














Page 1. Benzodiazepine Survey Three - Recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	24.14%	14
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril) 	36.21%	21
clorazepate (Tranxene) 	3.45%	2
diazepam (Valium, D-Pam, Pro-Pam) 	10.34%	6
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 (Dormonoct)	0.00%	0
lorazepam (Ativan) 	12.07%	7
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) 	1.72%	1
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)	0.00%	0
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox) 	3.45%	2
Zopiclone (Zimovane, Imovane) 	1.72%	1
Eszopiclone (Lunesta) 	1.72%	1
Other (Specify) 	5.17%	3
Number of respondents		44
Number of respondents who skipped this question		1

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 	9.09%	4
3 - 6 months 	11.36%	5
6 - 9 months	0.00%	0
9 - 12 months 	4.55%	2
1 - 2 years 	4.55%	2
2 - 3 years 	4.55%	2
3 - 4 years 	13.64%	6
4 - 5 years 	9.09%	4
5 -10 years 	15.91%	7
10 -15 years 	18.18%	8
15 - 20 years 	6.82%	3
over 20 years 	2.27%	1
Number of respondents		44
Number of respondents who skipped this question		1

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.

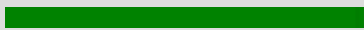


Number of Respondents 38


Number of respondents who skipped this question 7

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 10

Number of respondents who skipped this question 35

5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	60.00%	30
Hypnotic (tending to make you sleepy) 	20.00%	10
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) 	2.00%	1
Amnesic (tending to disrupt both long and short term memory)	0.00%	0

Other (Specify) 	18.00%	9
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Number of respondents	44
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Number of respondents who skipped this question	1
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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
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I was not experiencing these symptoms 	47.22%	17
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They were mild 	19.44%	7
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They were moderate 	16.67%	6
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They were severe 	16.67%	6
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Number of respondents	36
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Number of respondents who skipped this question	9
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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
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I was not experiencing these symptoms 	66.67%	24
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They were mild 	16.67%	6
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They were moderate 	11.11%	4
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They were severe 	5.56%	2
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Number of respondents	36
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Number of respondents who skipped this question	9
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8. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
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I was not experiencing these symptoms 	63.89%	23
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They were mild 	19.44%	7
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They were moderate 	2.78%	1
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They were severe 	13.89%	5
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Number of respondents	36
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Number of respondents who skipped this question	9
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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
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I was not experiencing these symptoms 	58.33%	21
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They were mild 	5.56%	2
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

They were moderate 	13.89%	5
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They were severe 	22.22%	8
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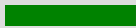

Number of respondents 36

Number of respondents who skipped this question 9





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 	50.00%	18
They were mild 	22.22%	8
They were moderate 	11.11%	4
They were severe 	16.67%	6
Number of respondents 36		
Number of respondents who skipped this question 9		





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 	63.89%	23
They were mild 	11.11%	4
They were moderate 	22.22%	8
They were severe 	2.78%	1
Number of respondents 36		
Number of respondents who skipped this question 9		

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

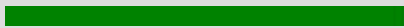



	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	30.56%	11
They were mild 	8.33%	3
They were moderate 	30.56%	11
They were severe 	30.56%	11
Number of respondents 36		
Number of respondents who skipped this question 9		

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

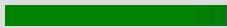
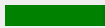


	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	36.11%	13
They were mild 	16.67%	6
They were moderate 	25.00%	9
They were severe 	22.22%	8





Number of respondents 36




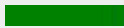
Number of respondents who skipped this question 9

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 	66.67%	24
They were mild 	8.33%	3
They were moderate 	13.89%	5
They were severe 	11.11%	4
Number of respondents		36
Number of respondents who skipped this question		9



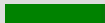

Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs



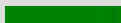

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	37.14%	13
They were mild 	17.14%	6
They were moderate 	22.86%	8
They were severe 	22.86%	8
Number of respondents		35
Number of respondents who skipped this question		10





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 	42.86%	15
They were mild 	25.71%	9
They were moderate 	11.43%	4
They were severe 	20.00%	7
Number of respondents		35
Number of respondents who skipped this question		10





