




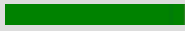


Page 1. Benzodiazepine Survey Seven - 4 or more years off and not recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	19.05%	4
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam) 	9.52%	2
clonazepam (Klonopin, Rivotril) 	4.76%	1
clorazepate (Tranxene) 	4.76%	1
diazepam (Valium, D-Pam, Pro-Pam) 	19.05%	4
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) 	4.76%	1
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam) 	4.76%	1
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)	0.00%	0
Zopiclone (Zimovane, Imovane) 	4.76%	1
Eszopiclone (Lunesta)	0.00%	0
Other (Specify) 	14.29%	3
Number of respondents		10
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
Under a month	0.00%	0
1- 3 months 	10.00%	1
3 - 6 months	0.00%	0
6 - 9 months	0.00%	0
9 - 12 months	0.00%	0
1 - 2 years 	20.00%	2
2 - 3 years	0.00%	0
3 - 4 years	0.00%	0
4 - 5 years	0.00%	0
5 -10 years	0.00%	0
10 -15 years 	10.00%	1
15 - 20 years 	30.00%	3
over 20 years 	30.00%	3
Number of respondents		10
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 8

Number of respondents who skipped this question 2

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.

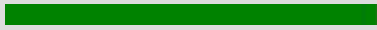

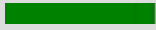
Number of Respondents 4

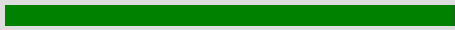
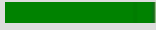
Number of respondents who skipped this question 6

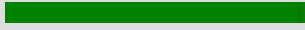
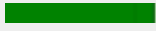


5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	30.77%	4
Hypnotic (tending to make you sleepy) 	15.38%	2
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	0.00%	0
Muscle relaxant (tending to reduce muscle tension and associated pain) 	30.77%	4
Amnesic (tending to disrupt both long and short term memory)	0.00%	0




Other (Specify) 	23.08%	3
Number of respondents		10
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 	62.50%	5
They were mild 	12.50%	1
They were moderate 	25.00%	2
They were severe	0.00%	0
Number of respondents		8
Number of respondents who skipped this question		2


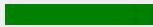
7. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	75.00%	6
They were mild	0.00%	0
They were moderate 	25.00%	2
They were severe	0.00%	0
Number of respondents		8
Number of respondents who skipped this question		2

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 	50.00%	4
They were mild 	25.00%	2
They were moderate 	12.50%	1
They were severe 	12.50%	1
Number of respondents		8
Number of respondents who skipped this question		2

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 	75.00%	6
They were mild 	12.50%	1
They were moderate	0.00%	0
They were severe 	12.50%	1

Number of respondents 8**Number of respondents who skipped this question 2**

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 	75.00%	6
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe 	25.00%	2

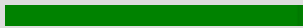


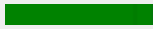
Number of respondents 8**Number of respondents who skipped this question 2**

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 	75.00%	6
They were mild 	12.50%	1
They were moderate 	12.50%	1
They were severe	0.00%	0




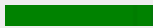
Number of respondents 8**Number of respondents who skipped this question 2**

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 	50.00%	4
They were mild 	12.50%	1
They were moderate 	12.50%	1
They were severe 	25.00%	2

Number of respondents 8**Number of respondents who skipped this question 2**

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 	50.00%	4
They were mild 	12.50%	1
They were moderate 	12.50%	1
They were severe 	25.00%	2

Number of respondents 8**Number of respondents who skipped this question 2**

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	62.50%	5
They were mild	25.00%	2
They were moderate	0.00%	0
They were severe	12.50%	1
Number of respondents 8		
Number of respondents who skipped this question 2		




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


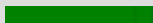

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	37.50%	3
They were mild	0.00%	0
They were moderate	37.50%	3
They were severe	25.00%	2
Number of respondents 8		
Number of respondents who skipped this question 2		





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	50.00%	4
They were mild	12.50%	1
They were moderate	12.50%	1
They were severe	25.00%	2
Number of respondents 8		
Number of respondents who skipped this question 2		




