

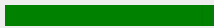





















## Page 1. Benzodiazepine Survey Four - 12 months off and not recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	25.49%	13
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam) 	1.96%	1
clonazepam (Klonopin, Rivotril) 	35.29%	18
clorazepate (Tranxene) 	1.96%	1
diazepam (Valium, D-Pam, Pro-Pam) 	19.61%	10
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 (Dormonocot)	0.00%	0
lorazepam (Ativan) 	5.88%	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) 	1.96%	1
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox) 	1.96%	1
Zopiclone (Zimovane, Imovane)	0.00%	0
Eszopiclone (Lunesta) 	1.96%	1
Other (Specify) 	3.92%	2
<b>Number of respondents</b>		<b>39</b>
<b>Number of respondents who skipped this question</b>		<b>0</b>





<b>2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?</b>	% of Respondents	Number of Respondents
Under a month	0.00%	0
1- 3 months 	5.13%	2
3 - 6 months 	5.13%	2
6 - 9 months 	7.69%	3
9 - 12 months 	2.56%	1
1 - 2 years 	10.26%	4
2 - 3 years 	10.26%	4
3 - 4 years 	10.26%	4
4 - 5 years 	2.56%	1
5 -10 years 	12.82%	5
10 -15 years 	7.69%	3
15 - 20 years 	15.38%	6
over 20 years 	10.26%	4
<b>Number of respondents</b>		<b>39</b>
<b>Number of respondents who skipped this question</b>		<b>0</b>


**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.**

<b>Number of Respondents</b>	<b>31</b>
<b>Number of respondents who skipped this question</b>	
<b>8</b>	

**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.**

<b>Number of Respondents</b>	<b>12</b>
<b>Number of respondents who skipped this question</b>	
<b>27</b>	

<b>5. Why were you prescribed benzodiazepines or Z-drugs?</b>	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	51.11%	23
Hypnotic (tending to make you sleepy) 	13.33%	6
Anti-seizure (tending to reduce the probability of having seizures and convulsions) 	6.67%	3
Muscle relaxant (tending to reduce muscle tension and associated pain) 	6.67%	3
Amnesic (tending to disrupt both long and short term memory)	0.00%	0

Other (Specify) 	22.22%	10
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<b>Number of respondents</b>	<b>39</b>
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<b>Number of respondents who skipped this question</b>	<b>0</b>
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## Page 2. Symptoms Prior to starting either benzodiazepines or Z-drugs

<b>6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	83.33%	30
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They were mild 	8.33%	3
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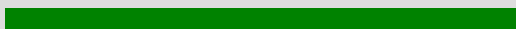
They were moderate 	5.56%	2
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They were severe 	2.78%	1
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<b>Number of respondents</b>	<b>36</b>
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<b>Number of respondents who skipped this question</b>	<b>3</b>
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<b>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, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	86.11%	31
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They were mild 	5.56%	2
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They were moderate 	5.56%	2
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They were severe 	2.78%	1
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<b>Number of respondents</b>	<b>36</b>
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<b>Number of respondents who skipped this question</b>	<b>3</b>
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<b>8. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	69.44%	25
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They were mild 	13.89%	5
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They were moderate 	11.11%	4
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They were severe 	5.56%	2
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<b>Number of respondents</b>	<b>36</b>
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<b>Number of respondents who skipped this question</b>	<b>3</b>
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<b>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</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	77.78%	28
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They were mild 	11.11%	4
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They were moderate 	2.78%	1
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They were severe 	8.33%	3
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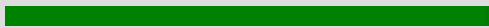



**Number of respondents 36****Number of respondents who skipped this question 3****10. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, 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 RespondentsI was not experiencing these symptoms  77.78% 28They were mild  8.33% 3They were moderate  5.56% 2They were severe  8.33% 3**Number of respondents 36****Number of respondents who skipped this question 3****11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)**% of Respondents  
Number of RespondentsI was not experiencing these symptoms  88.89% 32They were mild  8.33% 3They were moderate  2.78% 1

