
























## Page 1. Benzodiazepine Survey One - Getting Ready to Withdraw or Currently Withdrawing

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	22.18%	65
bromazepam (Lexotan, Lexomil) 	1.02%	3
chlordiazepoxide (Librium, Nova-Pam) 	0.68%	2
clonazepam (Klonopin, Rivotril) 	38.91%	114
clorazepate (Tranxene)	0.00%	0
diazepam (Valium, D-Pam, Pro-Pam) 	6.83%	20
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 (Dormonocet)	0.34%	1
lorazepam (Ativan) 	17.06%	50
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)	0.34%	1
nitrazepam (Mogadon, Insoma, Nitrados)	0.34%	1
prazepam (Centrax)	0.34%	1
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam) 	2.39%	7
triazolam (Halcion, Hypam, Tricam)	0.34%	1
Zaleplon (Sonata)	0.34%	1
Zolpidem (Ambien, Stilnoct, Stilnox) 	5.80%	17
Zopiclone (Zimovane, Imovane) 	0.68%	2
Eszopiclone (Lunesta)	0.34%	1
Other (Specify) 	2.05%	6
<b>Number of respondents</b>		<b>231</b>
<b>Number of respondents who skipped this question</b>		<b>1</b>

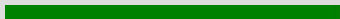



<b>2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?</b>	% of Respondents	Number of Respondents
Under a month 	1.30%	3
1- 3 months 	6.06%	14
3 - 6 months 	4.76%	11
6 - 9 months 	3.03%	7
9 - 12 months 	6.06%	14
1 - 2 years 	12.99%	30
2 - 3 years 	7.79%	18
3 - 4 years 	4.33%	10
4 - 5 years 	7.79%	18
5 -10 years 	17.75%	41
10 -15 years 	13.85%	32
15 - 20 years 	8.66%	20
over 20 years 	5.63%	13
<b>Number of respondents</b>		<b>231</b>
<b>Number of respondents who skipped this question</b>		<b>1</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>192</b>
<b>Number of respondents who skipped this question</b> 40	

**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>57</b>
<b>Number of respondents who skipped this question</b> 175	

<b>5. Why were you prescribed benzodiazepines or Z-drugs?</b>	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	56.00%	168
Hypnotic (tending to make you sleepy) 	20.00%	60
Anti-seizure (tending to reduce the probability of having seizures and convulsions) 	2.00%	6
Muscle relaxant (tending to reduce muscle tension and associated pain) 	6.67%	20
Amnesic (tending to disrupt both long and short term memory)	0.00%	0

Other (Specify) 	15.33%	46
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<b>Number of respondents</b>	<b>231</b>
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<b>Number of respondents who skipped this question</b>	<b>1</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 	56.13%	119
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They were mild 	18.87%	40
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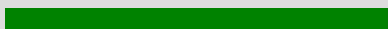
They were moderate 	15.09%	32
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They were severe 	9.91%	21
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
<b>Number of respondents</b>	<b>212</b>
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<b>Number of respondents who skipped this question</b>	<b>20</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 	63.68%	135
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They were mild 	16.51%	35
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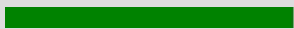
They were moderate 	14.15%	30
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They were severe 	5.66%	12
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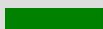
<b>Number of respondents</b>	<b>212</b>
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<b>Number of respondents who skipped this question</b>	<b>20</b>
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<b>8. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), 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 	48.11%	102
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They were mild 	21.23%	45
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They were moderate 	17.45%	37
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They were severe 	13.21%	28
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<b>Number of respondents</b>	<b>212</b>
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<b>Number of respondents who skipped this question</b>	<b>20</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 	54.25%	115
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They were mild 	14.15%	30
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They were moderate 	19.34%	41
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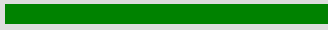
They were severe 	12.26%	26
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**Number of respondents 212**


**Number of respondents who skipped this question 20**


**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  54.25%    115

They were mild  14.15%    30

They were moderate  17.45%    37


They were severe  14.15%    30


**Number of respondents 212**


**Number of respondents who skipped this question 20**


**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  64.62%    137

They were mild  16.04%    34

They were moderate  13.21%    28

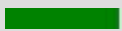
They were severe  6.13%    13

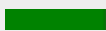
**Number of respondents 212**


**Number of respondents who skipped this question 20**


**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  18.87%    40

They were mild  16.98%    36

They were moderate  25.47%    54


They were severe  38.68%    82


**Number of respondents 212**

**Number of respondents who skipped this question 20**


**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

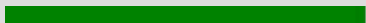



I was not experiencing these symptoms  16.98%    36

They were mild  16.98%    36



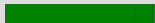

They were moderate  28.77%    61



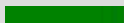

They were severe  37.26%    79

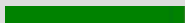



**Number of respondents 212****Number of respondents who skipped this question 20**

<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 	60.38%	128
They were mild 	17.92%	38
They were moderate 	15.09%	32
They were severe 	6.60%	14
<b>Number of respondents</b>		<b>212</b>
<b>Number of respondents who skipped this question</b>		<b>20</b>