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	12.50%	1
They were mild	0.00%	0
They were moderate	37.50%	3
They were severe	50.00%	4
Number of respondents 8		




Number of respondents who skipped this question 2




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	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	25.00%	2
They were mild	0.00%	0
They were moderate 	25.00%	2
They were severe 	50.00%	4
Number of respondents		8
Number of respondents who skipped this question		2

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	0.00%	0
They were mild 	25.00%	2
They were moderate 	25.00%	2
They were severe 	50.00%	4
Number of respondents		8
Number of respondents who skipped this question		2










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 	12.50%	1
They were mild 	50.00%	4
They were moderate 	12.50%	1
They were severe 	25.00%	2
Number of respondents		8
Number of respondents who skipped this question		2

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	0.00%	0
They were mild 	12.50%	1
They were moderate 	25.00%	2
They were severe 	62.50%	5
Number of respondents		8
Number of respondents who skipped this question		2











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	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	12.50%	1
They were moderate 	12.50%	1
They were severe 	75.00%	6
Number of respondents		8
Number of respondents who skipped this question		2

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 	25.00%	2
They were mild 	12.50%	1
They were moderate	0.00%	0
They were severe 	62.50%	5
Number of respondents		8
Number of respondents who skipped this question		2






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 	10.91%	6
Cooking 	10.91%	6
Housework and home care 	10.91%	6
Shopping 	12.73%	7
Socializing 	9.09%	5
Driving 	9.09%	5
Working 	10.91%	6
Exercise 	12.73%	7
Intellectual 	12.73%	7
None of the above	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		3


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
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Self care - showering, dressing		6.67%	1
Cooking		6.67%	1
Housework and home care		6.67%	1
Shopping		6.67%	1
Socializing		6.67%	1
Driving		6.67%	1
Working		6.67%	1
Exercise		6.67%	1
Intellectual		6.67%	1
None of the Above		40.00%	6
Number of respondents			7
Number of respondents who skipped this question			3

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		10.00% 1
Antiseizure medication		0.00% 0
Antipsychotic medication		10.00% 1
Antidepressant medication		50.00% 5
Prescription Sleep Aids		10.00% 1
Other (Specify)		20.00% 2
Number of respondents		6
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	
2	
Number of respondents who skipped this question	
8	

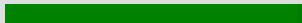



28. Why did you decide to come off benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
I no longer needed them		0.00% 0
They stopped working		0.00% 0
There were too many side effects		11.11% 1
Didn't wish to rely on drugs anymore		0.00% 0

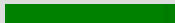


Doctor would no longer prescribe them		11.11%	1
They were making me sick		55.56%	5
I could no longer afford the drugs - my insurance ran out		0.00%	0
Other (Specify)		22.22%	2
		Number of respondents	7
		Number of respondents who skipped this question	3

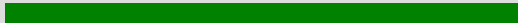

29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents	
This is my first time		42.86%	3
One previous attempt		28.57%	2
Two previous attempts		0.00%	0
Three previous attempts		14.29%	1
More than three previous attempts		14.29%	1
		Number of respondents	7
		Number of respondents who skipped this question	3

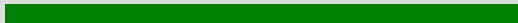

30. How old are you?	% of Respondents	Number of Respondents	
under 20		0.00%	0
20 - 29		0.00%	0
30 - 39		14.29%	1
40 - 49		14.29%	1
50 - 59		28.57%	2
60 - 69		42.86%	3
70 - 79		0.00%	0
80 and over		0.00%	0
		Number of respondents	7
		Number of respondents who skipped this question	3

31. Indicate your gender.	% of Respondents	Number of Respondents	
Male		28.57%	2
Female		71.43%	5
		Number of respondents	7
		Number of respondents who skipped this question	3

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 	50.00%	4
Inpatient detox 	12.50%	1
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper 	12.50%	1
Rapid direct taper using dry cutting of pills	0.00%	0
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	25.00%	2
Water Titration	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		3

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 	28.57%	2
I tried this method and it was impossible 	57.14%	4
I tried this method and it was difficult 	14.29%	1
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		7
Number of respondents who skipped this question		3

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 	85.71%	6
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 	14.29%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		3