They were severe 0.00% 0

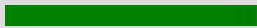



**Number of respondents 36****Number of respondents who skipped this question 3****12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness**% of Respondents  
Number of RespondentsI was not experiencing these symptoms  47.22% 17They were mild  27.78% 10They were moderate  16.67% 6They were severe  8.33% 3**Number of respondents 36****Number of respondents who skipped this question 3****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 RespondentsI was not experiencing these symptoms  41.67% 15They were mild  22.22% 8They were moderate  19.44% 7They were severe  16.67% 6





**Number of respondents 36**




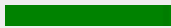
**Number of respondents who skipped this question 3**

<b>14. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	80.56%	29
They were mild 	8.33%	3
They were moderate 	8.33%	3
They were severe 	2.78%	1
<b>Number of respondents 36</b>		
<b>Number of respondents who skipped this question 3</b>		



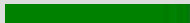

**Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs**



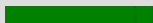

<b>15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	41.67%	15
They were mild 	8.33%	3
They were moderate 	25.00%	9
They were severe 	25.00%	9
<b>Number of respondents 36</b>		
<b>Number of respondents who skipped this question 3</b>		





<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.89%	14
They were mild 	13.89%	5
They were moderate 	22.22%	8
They were severe 	25.00%	9
<b>Number of respondents 36</b>		
<b>Number of respondents who skipped this question 3</b>		





<b>17. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.89%	14
They were mild 	16.67%	6
They were moderate 	16.67%	6
They were severe 	27.78%	10
<b>Number of respondents 36</b>		





**Number of respondents who skipped this question 3**





<b>18. 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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	27.78%	10
They were mild 	8.33%	3
They were moderate 	30.56%	11
They were severe 	33.33%	12
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	22.22%	8
They were mild 	16.67%	6
They were moderate 	25.00%	9
They were severe 	36.11%	13
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>










<b>20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	50.00%	18
They were mild 	19.44%	7
They were moderate 	16.67%	6
They were severe 	13.89%	5
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>

<b>21. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	16.67%	6
They were mild 	8.33%	3
They were moderate 	30.56%	11
They were severe 	44.44%	16
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>











<b>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, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	4
They were mild 	11.11%	4
They were moderate 	33.33%	12
They were severe 	44.44%	16
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>

<b>23. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	36.11%	13
They were mild 	16.67%	6
They were moderate 	30.56%	11
They were severe 	16.67%	6
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>







#### Page 4. Functionality and Activities

<b>24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?</b>	% of Respondents	Number of Respondents
Self care - showering, dressing 	12.01%	34
Cooking 	12.01%	34
Housework and home care 	11.31%	32
Shopping 	11.66%	33
Socializing 	10.25%	29
Driving 	10.60%	30
Working 	10.25%	29
Exercise 	10.25%	29
Intellectual 	11.31%	32
None of the above	0.35%	1
<b>Number of respondents</b>		<b>36</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>



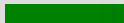

<b>25. What activities were you able to participate in with ease at the time you decided to withdraw from benzodiazepines or Z-drugs?</b>	% of Respondents	Number of Respondents
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Self care - showering, dressing		16.10%	19
Cooking		13.56%	16
Housework and home care		14.41%	17
Shopping		11.02%	13
Socializing		3.39%	4
Driving		7.63%	9
Working		6.78%	8
Exercise		7.63%	9
Intellectual		6.78%	8
None of the Above		12.71%	15
		<b>Number of respondents</b>	<b>36</b>
		<b>Number of respondents who skipped this question</b>	<b>3</b>

### 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		2.50% 1
Antiseizure medication		10.00% 4
Antipsychotic medication		7.50% 3
Antidepressant medication		32.50% 13
Prescription Sleep Aids		7.50% 3
Other (Specify)		40.00% 16
		<b>Number of respondents</b> 28
		<b>Number of respondents who skipped this question</b> 11

27. Please list the supplements and vitamins you were taking at the time you decided to withdraw from benzodiazepines or Z-drugs	
<b>Number of Respondents</b> 21	
<b>Number of respondents who skipped this question</b> 18	