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 	42.86%	15
They were mild 	25.71%	9
They were moderate 	11.43%	4
They were severe 	20.00%	7
Number of respondents		35





Number of respondents who skipped this question 10





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 	34.29%	12
They were mild 	20.00%	7
They were moderate 	17.14%	6
They were severe 	28.57%	10
Number of respondents		35
Number of respondents who skipped this question		10

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 	40.00%	14
They were mild 	8.57%	3
They were moderate 	20.00%	7
They were severe 	31.43%	11
Number of respondents		35
Number of respondents who skipped this question		10










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 	54.29%	19
They were mild 	8.57%	3
They were moderate 	22.86%	8
They were severe 	14.29%	5
Number of respondents		35
Number of respondents who skipped this question		10

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 	5.71%	2
They were mild 	22.86%	8
They were moderate 	20.00%	7
They were severe 	51.43%	18
Number of respondents		35
Number of respondents who skipped this question		10

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 	14.29%	5
They were mild 	11.43%	4
They were moderate 	25.71%	9
They were severe 	48.57%	17
Number of respondents		35
Number of respondents who skipped this question		10

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 	42.86%	15
They were mild 	28.57%	10
They were moderate 	14.29%	5
They were severe 	14.29%	5
Number of respondents		35
Number of respondents who skipped this question		10

Page 4. Functionality and Activities

24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?	% of Respondents	Number of Respondents
Self care - showering, dressing 	12.45%	30
Cooking 	11.62%	28
Housework and home care 	11.62%	28
Shopping 	10.79%	26
Socializing 	10.79%	26
Driving 	10.37%	25
Working 	9.96%	24
Exercise 	10.79%	26
Intellectual 	11.20%	27
None of the above	0.41%	1
Number of respondents		32
Number of respondents who skipped this question		13

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		21.28%	20
Cooking		10.64%	10
Housework and home care		10.64%	10
Shopping		8.51%	8
Socializing		7.45%	7
Driving		13.83%	13
Working		7.45%	7
Exercise		6.38%	6
Intellectual		3.19%	3
None of the Above		10.64%	10
		Number of respondents	32
		Number of respondents who skipped this question	13

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		12.82%	5
Antiseizure medication		0.00%	0
Antipsychotic medication		12.82%	5
Antidepressant medication		33.33%	13
Prescription Sleep Aids		7.69%	3
Other (Specify)		33.33%	13
		Number of respondents	23
		Number of respondents who skipped this question	22

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
	16
Number of respondents who skipped this question	
	29

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		11.54%	6
There were too many side effects		17.31%	9
Didn't wish to rely on drugs anymore		21.15%	11









Doctor would no longer prescribe them		7.69%	4
They were making me sick		19.23%	10
I could no longer afford the drugs - my insurance ran out		0.00%	0
Other (Specify)		23.08%	12
		Number of respondents	32
		Number of respondents who skipped this question	13




29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents	
This is my first time		40.63%	13
One previous attempt		18.75%	6
Two previous attempts		15.63%	5
Three previous attempts		0.00%	0
More than three previous attempts		25.00%	8
		Number of respondents	32
		Number of respondents who skipped this question	13





30. How old are you?	% of Respondents	Number of Respondents	
under 20		0.00%	0
20 - 29		15.63%	5
30 - 39		6.25%	2
40 - 49		40.63%	13
50 - 59		37.50%	12
60 - 69		0.00%	0
70 - 79		0.00%	0
80 and over		0.00%	0
		Number of respondents	32
		Number of respondents who skipped this question	13





31. Indicate your gender.	% of Respondents	Number of Respondents	
Male		25.00%	8
Female		75.00%	24
		Number of respondents	32
		Number of respondents who skipped this question	13

Page 6. Withdrawal Methods





32. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	30.19%	16
Inpatient detox 	9.43%	5
Outpatient detox 	3.77%	2
Valium crossover and Ashton style taper 	13.21%	7
Rapid direct taper using dry cutting of pills 	16.98%	9
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	11.32%	6
Water Titration 	5.66%	3
Other (Specify) 	9.43%	5
Number of respondents		32
Number of respondents who skipped this question		13