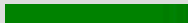

### Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs



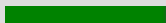

<b>15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	36.79%	71
They were mild 	21.24%	41
They were moderate 	25.39%	49
They were severe 	16.58%	32
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	40.93%	79
They were mild 	27.98%	54
They were moderate 	20.21%	39
They were severe 	10.88%	21
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	29.53%	57
They were mild 	27.98%	54
They were moderate 	22.28%	43
They were severe 	20.21%	39
<b>Number of respondents</b>		<b>193</b>





**Number of respondents who skipped this question 39**





<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 	26.94%	52
They were mild 	21.76%	42
They were moderate 	30.57%	59
They were severe 	20.73%	40
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	24.87%	48
They were mild 	23.32%	45
They were moderate 	26.94%	52
They were severe 	24.87%	48
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	44.04%	85
They were mild 	19.17%	37
They were moderate 	23.32%	45
They were severe 	13.47%	26
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	11.92%	23
They were mild 	20.73%	40
They were moderate 	26.42%	51
They were severe 	40.93%	79
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</b>

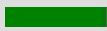









<b>22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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 	6.74%	13
They were mild 	19.69%	38
They were moderate 	32.12%	62
They were severe 	41.45%	80
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</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 	46.11%	89
They were mild 	22.28%	43
They were moderate 	21.76%	42
They were severe 	9.84%	19
<b>Number of respondents</b>		<b>193</b>
<b>Number of respondents who skipped this question</b>		<b>39</b>






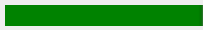
#### Page 4. Functionality and Activities

<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 	12.71%	174
Cooking 	11.32%	155
Housework and home care 	11.91%	163
Shopping 	11.03%	151
Socializing 	9.50%	130
Driving 	10.88%	149
Working 	10.23%	140
Exercise 	10.52%	144
Intellectual 	11.32%	155
None of the above 	0.58%	8
<b>Number of respondents</b>		<b>190</b>
<b>Number of respondents who skipped this question</b>		<b>42</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 	17.46%	132
Cooking 	11.51%	87
Housework and home care 	10.32%	78
Shopping 	9.52%	72
Socializing 	7.41%	56
Driving 	11.51%	87
Working 	7.80%	59
Exercise 	8.60%	65
Intellectual 	9.66%	73
None of the Above 	6.22%	47
<b>Number of respondents</b>		<b>190</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>



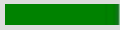
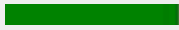
### Page 5. General Questions

26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.	% of Respondents	Number of Respondents
Beta Blockers 	9.60%	19
Antiseizure medication 	7.07%	14
Antipsychotic medication 	6.06%	12
Antidepressant medication 	33.33%	66
Prescription Sleep Aids 	10.61%	21
Other (Specify) 	33.33%	66
<b>Number of respondents</b>		<b>142</b>
<b>Number of respondents who skipped this question</b>		<b>90</b>

### 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** 120

**Number of respondents who skipped this question** 112

28. Why did you decide to come off benzodiazepines?	% of Respondents	Number of Respondents
I no longer needed them 	2.97%	11
They stopped working 	14.86%	55
There were too many side effects 	18.92%	70
Didn't wish to rely on drugs anymore 	29.46%	109



Doctor would no longer prescribe them	3.24%	12
They were making me sick	14.32%	53
I could no longer afford the drugs - my insurance ran out	1.62%	6
Other (Specify)	14.59%	54
<b>Number of respondents</b>		<b>182</b>
<b>Number of respondents who skipped this question</b>		<b>50</b>

29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents
This is my first time	43.41%	79
One previous attempt	20.33%	37
Two previous attempts	18.68%	34
Three previous attempts	6.59%	12
More than three previous attempts	10.99%	20
<b>Number of respondents</b>		<b>182</b>
<b>Number of respondents who skipped this question</b>		<b>50</b>

30. How old are you?	% of Respondents	Number of Respondents
under 20	2.20%	4
20 - 29	17.03%	31
30 - 39	23.08%	42
40 - 49	20.88%	38
50 - 59	29.67%	54
60 - 69	6.04%	11
70 - 79	1.10%	2
80 and over	0.00%	0
<b>Number of respondents</b>		<b>182</b>
<b>Number of respondents who skipped this question</b>		<b>50</b>

31. Indicate your gender.	% of Respondents	Number of Respondents
Male	31.32%	57
Female	68.68%	125
<b>Number of respondents</b>		<b>182</b>
<b>Number of respondents who skipped this question</b>		<b>50</b>