28. Why did you decide to come off benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
I no longer needed them		5.33% 4
They stopped working		12.00% 9
There were too many side effects		20.00% 15
Didn't wish to rely on drugs anymore		17.33% 13




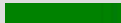

















Doctor would no longer prescribe them		5.33%	4
They were making me sick		25.33%	19
I could no longer afford the drugs - my insurance ran out		1.33%	1
Other (Specify)		13.33%	10
		<b>Number of respondents</b>	<b>35</b>
		<b>Number of respondents who skipped this question</b>	<b>4</b>


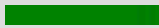


29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents	
This is my first time		62.86%	22
One previous attempt		14.29%	5
Two previous attempts		5.71%	2
Three previous attempts		8.57%	3
More than three previous attempts		8.57%	3
		<b>Number of respondents</b>	<b>35</b>
		<b>Number of respondents who skipped this question</b>	<b>4</b>






30. How old are you?	% of Respondents	Number of Respondents	
under 20		0.00%	0
20 - 29		17.14%	6
30 - 39		11.43%	4
40 - 49		22.86%	8
50 - 59		31.43%	11
60 - 69		11.43%	4
70 - 79		2.86%	1
80 and over		2.86%	1
		<b>Number of respondents</b>	<b>35</b>
		<b>Number of respondents who skipped this question</b>	<b>4</b>




31. Indicate your gender.	% of Respondents	Number of Respondents	
Male		45.71%	16
Female		54.29%	19
		<b>Number of respondents</b>	<b>35</b>
		<b>Number of respondents who skipped this question</b>	<b>4</b>




<b>32. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs?</b>	% of Respondents	Number of Respondents
Cold Turkey 	25.49%	13
Inpatient detox	0.00%	0
Outpatient detox 	1.96%	1
Valium crossover and Ashton style taper 	17.65%	9
Rapid direct taper using dry cutting of pills 	19.61%	10
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	17.65%	9
Water Titration 	7.84%	4
Other (Specify) 	9.80%	5
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>
<b>33. Please rate any experience you had with a cold turkey from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	37.14%	13
I tried this method and is was impossible 	34.29%	12
I tried this method and it was difficult 	25.71%	9
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do 	2.86%	1
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>
<b>34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	91.43%	32
I tried this method and is was impossible 	2.86%	1
I tried this method and it was difficult 	2.86%	1
I tried this method and it was bearable 	2.86%	1
I tried this method and it was easy to do	0.00%	0
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>
<b>35. Please rate any experience you had with an outpatient detox from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	74.29%	26
I tried this method and is was impossible 	5.71%	2
I tried this method and it was difficult 	17.14%	6
I tried this method and it was bearable 	2.86%	1

I tried this method and it was easy to do	0.00%	0
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>




<b>36. Please rate any experience you had with a Valium crossover and Ashton style taper from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	65.71%	23
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	25.71%	9
I tried this method and it was bearable 	5.71%	2
I tried this method and it was easy to do 	2.86%	1
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>



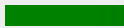




<b>37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	48.57%	17
I tried this method and is was impossible 	14.29%	5
I tried this method and it was difficult 	28.57%	10
I tried this method and it was bearable 	5.71%	2
I tried this method and it was easy to do 	2.86%	1
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>

<b>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.</b>	% of Respondents	Number of Respondents
I never tried this method 	62.86%	22
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	28.57%	10
I tried this method and it was bearable 	8.57%	3
I tried this method and it was easy to do	0.00%	0
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>



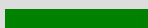

<b>39. Please rate any experience you had with Water Titration from benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	82.86%	29
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	8.57%	3
I tried this method and it was bearable 	8.57%	3

I tried this method and it was easy to do	0.00%	0
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>

















<b>40. Please rate any experience you had with any other method of getting off benzodiazepines or Z-drugs.</b>	% of Respondents	Number of Respondents
I never tried this method 	91.43%	32
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	5.71%	2
I tried this method and it was bearable 	2.86%	1
I tried this method and it was easy to do	0.00%	0
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>