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 	28.13%	9
I tried this method and is was impossible 	50.00%	16
I tried this method and it was difficult 	21.88%	7
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13



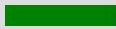

34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	75.00%	24
I tried this method and is was impossible 	12.50%	4
I tried this method and it was difficult 	6.25%	2
I tried this method and it was bearable 	6.25%	2
I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13




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 	78.13%	25
I tried this method and is was impossible 	9.38%	3
I tried this method and it was difficult 	9.38%	3
I tried this method and it was bearable 	3.13%	1

I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13

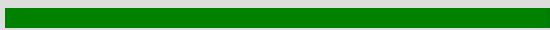


36. Please rate any experience you had with a Valium crossover and Ashton style taper from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	71.88%	23
I tried this method and is was impossible 	3.13%	1
I tried this method and it was difficult 	9.38%	3
I tried this method and it was bearable 	15.63%	5
I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13

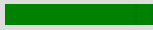

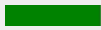




37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method 	43.75%	14
I tried this method and is was impossible 	9.38%	3
I tried this method and it was difficult 	46.88%	15
I tried 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		32
Number of respondents who skipped this question		13

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 	65.63%	21
I tried this method and is was impossible 	3.13%	1
I tried this method and it was difficult 	18.75%	6
I tried this method and it was bearable 	12.50%	4
I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13





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 	87.50%	28
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult 	3.13%	1
I tried this method and it was bearable 	6.25%	2

I tried this method and it was easy to do 	3.13%	1
Number of respondents		32
Number of respondents who skipped this question		13
















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 	90.63%	29
I tried this method and is was impossible 	6.25%	2
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable 	3.13%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		32
Number of respondents who skipped this question		13





41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	25.00%	8
Inpatient detox 	9.38%	3
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper 	15.63%	5
Rapid direct taper using dry cutting of pills 	18.75%	6
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	12.50%	4
Water Titration 	6.25%	2
Other (Specify) 	12.50%	4
Number of respondents		32
Number of respondents who skipped this question		13



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 	9.68%	3
They were mild 	6.45%	2
They were moderate 	29.03%	9
They were severe 	54.84%	17
Number of respondents		31
Number of respondents who skipped this question		14





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,	% of Respondents	Number of Respondents
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Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches		
I was not experiencing these symptoms 	22.58%	7
They were mild 	6.45%	2
They were moderate 	29.03%	9
They were severe 	41.94%	13
Number of respondents		31
Number of respondents who skipped this question		14
44. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps		
I was not experiencing these symptoms 	12.90%	4
They were mild 	6.45%	2
They were moderate 	32.26%	10
They were severe 	48.39%	15
Number of respondents		31
Number of respondents who skipped this question		14
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		
I was not experiencing these symptoms 	6.45%	2
They were mild 	3.23%	1
They were moderate 	19.35%	6
They were severe 	70.97%	22
Number of respondents		31
Number of respondents who skipped this question		14
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		
I was not experiencing these symptoms	0.00%	0
They were mild 	3.23%	1
They were moderate 	22.58%	7
They were severe 	74.19%	23
Number of respondents		31
Number of respondents who skipped this question		14
47. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)		
	% of Respondents	Number of Respondents

I was not experiencing these symptoms 	29.03%	9
They were mild 	12.90%	4
They were moderate 	35.48%	11
They were severe 	22.58%	7
Number of respondents		31
Number of respondents who skipped this question		14





48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	19.35%	6
They were severe 	80.65%	25
Number of respondents		31
Number of respondents who skipped this question		14

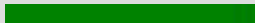

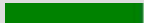

49. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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 	3.23%	1
They were mild	0.00%	0
They were moderate 	12.90%	4
They were severe 	83.87%	26
Number of respondents		31
Number of respondents who skipped this question		14





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 	9.68%	3
They were mild 	22.58%	7
They were moderate 	38.71%	12
They were severe 	29.03%	9
Number of respondents		31
Number of respondents who skipped this question		14





Page 8. Symptoms at the end of Withdrawal

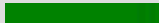
51. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
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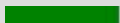

