondents		12
Number of respondents who skipped this question		2


Page 7. Symptoms at the worst point during Withdrawal



42. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	16.67%	2
They were mild	0.00%	0
They were moderate 	16.67%	2
They were severe 	66.67%	8
Number of respondents		12
Number of respondents who skipped this question		2





43. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	25.00%	3
They were moderate 	8.33%	1

They were severe 	66.67%	8
Number of respondents		12
Number of respondents who skipped this question		2
44. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	16.67%	2
They were moderate 	33.33%	4
They were severe 	50.00%	6
Number of respondents		12
Number of respondents who skipped this question		2
45. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	25.00%	3
They were severe 	75.00%	9
Number of respondents		12
Number of respondents who skipped this question		2
46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	16.67%	2
They were severe 	83.33%	10
Number of respondents		12
Number of respondents who skipped this question		2
47. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	16.67%	2
They were mild 	8.33%	1
They were moderate 	50.00%	6
They were severe 	25.00%	3
Number of respondents		12





Number of respondents who skipped this question **2**

48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe 	100.00%	12
Number of respondents		12
Number of respondents who skipped this question		2

49. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	8.33%	1
They were moderate	0.00%	0
They were severe 	91.67%	11
Number of respondents		12
Number of respondents who skipped this question		2





50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	8.33%	1
They were mild 	16.67%	2
They were moderate 	16.67%	2
They were severe 	58.33%	7
Number of respondents		12
Number of respondents who skipped this question		2

Page 8. Symptoms at the end of Withdrawal





51. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	16.67%	2
They were mild 	33.33%	4
They were moderate 	16.67%	2
They were severe 	33.33%	4
Number of respondents		12

Number of respondents who skipped this question 2



52. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches

	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	8.33%	1
They were mild 	25.00%	3
They were moderate 	33.33%	4
They were severe 	33.33%	4
Number of respondents		12
Number of respondents who skipped this question		2




53. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps

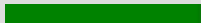



	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	16.67%	2
They were mild 	16.67%	2
They were moderate 	16.67%	2
They were severe 	50.00%	6
Number of respondents		12
Number of respondents who skipped this question		2




54. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration




	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	33.33%	4
They were severe 	66.67%	8
Number of respondents		12
Number of respondents who skipped this question		2





55. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo

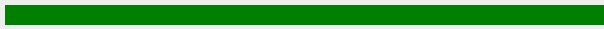
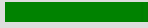
















	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	8.33%	1
They were moderate 	33.33%	4
They were severe 	58.33%	7
Number of respondents		12
Number of respondents who skipped this question		2

56. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	33.33%	4
They were mild 	33.33%	4
They were moderate 	16.67%	2
They were severe 	16.67%	2
Number of respondents		12
Number of respondents who skipped this question		2

57. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	25.00%	3
They were moderate 	8.33%	1
They were severe 	66.67%	8
Number of respondents		12
Number of respondents who skipped this question		2

58. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	8.33%	1
They were moderate 	16.67%	2
They were severe 	75.00%	9
Number of respondents		12
Number of respondents who skipped this question		2

59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	8.33%	1
They were mild 	41.67%	5
They were moderate 	8.33%	1
They were severe 	41.67%	5
Number of respondents		12
Number of respondents who skipped this question		2

60. Please rate how difficult you found it to withdraw from benzodiazepines.	% of Respondents	Number of Respondents
I found it easy	0.00%	0
It wasn't easy but not too difficult	0.00%	0
I found it difficult	0.00%	0
I found it extremely difficult 	100.00%	11
Number of respondents		11
Number of respondents who skipped this question		3
61. What activities were you able to participate in with ease at the worst time during your withdrawal?	% of Respondents	Number of Respondents
Self care - showering, dressing 	23.53%	4
Cooking 	11.76%	2
Housework and home care 	5.88%	1
Shopping	0.00%	0
Socializing	0.00%	0
Driving 	5.88%	1
Working	0.00%	0
Exercise 	5.88%	1
Intellectual 	5.88%	1
None of the above 	41.18%	7
Number of respondents		11
Number of respondents who skipped this question		3
62. What activities were you able to participate in with ease at the end of your withdrawal?	% of Respondents	Number of Respondents
Self care - showering, dressing 	22.22%	6
Cooking 	14.81%	4
Housework and home care 	7.41%	2
Shopping 	7.41%	2
Socializing 	3.70%	1
Driving 	7.41%	2
Working 	3.70%	1
Exercise 	11.11%	3
Intellectual 	3.70%	1
None of the above 	18.52%	5
Number of respondents		11
Number of respondents who skipped this question		3