<b>41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?</b>	% of Respondents	Number of Respondents
Cold Turkey 	28.57%	10
Inpatient detox	0.00%	0
Outpatient detox 	2.86%	1
Valium crossover and Ashton style taper 	20.00%	7
Rapid direct taper using dry cutting of pills 	20.00%	7
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	17.14%	6
Water Titration 	5.71%	2
Other (Specify) 	5.71%	2
<b>Number of respondents</b>		<b>35</b>
<b>Number of respondents who skipped this question</b>		<b>4</b>





**Page 7. Symptoms at the worst point during Withdrawal**




<b>42. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	14.71%	5
They were mild 	2.94%	1
They were moderate 	23.53%	8
They were severe 	58.82%	20
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>





<b>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,</b>	% of Respondents	Number of Respondents
--	------------------	-----------------------

<b>Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches</b>		
I was not experiencing these symptoms 	8.82%	3
They were mild 	11.76%	4
They were moderate 	20.59%	7
They were severe 	58.82%	20
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>
<b>44. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>		
	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.76%	4
They were mild 	26.47%	9
They were moderate 	17.65%	6
They were severe 	44.12%	15
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>
<b>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</b>		
	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	2.94%	1
They were mild 	8.82%	3
They were moderate 	17.65%	6
They were severe 	70.59%	24
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>
<b>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</b>		
	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	2.94%	1
They were mild 	2.94%	1
They were moderate 	11.76%	4
They were severe 	82.35%	28
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>
<b>47. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>		
	% of Respondents	Number of Respondents

I was not experiencing these symptoms 	26.47%	9
They were mild 	20.59%	7
They were moderate 	17.65%	6
They were severe 	35.29%	12
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

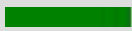



<b>48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	2.94%	1
They were mild 	5.88%	2
They were moderate 	14.71%	5
They were severe 	76.47%	26
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

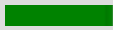



<b>49. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	8.82%	3
They were moderate 	8.82%	3
They were severe 	82.35%	28
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

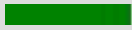



<b>50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	20.59%	7
They were mild 	17.65%	6
They were moderate 	32.35%	11
They were severe 	29.41%	10
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>





**Page 8. Symptoms at the end of Withdrawal**


<b>51. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	20.59%	7
They were mild 	26.47%	9
They were moderate 	23.53%	8
They were severe 	29.41%	10
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>





<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	17.65%	6
They were mild 	23.53%	8
They were moderate 	32.35%	11
They were severe 	26.47%	9
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>





<b>53. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	20.59%	7
They were mild 	29.41%	10
They were moderate 	14.71%	5
They were severe 	35.29%	12
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>





<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	5.88%	2
They were mild 	20.59%	7
They were moderate 	26.47%	9
They were severe 	47.06%	16
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>



<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	2.94%	1

They were mild 	17.65%	6
They were moderate 	26.47%	9
They were severe 	52.94%	18
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

<b>56. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.24%	13
They were mild 	29.41%	10
They were moderate 	5.88%	2
They were severe 	26.47%	9
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

<b>57. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	2.94%	1
They were mild 	26.47%	9
They were moderate 	26.47%	9
They were severe 	44.12%	15
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	5.88%	2
They were mild 	20.59%	7
They were moderate 	29.41%	10
They were severe 	44.12%	15
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>




<b>59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.53%	8
They were mild 	41.18%	14












They were moderate 	11.76%	4
They were severe 	23.53%	8
<b>Number of respondents</b>		<b>34</b>
<b>Number of respondents who skipped this question</b>		<b>5</b>

## Page 9. General Withdrawal Questions

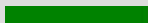





### 60. Please rate how difficult you found it to withdraw from benzodiazepines.





	% of Respondents	Number of Respondents
I found it easy	0.00%	0
It wasn't easy but not too difficult 	9.09%	3
I found it difficult 	6.06%	2
I found it extremely difficult 	84.85%	28
<b>Number of respondents</b>		<b>33</b>
<b>Number of respondents who skipped this question</b>		<b>6</b>