I was not experiencing these symptoms 	38.71%	12
They were mild 	25.81%	8
They were moderate 	16.13%	5
They were severe 	19.35%	6
Number of respondents		31
Number of respondents who skipped this question		14





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 	41.94%	13
They were mild 	22.58%	7
They were moderate 	22.58%	7
They were severe 	12.90%	4
Number of respondents		31
Number of respondents who skipped this question		14





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 	41.94%	13
They were mild 	19.35%	6
They were moderate 	9.68%	3
They were severe 	29.03%	9
Number of respondents		31
Number of respondents who skipped this question		14





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 	25.81%	8
They were mild 	22.58%	7
They were moderate 	25.81%	8
They were severe 	25.81%	8
Number of respondents		31
Number of respondents who skipped this question		14

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 	25.81%	8

They were mild 	29.03%	9
They were moderate 	19.35%	6
They were severe 	25.81%	8
Number of respondents		31
Number of respondents who skipped this question		14

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 	51.61%	16
They were mild 	29.03%	9
They were moderate 	12.90%	4
They were severe 	6.45%	2
Number of respondents		31
Number of respondents who skipped this question		14





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 	6.45%	2
They were mild 	38.71%	12
They were moderate 	22.58%	7
They were severe 	32.26%	10
Number of respondents		31
Number of respondents who skipped this question		14

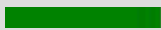







58. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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 	16.13%	5
They were mild 	22.58%	7
They were moderate 	35.48%	11
They were severe 	25.81%	8
Number of respondents		31
Number of respondents who skipped this question		14







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 	54.84%	17
They were mild 	16.13%	5





They were moderate 	16.13%	5
They were severe 	12.90%	4
Number of respondents		31
Number of respondents who skipped this question		14

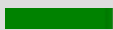





Page 9. General Withdrawal Questions


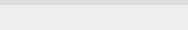
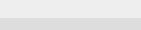
60. Please rate how difficult you found it to withdraw from benzodiazepines.	% of Respondents	Number of Respondents
I found it easy 	9.68%	3
It wasn't easy but not too difficult 	6.45%	2
I found it difficult 	6.45%	2
I found it extremely difficult 	77.42%	24
Number of respondents		31
Number of respondents who skipped this question		14

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 	26.19%	11
Cooking 	2.38%	1
Housework and home care 	7.14%	3
Shopping 	4.76%	2
Socializing 	2.38%	1
Driving 	14.29%	6
Working 	2.38%	1
Exercise	0.00%	0
Intellectual	0.00%	0
None of the above 	40.48%	17
Number of respondents		31
Number of respondents who skipped this question		14


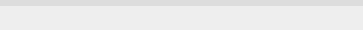

62. What activities were you able to participate in with ease at the end of your withdrawal?	% of Respondents	Number of Respondents
Self care - showering, dressing 	17.56%	23
Cooking 	9.92%	13
Housework and home care 	12.21%	16
Shopping 	11.45%	15
Socializing 	6.87%	9
Driving 	12.21%	16

Working 	6.87%	9
Exercise 	9.92%	13
Intellectual 	6.87%	9
None of the above 	6.11%	8
Number of respondents		31
Number of respondents who skipped this question		14

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?	% of Respondents	Number of Respondents
Beta Blockers 	17.86%	5
Antiseizure medication 	7.14%	2
Antipsychotic medication 	14.29%	4
Antidepressant medication 	28.57%	8
Prescription Sleep Aids 	3.57%	1
Other (Specify) 	28.57%	8
Number of respondents		18
Number of respondents who skipped this question		27

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 	46.15%	6
They neither helped nor hurt my withdrawal from benzodiazepines 	30.77%	4
They made my withdrawal from benzodiazepines worse 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		32

65. What additional supplements did you take during withdrawal?		
Number of Respondents		14
Number of respondents who skipped this question		31

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 	30.00%	3
They neither helped nor hurt my withdrawal from benzodiazepines 	60.00%	6
They made my withdrawal from benzodiazepines worse 	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		35