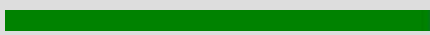
35. Please rate any experience you had with an outpatient detox from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	85.71%	6
I tried this method and it was impossible	0.00%	0
I tried this method and it was difficult 	14.29%	1
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0

Number of respondents **7**

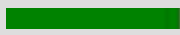
Number of respondents who skipped this question **3**

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  71.43% 5

I tried this method and is was impossible 0.00% 0

I tried this method and it was difficult  28.57% 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 **7**

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

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  42.86% 3

I tried this method and is was impossible  14.29% 1

I tried this method and it was difficult  42.86% 3

I tried this method and it was bearable 0.00% 0

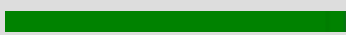
I tried this method and it was easy to do 0.00% 0


Number of respondents **7**


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


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  57.14% 4

I tried this method and is was impossible  14.29% 1

I tried this method and it was difficult  14.29% 1

I tried this method and it was bearable  14.29% 1

I tried this method and it was easy to do 0.00% 0

Number of respondents **7**

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

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  100.00% 7

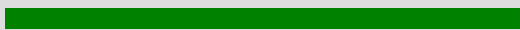

I tried this method and is was impossible 0.00% 0

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	7
Number of respondents who skipped this question	3




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 	85.71%	6
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	14.29%	1
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	7
Number of respondents who skipped this question	3

41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	14.29%	1
Inpatient detox 	14.29%	1
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper 	14.29%	1
Rapid direct taper using dry cutting of pills 	14.29%	1
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	28.57%	2
Water Titration	0.00%	0
Other (Specify) 	14.29%	1





Number of respondents	7
Number of respondents who skipped this question	3





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	0.00%	0
They were mild 	14.29%	1
They were moderate 	14.29%	1
They were severe 	71.43%	5



Number of respondents	7
Number of respondents who skipped this question	3

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
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

I was not experiencing these symptoms 	14.29%	1
They were mild 	14.29%	1
They were moderate 	28.57%	2
They were severe 	42.86%	3
Number of respondents		7
Number of respondents who skipped this question		3



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 	14.29%	1
They were mild 	14.29%	1
They were moderate 	28.57%	2
They were severe 	42.86%	3
Number of respondents		7
Number of respondents who skipped this question		3



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 	14.29%	1
They were moderate 	14.29%	1
They were severe 	71.43%	5
Number of respondents		7
Number of respondents who skipped this question		3




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 	28.57%	2
They were moderate	0.00%	0
They were severe 	71.43%	5
Number of respondents		7
Number of respondents who skipped this question		3

47. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (contience or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0

They were mild 	57.14%	4
They were moderate 	14.29%	1
They were severe 	28.57%	2
Number of respondents		7
Number of respondents who skipped this question		3


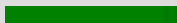

48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	14.29%	1
They were moderate	0.00%	0
They were severe 	85.71%	6
Number of respondents		7
Number of respondents who skipped this question		3




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 	14.29%	1
They were moderate	0.00%	0
They were severe 	85.71%	6
Number of respondents		7
Number of respondents who skipped this question		3



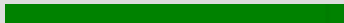

50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	28.57%	2
They were mild 	14.29%	1
They were moderate	0.00%	0
They were severe 	57.14%	4
Number of respondents		7
Number of respondents who skipped this question		3




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	0.00%	0


They were mild 	14.29%	1
They were moderate 	28.57%	2
They were severe 	57.14%	4
Number of respondents		7
Number of respondents who skipped this question		3

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 	14.29%	1
They were mild 	57.14%	4
They were moderate	0.00%	0
They were severe 	28.57%	2
Number of respondents		7
Number of respondents who skipped this question		3

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 	14.29%	1
They were mild 	14.29%	1
They were moderate 	57.14%	4
They were severe 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		3

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 	14.29%	1
They were moderate 	28.57%	2
They were severe 	57.14%	4
Number of respondents		7
Number of respondents who skipped this question		3

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 	14.29%	1

They were moderate  14.29% 1


They were severe  71.43% 5


Number of respondents 7


Number of respondents who skipped this question 3

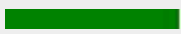
56. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)