### 61. What activities were you able to participate in with ease at the worst time during your withdrawal?

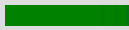

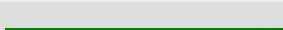
	% of Respondents	Number of Respondents
Self care - showering, dressing 	21.15%	11
Cooking 	7.69%	4
Housework and home care 	7.69%	4
Shopping 	7.69%	4
Socializing	0.00%	0
Driving 	5.77%	3
Working 	3.85%	2
Exercise 	1.92%	1
Intellectual 	1.92%	1
None of the above 	42.31%	22
<b>Number of respondents</b>		<b>33</b>
<b>Number of respondents who skipped this question</b>		<b>6</b>

### 62. What activities were you able to participate in with ease at the end of your withdrawal?

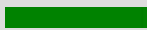

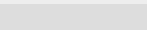
	% of Respondents	Number of Respondents
Self care - showering, dressing 	23.66%	22
Cooking 	13.98%	13
Housework and home care 	11.83%	11
Shopping 	10.75%	10
Socializing 	4.30%	4
Driving 	7.53%	7

Working 	4.30%	4
Exercise 	5.38%	5
Intellectual 	7.53%	7
None of the above 	10.75%	10
<b>Number of respondents</b>		<b>33</b>
<b>Number of respondents who skipped this question</b>		<b>6</b>

<b>63. Which of the following medication did you add in during your withdrawal from benzodiazepines?</b>	% of Respondents	Number of Respondents
Beta Blockers 	14.29%	5
Antiseizure medication 	5.71%	2
Antipsychotic medication 	8.57%	3
Antidepressant medication 	22.86%	8
Prescription Sleep Aids 	5.71%	2
Other (Specify) 	42.86%	15
<b>Number of respondents</b>		<b>22</b>
<b>Number of respondents who skipped this question</b>		<b>17</b>

<b>64. If you added any of the above medications during your withdrawal, indicate which of the following statements best describes your experience with them.</b>	% of Respondents	Number of Respondents
They helped with my withdrawal from benzodiazepines 	21.05%	4
They neither helped nor hurt my withdrawal from benzodiazepines 	31.58%	6
They made my withdrawal from benzodiazepines worse 	47.37%	9
<b>Number of respondents</b>		<b>19</b>
<b>Number of respondents who skipped this question</b>		<b>20</b>

<b>65. What additional supplements did you take during withdrawal?</b>		
		<b>Number of Respondents</b> 16
		<b>Number of respondents who skipped this question</b> 23

<b>66. If you added any supplements during your withdrawal, indicate which of the following statements best describes your experience with them.</b>	% of Respondents	Number of Respondents
They helped with my withdrawal from benzodiazepines 	23.53%	4
They neither helped nor hurt my withdrawal from benzodiazepines 	52.94%	9
They made my withdrawal from benzodiazepines worse 	23.53%	4
<b>Number of respondents</b>		<b>17</b>
<b>Number of respondents who skipped this question</b>		<b>22</b>

**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* 33













*Number of respondents who skipped this question* 6

**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.**

*Number of Respondents* 33


*Number of respondents who skipped this question* 6

**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 	6.54%	7
I had adequate support from my family 	17.76%	19
I had adequate support from a therapist 	3.74%	4
I had adequate support from friends 	9.35%	10
I had enough knowledge to withdrawal in a way that was appropriate for me 	14.02%	15
I had to work to support myself 	11.21%	12
I had to care for others, children, parents 	4.67%	5
I smoked 	5.61%	6
I lived alone 	5.61%	6
I have always been an anxious person even before benzodiazepines and withdrawal 	14.02%	15
I had some other health problems in addition to withdrawal 	5.61%	6
I had many other health problems in addition to withdrawal	0.00%	0
None of the above 	1.87%	2
<i>Number of respondents</i>		<b>33</b>
<i>Number of respondents who skipped this question</i>		<b>6</b>