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?	% of Respondents	Number of Respondents
Beta Blockers	15.38%	2
Antiseizure medication	7.69%	1
Antipsychotic medication	7.69%	1
Antidepressant medication	30.77%	4
Prescription Sleep Aids	7.69%	1
Other (Specify)	30.77%	4
Number of respondents		10
Number of respondents who skipped this question		4

64. If you added any of the above medications during your withdrawal, indicate which of the following statements best describes your experience with them.	% of Respondents	Number of Respondents
They helped with my withdrawal from benzodiazepines	25.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	50.00%	4
They made my withdrawal from benzodiazepines worse	25.00%	2
Number of respondents		8
Number of respondents who skipped this question		6

65. What additional supplements did you take during withdrawal?		
		Number of Respondents 7
		Number of respondents who skipped this question 7













66. If you added any supplements during your withdrawal, indicate which of the following statements best describes your experience with them.	% of Respondents	Number of Respondents
They helped with my withdrawal from benzodiazepines	40.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	60.00%	3
They made my withdrawal from benzodiazepines worse	0.00%	0
Number of respondents		5
Number of respondents who skipped this question		9

67. How long did it take for you to complete your taper from benzodiazepines or Z-drugs. Please enter the number of months from the beginning of your taper until you took your last dose.		
		Number of Respondents 11
		Number of respondents who skipped this question 3

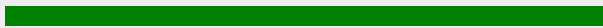
68. What was the total amount of time you were on benzodiazepines or Z-drugs? Please enter the number of months - this should be the number of months you took the drug for plus the number of months it took to taper them.		
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Number of Respondents 11

Number of respondents who skipped this question 3

69. Please indicate which of the following statements applied to you during your withdrawal.	% of Respondents	Number of Respondents
I had adequate support from my doctor 	10.34%	3
I had adequate support from my family 	6.90%	2
I had adequate support from a therapist 	3.45%	1
I had adequate support from friends 	6.90%	2
I had enough knowledge to withdrawal in a way that was appropriate for me 	10.34%	3
I had to work to support myself 	10.34%	3
I had to care for others, children, parents 	10.34%	3
I smoked 	10.34%	3
I lived alone 	6.90%	2
I have always been an anxious person even before benzodiazepines and withdrawal 	10.34%	3
I had some other health problems in addition to withdrawal 	6.90%	2
I had many other health problems in addition to withdrawal 	6.90%	2
None of the above	0.00%	0
Number of respondents		11
Number of respondents who skipped this question		3

Page 10. About Reinstatement

70. Did you reinstate at any point during your withdrawal?	% of Respondents	Number of Respondents
Yes	0.00%	0
No 	100.00%	11
Number of respondents		11
Number of respondents who skipped this question		3



71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium	0.00%	0
I reinstated to the benzodiazepine I was on	0.00%	0
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		0
Number of respondents who skipped this question		14

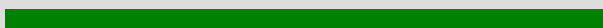
72. If you reinstated at some point during your withdrawal - indicate which of the following statements best describes the amount you needed to take to become stable.	% of Respondents	Number of Respondents
I needed more than my original amount to become stable	0.00%	0
I needed the same as my original amount to be stable	0.00%	0
I needed less than my original amount to become stable	0.00%	0
I never became stable	0.00%	0
Number of respondents		0
Number of respondents who skipped this question		14

73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month	0.00%	0
Between 1 month but under 3 months	0.00%	0
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of respondents		0
Number of respondents who skipped this question		14

74. Indicate how successful reinstating was for you in helping you to become stable so that you could re-taper.	% of Respondents	Number of Respondents
It was successful	0.00%	0
It was neither successful or unsuccessful	0.00%	0
It was unsuccessful	0.00%	0
Number of respondents		0
Number of respondents who skipped this question		14