% of Respondents Number of Respondents

I was not experiencing these symptoms  42.86% 3

They were mild  14.29% 1

They were moderate  14.29% 1

They were severe  28.57% 2


Number of respondents 7

Number of respondents who skipped this question 3

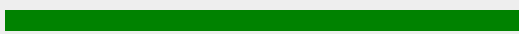
57. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness

% of Respondents Number of Respondents

I was not experiencing these symptoms 0.00% 0

They were mild  14.29% 1

They were moderate 0.00% 0

They were severe  85.71% 6


Number of respondents 7

Number of respondents who skipped this question 3


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  14.29% 1

They were moderate 0.00% 0


They were severe  85.71% 6


Number of respondents 7

Number of respondents who skipped this question 3

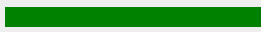
59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis

% of Respondents Number of Respondents

I was not experiencing these symptoms  28.57% 2

They were mild  28.57% 2

They were moderate 0.00% 0

They were severe 	42.86%	3
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Number of respondents	7
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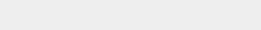
Number of respondents who skipped this question	3
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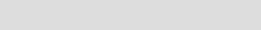
Page 9. General Withdrawal Questions


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

% of Respondents	Number of Respondents
------------------	-----------------------

I found it easy 	0.00%	0
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It wasn't easy but not too difficult 	0.00%	0
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I found it difficult 	0.00%	0
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I found it extremely difficult 	100.00%	7
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
Number of respondents	7
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Number of respondents who skipped this question	3
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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 	15.38%	2
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
Cooking 	7.69%	1
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Housework and home care 	7.69%	1
---	-------	---


Shopping 	7.69%	1
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Socializing 	0.00%	0
---	-------	---

Driving 	7.69%	1
---	-------	---

Working 	0.00%	0
---	-------	---

Exercise 	7.69%	1
--	-------	---

Intellectual 	0.00%	0
--	-------	---


None of the above 	46.15%	6
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Number of respondents	7
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Number of respondents who skipped this question	3
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62. What activities were you able to participate in with ease at the end of your withdrawal?


% of Respondents	Number of Respondents
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Self care - showering, dressing 	20.00%	4
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Cooking 	15.00%	3
---	--------	---

Housework and home care 	15.00%	3
---	--------	---

Shopping 	10.00%	2
--	--------	---

Socializing 	5.00%	1
---	-------	---

Driving 	5.00%	1
---	-------	---

Working 	5.00%	1
---	-------	---

Exercise		5.00%	1
Intellectual		5.00%	1
None of the above		15.00%	3
Number of respondents			7
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	16.67%	1
Antiseizure medication	0.00%	0
Antipsychotic medication	0.00%	0
Antidepressant medication	33.33%	2
Prescription Sleep Aids	0.00%	0
Other (Specify)	50.00%	3
Number of respondents		6
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	50.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	25.00%	1
They made my withdrawal from benzodiazepines worse	25.00%	1
Number of respondents		4
Number of respondents who skipped this question		6

65. What additional supplements did you take during withdrawal?	
	Number of Respondents 3
	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	0.00%	0
They neither helped nor hurt my withdrawal from benzodiazepines	100.00%	3
They made my withdrawal from benzodiazepines worse	0.00%	0
Number of respondents		3
Number of respondents who skipped this question		7

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 7












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.

Number of Respondents 7

Number of respondents who skipped this question 3

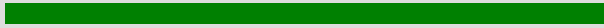






69. Please indicate which of the following statements applied to you during your withdrawal.

	% of Respondents	Number of Respondents
I had adequate support from my doctor 	5.88%	1
I had adequate support from my family 	11.76%	2
I had adequate support from a therapist	0.00%	0
I had adequate support from friends 	11.76%	2
I had enough knowledge to withdrawal in a way that was appropriate for me 	11.76%	2
I had to work to support myself 	5.88%	1
I had to care for others, children, parents 	17.65%	3
I smoked 	5.88%	1
I lived alone 	11.76%	2
I have always been an anxious person even before benzodiazepines and withdrawal 	5.88%	1
I had some other health problems in addition to withdrawal 	5.88%	1
I had many other health problems in addition to withdrawal	0.00%	0
None of the above 	5.88%	1
<i>Number of respondents</i>		7
<i>Number of respondents who skipped this question</i>		3