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 31














Number of respondents who skipped this question 14

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 29



Number of respondents who skipped this question 16

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











	% of Respondents	Number of Respondents
I had adequate support from my doctor 	10.09%	11
I had adequate support from my family 	12.84%	14
I had adequate support from a therapist 	3.67%	4
I had adequate support from friends 	11.01%	12
I had enough knowledge to withdrawal in a way that was appropriate for me 	10.09%	11
I had to work to support myself 	11.93%	13
I had to care for others, children, parents 	8.26%	9
I smoked 	10.09%	11
I lived alone 	6.42%	7
I have always been an anxious person even before benzodiazepines and withdrawal 	7.34%	8
I had some other health problems in addition to withdrawal 	5.50%	6
I had many other health problems in addition to withdrawal 	1.83%	2
None of the above 	0.92%	1
<i>Number of respondents</i>		31
<i>Number of respondents who skipped this question</i>		14

Page 10. About Reinstatement

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

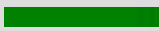

	% of Respondents	Number of Respondents
Yes 	19.35%	6
No 	80.65%	25

Number of respondents **31**
Number of respondents who skipped this question **14**

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium 	42.86%	3
I reinstated to the benzodiazepine I was on 	57.14%	4
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		7
Number of respondents who skipped this question		38
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 	14.29%	1
I needed less than my original amount to become stable 	71.43%	5
I never became stable 	14.29%	1
Number of respondents		7
Number of respondents who skipped this question		38
73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month 	66.67%	4
Between 1 month but under 3 months 	33.33%	2
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of respondents		6
Number of respondents who skipped this question		39
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 	66.67%	4
It was neither successful or unsuccessful 	16.67%	1
It was unsuccessful 	16.67%	1
Number of respondents		6
Number of respondents who skipped this question		39

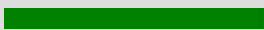


Page 11. About Updosing

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		25.81%	8
No		74.19%	23
Number of respondents			31
Number of respondents who skipped this question			14

76. Indicate how successful up dosing was for you as a way to become more stable.













% of Respondents Number of Respondents

It was successful		44.44%	4
It was neither successful more unsuccessful		44.44%	4
It was unsuccessful		11.11%	1
Number of respondents			9
Number of respondents who skipped this question			36

Page 12. General Questions about Recovery

77. How many months did it take you to be 90% recovered from benzodiazepine withdrawal?

% of Respondents Number of Respondents

At the completion of my withdrawal		3.33%	1
1 month		3.33%	1
2 months		3.33%	1
3 months		10.00%	3
4 months		3.33%	1
5 months		6.67%	2
6 months		3.33%	1
7 months		0.00%	0
8 months		0.00%	0
9 months		3.33%	1
10 months		10.00%	3
11 months		0.00%	0
12 months		13.33%	4
13 months		0.00%	0
14 months		6.67%	2
15 months		0.00%	0
16 months		0.00%	0
17 months		0.00%	0
18 months		3.33%	1
19 months		0.00%	0

20 months	3.33%	1
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	13.33%	4
More than 24 months	13.33%	4
Number of respondents		30
Number of respondents who skipped this question		15















78. At what point during your recovery were your symptoms at their worse?	% of Respondents	Number of Respondents
At the completion of my withdrawal	53.33%	16
1 month	16.67%	5
2 months	10.00%	3
3 months	13.33%	4
4 months	3.33%	1
5 months	0.00%	0
6 months	3.33%	1
7 months	0.00%	0
8 months	0.00%	0
9 months	0.00%	0
10 months	0.00%	0
11 months	0.00%	0
12 months	0.00%	0
13 months	0.00%	0
14 months	0.00%	0
15 months	0.00%	0
16 months	0.00%	0
17 months	0.00%	0
18 months	0.00%	0
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0