**Page 10. About Reinstatement**

**70. Did you reinstate at any point during your withdrawal?**

Yes  24.24% 8

No  75.76% 25

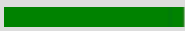

*Number of respondents* 33




*Number of respondents who skipped this question* 6

<b>71. Indicate to what benzodiazepine you reinstated.</b>	% of Respondents	Number of Respondents
I reinstated to Valium	25.00%	2
I reinstated to the benzodiazepine I was on	25.00%	2
I reinstated to another benzodiazepine	50.00%	4
<b>Number of respondents</b>		<b>8</b>
<b>Number of respondents who skipped this question</b>		<b>31</b>
<b>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.</b>	% of Respondents	Number of Respondents
I needed more than my original amount to become stable	12.50%	1
I needed the same as my original amount to be stable	0.00%	0
I needed less than my original amount to become stable	12.50%	1
I never became stable	75.00%	6
<b>Number of respondents</b>		<b>8</b>
<b>Number of respondents who skipped this question</b>		<b>31</b>
<b>73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?</b>	% of Respondents	Number of Respondents
Under a month	25.00%	2
Between 1 month but under 3 months	50.00%	4
Between 3 months but under 6 months	12.50%	1
Between 6 months but under 9 months	12.50%	1
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
<b>Number of respondents</b>		<b>8</b>
<b>Number of respondents who skipped this question</b>		<b>31</b>
<b>74. Indicate how successful reinstating was for you in helping you to become stable so that you could re-taper.</b>	% of Respondents	Number of Respondents
It was successful	12.50%	1
It was neither successful or unsuccessful	37.50%	3
It was unsuccessful	50.00%	4
<b>Number of respondents</b>		<b>8</b>
<b>Number of respondents who skipped this question</b>		<b>31</b>





## Page 11. About Updosing





<b>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?</b>	% of Respondents	Number of Respondents
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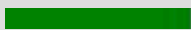



Yes 	30.30%	10
No 	69.70%	23
<b>Number of respondents</b>		<b>33</b>
<b>Number of respondents who skipped this question</b>		<b>6</b>

<b>76. Indicate how successful up dosing was for you as a way to become more stable.</b>	% of Respondents	Number of Respondents
It was successful 	16.67%	2
It was neither successful more unsuccessful 	41.67%	5
It was unsuccessful 	41.67%	5
<b>Number of respondents</b>		<b>12</b>
<b>Number of respondents who skipped this question</b>		<b>27</b>



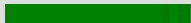

**Page 12. Symptoms existing at 12 months off**



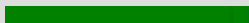

<b>77. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	31.25%	10
They were mild 	21.88%	7
They were moderate 	34.38%	11
They were severe 	12.50%	4
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>





<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	21.88%	7
They were mild 	40.63%	13
They were moderate 	21.88%	7
They were severe 	15.63%	5
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>





<b>79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	31.25%	10
They were mild 	28.13%	9
They were moderate 	28.13%	9
They were severe 	12.50%	4
<b>Number of respondents</b>		<b>32</b>



















**Number of respondents who skipped this question** **7**

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	6.25%	2
They were mild 	25.00%	8
They were moderate 	31.25%	10
They were severe 	37.50%	12
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	6.25%	2
They were mild 	18.75%	6
They were moderate 	40.63%	13
They were severe 	34.38%	11
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>

<b>82. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	34.38%	11
They were mild 	34.38%	11
They were moderate 	15.63%	5
They were severe 	15.63%	5
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>

<b>83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	6.25%	2
They were mild 	34.38%	11
They were moderate 	37.50%	12
They were severe 	21.88%	7
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>

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 	6.25%	2
They were mild 	25.00%	8
They were moderate 	43.75%	14
They were severe 	25.00%	8
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>
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 	37.50%	12
They were mild 	31.25%	10
They were moderate 	21.88%	7
They were severe 	9.38%	3
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>
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 	19.44%	28
Cooking 	13.89%	20
Housework and home care 	12.50%	18
Shopping 	11.81%	17
Socializing 	7.64%	11
Driving 	11.11%	16
Working 	6.94%	10
Exercise 	6.25%	9
Intellectual 	8.33%	12
None of the above 	2.08%	3
<b>Number of respondents</b>		<b>32</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>