Page 10. About Reinstatement

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

	% of Respondents	Number of Respondents
Yes 	14.29%	1
No 	85.71%	6
<i>Number of respondents</i>		7
<i>Number of respondents who skipped this question</i>		3

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium 	100.00%	2
I reinstated to the benzodiazepine I was on	0.00%	0
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		2
Number of respondents who skipped this question		8
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 	33.33%	1
I never became stable 	66.67%	2
Number of respondents		3
Number of respondents who skipped this question		7
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 	50.00%	1
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over 	50.00%	1
Number of respondents		2
Number of respondents who skipped this question		8
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 	50.00%	1
It was unsuccessful 	50.00%	1
Number of respondents		2
Number of respondents who skipped this question		8

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
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Yes	0.00%	0
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No		100.00%	7
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Number of respondents 7

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
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It was successful	0.00%	0
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It was neither successful more unsuccessful		66.67%	2
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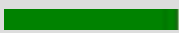
It was unsuccessful		33.33%	1
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
Number of respondents 3


Number of respondents who skipped this question 7


Page 12. Years off

77. How many years is it since you completed your withdrawal from Benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
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
4 years		28.57%	2
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5 years		14.29%	1
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
6 years		14.29%	1
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7 years		14.29%	1
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8 years	0.00%	0
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9 years		14.29%	1
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10 years	0.00%	0
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11 years		14.29%	1
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12 years	0.00%	0
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13 years	0.00%	0
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14 years	0.00%	0
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15 years	0.00%	0
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16 years	0.00%	0
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17 years	0.00%	0
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18 years	0.00%	0
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19 years	0.00%	0
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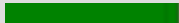

20 or more years	0.00%	0
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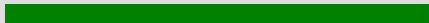

Number of respondents 7





Number of respondents who skipped this question 3




Page 13. Symptoms currently being experienced

78. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	14.29%	1
They are mild 	42.86%	3
They are moderate 	28.57%	2
They are severe 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		3
79. 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 am not experiencing these symptoms 	42.86%	3
They are mild 	42.86%	3
They are moderate	0.00%	0
They are severe 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		3
80. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	28.57%	2
They are mild 	57.14%	4
They are moderate 	14.29%	1
They are severe	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		3
81. 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 am not experiencing these symptoms 	14.29%	1
They are mild 	28.57%	2
They are moderate 	14.29%	1
They are severe 	42.86%	3
Number of respondents		7
Number of respondents who skipped this question		3
82. 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,	% of Respondents	Number of Respondents





Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo		
I am not experiencing these symptoms 	14.29%	1
They are mild 	14.29%	1
They are moderate 	28.57%	2
They are severe 	42.86%	3
Number of respondents		7
Number of respondents who skipped this question		3











83. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	71.43%	5
They are mild 	28.57%	2
They are moderate	0.00%	0
They are severe	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		3

84. 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 am not experiencing these symptoms 	14.29%	1
They are mild 	42.86%	3
They are moderate 	14.29%	1
They are severe 	28.57%	2
Number of respondents		7
Number of respondents who skipped this question		3

85. 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 am not experiencing these symptoms	0.00%	0
They are mild 	57.14%	4
They are moderate 	28.57%	2
They are severe 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		3

86. 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
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I am not experiencing these symptoms 	42.86%	3
They are mild 	14.29%	1
They are moderate 	28.57%	2
They are severe 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		3

87. What activities are you currently able to participate in with ease?	% of Respondents	Number of Respondents
Self care - showering, dressing 	13.16%	5
Cooking 	13.16%	5
Housework and home care 	13.16%	5
Shopping 	10.53%	4
Socializing 	7.89%	3
Driving 	7.89%	3
Working 	10.53%	4
Exercise 	10.53%	4
Intellectual 	7.89%	3
None of the above 	5.26%	2
Number of respondents		7
Number of respondents who skipped this question		3