24 months	0.00%	0
More than 24 months	0.00%	0

Number of respondents 30
Number of respondents who skipped this question 15

79. How many months into your recovery did you notice significant improvement?

% of Respondents Number of Respondents


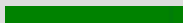

At the completion of my withdrawal 	6.67%	2
1 month 	3.33%	1
2 months 	16.67%	5
3 months 	6.67%	2
4 months 	6.67%	2
5 months 	3.33%	1
6 months 	13.33%	4
7 months	0.00%	0
8 months 	3.33%	1
9 months 	10.00%	3
10 months	0.00%	0
11 months	0.00%	0
12 months 	10.00%	3
13 months	0.00%	0
14 months 	6.67%	2
15 months 	3.33%	1
16 months	0.00%	0
17 months	0.00%	0
18 months 	3.33%	1
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months 	3.33%	1
More than 24 months 	3.33%	1

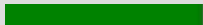



Number of respondents 30
Number of respondents who skipped this question 15

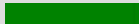



80. When did you have significant setbacks in your recovery?	% of Respondents	Number of Respondents
I had no significant setbacks in my recovery 	29.79%	14
1 month 	10.64%	5
2 months 	2.13%	1
3 months 	10.64%	5
4 months 	10.64%	5
5 months 	6.38%	3
6 months 	6.38%	3
7 months 	4.26%	2
8 months 	2.13%	1
9 months	0.00%	0
10 months	0.00%	0
11 months	0.00%	0
12 months 	6.38%	3
13 months	0.00%	0
14 months	0.00%	0
15 months 	2.13%	1
16 months	0.00%	0
17 months	0.00%	0
18 months 	2.13%	1
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	0.00%	0
Some setbacks after 2 years 	6.38%	3
Number of respondents		30
Number of respondents who skipped this question		15





Page 13. Symptoms at the worst point in recovery



81. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	20.00%	6



They were mild 	20.00%	6
They were moderate 	30.00%	9
They were severe 	30.00%	9
Number of respondents		30
Number of respondents who skipped this question		15





82. 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 	33.33%	10
They were mild 	13.33%	4
They were moderate 	20.00%	6
They were severe 	33.33%	10
Number of respondents		30
Number of respondents who skipped this question		15





83. 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 	23.33%	7
They were mild 	20.00%	6
They were moderate 	10.00%	3
They were severe 	46.67%	14
Number of respondents		30
Number of respondents who skipped this question		15





84. 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 	13.33%	4
They were mild 	10.00%	3
They were moderate 	23.33%	7
They were severe 	53.33%	16
Number of respondents		30
Number of respondents who skipped this question		15




85. 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 	13.33%	4
They were mild 	16.67%	5


They were moderate 	16.67%	5
They were severe 	53.33%	16
Number of respondents		30
Number of respondents who skipped this question		15

86. 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 	43.33%	13
They were mild 	20.00%	6
They were moderate 	16.67%	5
They were severe 	20.00%	6
Number of respondents		30
Number of respondents who skipped this question		15

87. 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 	10.00%	3
They were mild 	6.67%	2
They were moderate 	26.67%	8
They were severe 	56.67%	17
Number of respondents		30
Number of respondents who skipped this question		15

88. 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 	6.67%	2
They were mild 	10.00%	3
They were moderate 	23.33%	7
They were severe 	60.00%	18
Number of respondents		30
Number of respondents who skipped this question		15

89. 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 	36.67%	11
They were mild 	16.67%	5
They were moderate 	23.33%	7

They were severe 	23.33%	7
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Number of respondents 30


Number of respondents who skipped this question 15


Page 14. Getting Better


90. What was the first set of symptoms to disappear?


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


CARDIOVASCULAR 	17.24%	5
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DERMATOLOGICAL 	13.79%	4
--	--------	---


GASTROINTESTINAL 	3.45%	1
--	-------	---


NEUROLOGICAL 	10.34%	3
--	--------	---


GENITOURINARY 	6.90%	2
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MUSCULOSKELETAL 	10.34%	3
---	--------	---

PARADOXICAL 	10.34%	3
---	--------	---

RESPIRATORY 	10.34%	3
---	--------	---

PSYCHIATRIC 	13.79%	4
---	--------	---

Other (Specify) 	3.45%	1
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Number of respondents 29


Number of respondents who skipped this question 16


91. Which was the last set of symptoms to disappear?

	% of Respondents	Number of Respondents
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CARDIOVASCULAR	0.00%	0
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DERMATOLOGICAL	0.00%	0
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GASTROINTESTINAL 	13.79%	4
--	--------	---