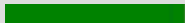

Page 11. About Updosing




75. At any point during your withdrawal did you updose on the amount you were taking in order to restabilize before you continued your taper?	% of Respondents	Number of Respondents
Yes 	9.09%	1
No 	90.91%	10
Number of respondents		11
Number of respondents who skipped this question		3





76. Indicate how successful up dosing was for you as a way to become more stable.	% of Respondents	Number of Respondents
It was successful 	100.00%	1



It was neither successful more unsuccessful	0.00%	0
It was unsuccessful	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		13


Page 12. Symptoms existing at 12 months off

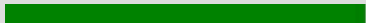

77. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	20.00%	2
They were mild 	20.00%	2
They were moderate 	30.00%	3
They were severe 	30.00%	3
Number of respondents		10
Number of respondents who skipped this question		4





78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	30.00%	3
They were moderate 	40.00%	4
They were severe 	30.00%	3
Number of respondents		10
Number of respondents who skipped this question		4



79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	10.00%	1
They were mild 	10.00%	1
They were moderate 	70.00%	7
They were severe 	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		4



80. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	20.00%	2
They were moderate 	50.00%	5


They were severe 	30.00%	3
Number of respondents		10
Number of respondents who skipped this question		4





81. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	60.00%	6
They were severe 	40.00%	4
Number of respondents		10
Number of respondents who skipped this question		4










82. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	30.00%	3
They were mild 	20.00%	2
They were moderate 	30.00%	3
They were severe 	20.00%	2
Number of respondents		10
Number of respondents who skipped this question		4

83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	50.00%	5
They were severe 	50.00%	5
Number of respondents		10
Number of respondents who skipped this question		4




84. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	10.00%	1
They were moderate 	40.00%	4





They were severe 	50.00%	5
Number of respondents		10
Number of respondents who skipped this question		4





85. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	20.00%	2
They were mild 	30.00%	3
They were moderate 	30.00%	3
They were severe 	20.00%	2
Number of respondents		10
Number of respondents who skipped this question		4




86. What activities were you able to participate in with ease 12 months after you stopped taking benzodiazepines?	% of Respondents	Number of Respondents
Self care - showering, dressing 	26.09%	6
Cooking 	21.74%	5
Housework and home care 	8.70%	2
Shopping 	4.35%	1
Socializing	0.00%	0
Driving 	4.35%	1
Working 	4.35%	1
Exercise 	8.70%	2
Intellectual 	4.35%	1
None of the above 	17.39%	4
Number of respondents		10
Number of respondents who skipped this question		4

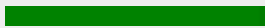
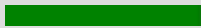

Page 13. Symptoms existing at 24 months off
















87. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	33.33%	3
They were mild 	33.33%	3
They were moderate 	33.33%	3
They were severe	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		5











88. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychia (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	1
They were mild 	44.44%	4
They were moderate 	33.33%	3
They were severe 	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		5

89. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	22.22%	2
They were mild 	55.56%	5
They were moderate 	11.11%	1
They were severe 	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		5

90. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	33.33%	3
They were moderate 	33.33%	3
They were severe 	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		5

91. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	44.44%	4
They were moderate 	33.33%	3
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		5

92. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	44.44%	4
They were mild 	22.22%	2
They were moderate 	22.22%	2
They were severe 	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		5
93. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	1
They were mild 	22.22%	2
They were moderate 	44.44%	4
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		5
94. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	44.44%	4
They were moderate 	33.33%	3
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		5
95. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	44.44%	4
They were mild 	33.33%	3
They were moderate 	11.11%	1
They were severe 	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		5
96. What activities were you able to participate in with ease 24 months after you stopped taking benzodiazepines?	% of Respondents	Number of Respondents

Self care - showering, dressing 	14.29%	6
Cooking 	14.29%	6
Housework and home care 	11.90%	5
Shopping 	14.29%	6
Socializing 	7.14%	3
Driving 	9.52%	4
Working 	4.76%	2
Exercise 	9.52%	4
Intellectual 	7.14%	3
None of the above 	7.14%	3
Number of respondents		9
Number of respondents who skipped this question		5