NEUROLOGICAL 	24.14%	7
--	--------	---


GENITOURINARY	0.00%	0
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MUSCULOSKELETAL 	17.24%	5
---	--------	---

PARADOXICAL 	13.79%	4
---	--------	---

RESPIRATORY	0.00%	0
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PSYCHIATRIC 	27.59%	8
---	--------	---

Other (Specify) 	3.45%	1
---	-------	---

Number of respondents 29

Number of respondents who skipped this question 16

92. After how many months were you able to self care (showing, dressing) with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

93. After how many months were you able to cook with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

94. After how many months were you able to do housework and home care with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

95. After how many months were you able to do shopping with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

96. After how many months were you able to socialize with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

97. After how many months were you able to drive with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

Number of respondents who skipped this question 16

98. After how many months were you able to work with ease? Enter 0 if this was not a problem for you

Number of Respondents 29

Number of respondents who skipped this question 16

99. After how many months were you able to exercise with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

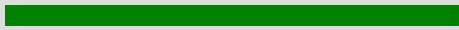



Number of respondents who skipped this question 16

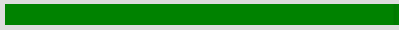



100. After how many months were you able to be involved in intellectual activities with ease? Enter 0 if this was not a problem for you.

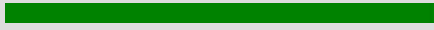
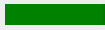

Number of Respondents 29

Number of respondents who skipped this question 16





Page 15. Symptoms still lingering at the point you considered yourself recovered

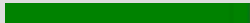



101. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	75.86%	22
They were mild 	10.34%	3
They were moderate 	6.90%	2
They were severe 	6.90%	2
<i>Number of respondents</i>		29
<i>Number of respondents who skipped this question</i>		16





102. 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 	65.52%	19
They were mild 	20.69%	6
They were moderate 	3.45%	1
They were severe 	10.34%	3
<i>Number of respondents</i>		29
<i>Number of respondents who skipped this question</i>		16





103. 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 	72.41%	21
They were mild 	17.24%	5
They were moderate	0.00%	0
They were severe 	10.34%	3
<i>Number of respondents</i>		29
<i>Number of respondents who skipped this question</i>		16

104. 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
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I was not experiencing these symptoms 	55.17%	16
They were mild 	20.69%	6
They were moderate 	17.24%	5
They were severe 	6.90%	2
Number of respondents		29
Number of respondents who skipped this question		16





105. 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 	41.38%	12
They were mild 	44.83%	13
They were moderate 	3.45%	1
They were severe 	10.34%	3
Number of respondents		29
Number of respondents who skipped this question		16









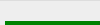
106. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (contenance or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	79.31%	23
They were mild 	13.79%	4
They were moderate 	3.45%	1
They were severe 	3.45%	1
Number of respondents		29
Number of respondents who skipped this question		16

107. 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 	34.48%	10
They were mild 	55.17%	16
They were moderate 	3.45%	1
They were severe 	6.90%	2
Number of respondents		29
Number of respondents who skipped this question		16

108. 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
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I was not experiencing these symptoms 	37.93%	11
They were mild 	44.83%	13
They were moderate 	13.79%	4
They were severe 	3.45%	1
Number of respondents		29
Number of respondents who skipped this question		16

109. 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 	79.31%	23
They were mild 	10.34%	3
They were moderate 	3.45%	1
They were severe 	6.90%	2
Number of respondents		29
Number of respondents who skipped this question		16

110. Please indicate which activities were still causing you some problems at the time you considered yourself recovered?	% of Respondents	Number of Respondents
Self care - showering, dressing	0.00%	0
Cooking 	4.76%	3
Housework and home care 	7.94%	5
Shopping 	6.35%	4
Socializing 	17.46%	11
Driving 	4.76%	3
Working 	15.87%	10
Exercise 	7.94%	5
Intellectual 	19.05%	12
None of the above 	15.87%	10
Number of respondents		29
Number of respondents who skipped this question		16