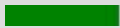
















Page 1. Benzodiazepine Survey Two - Withdrawal completed

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	19.76%	49
bromazepam (Lexotan, Lexomil) 	0.81%	2
chlordiazepoxide (Librium, Nova-Pam)	0.40%	1
clonazepam (Klonopin, Rivotril) 	38.31%	95
clorazepate (Tranxene)	0.40%	1
diazepam (Valium, D-Pam, Pro-Pam) 	7.66%	19
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 (Dormonox)	0.00%	0
lorazepam (Ativan) 	18.55%	46
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.40%	1
midazolam, (Versed, Hypnovel, Dormicum)	0.00%	0
nitrazepam (Mogadon, Insoma, Nitrados)	0.40%	1
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.40%	1
temazepam (Restoril, Euhypnos, Normison, Sompam) 	3.23%	8
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnox, Stilnox) 	4.03%	10
Zopiclone (Zimovane, Imovane) 	1.61%	4
Eszopiclone (Lunesta) 	1.61%	4
Other (Specify) 	2.42%	6
Number of respondents		210
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 	0.95%	2
1- 3 months 	11.43%	24
3 - 6 months 	6.19%	13
6 - 9 months 	4.29%	9
9 - 12 months 	5.71%	12
1 - 2 years 	10.00%	21
2 - 3 years 	9.52%	20
3 - 4 years 	8.57%	18
4 - 5 years 	4.29%	9
5 -10 years 	19.52%	41
10 -15 years 	10.00%	21
15 - 20 years 	6.19%	13
over 20 years 	3.33%	7
Number of respondents		210
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 186


Number of respondents who skipped this question 25

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 41

Number of respondents who skipped this question 170

5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	48.18%	132
Hypnotic (tending to make you sleepy) 	24.09%	66
Anti-seizure (tending to reduce the probability of having seizures and convulsions) 	2.55%	7
Muscle relaxant (tending to reduce muscle tension and associated pain) 	6.20%	17
Amnesic (tending to disrupt both long and short term memory)	0.36%	1


Other (Specify) 	18.61%	51
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Number of respondents 210


Number of respondents who skipped this question 1


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 	62.30%	119
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They were mild 	13.09%	25
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They were moderate 	16.75%	32
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They were severe 	7.85%	15
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Number of respondents 191


Number of respondents who skipped this question 20

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 	69.11%	132
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They were mild 	15.71%	30
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They were moderate 	10.47%	20
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They were severe 	4.71%	9
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Number of respondents 191


Number of respondents who skipped this question 20

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 	53.40%	102
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They were mild 	22.51%	43
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They were moderate 	17.28%	33
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They were severe 	6.81%	13
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Number of respondents 191


Number of respondents who skipped this question 20

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 	52.36%	100
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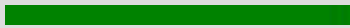

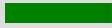

They were mild 	16.75%	32
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They were moderate 	16.23%	31
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They were severe 	14.66%	28
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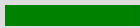
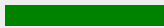
Number of respondents 191

Number of respondents who skipped this question 20

10. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	57.59%	110
They were mild 	12.57%	24
They were moderate 	17.80%	34
They were severe 	12.04%	23
Number of respondents 191		
Number of respondents who skipped this question 20		

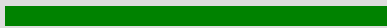



11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	71.73%	137
They were mild 	14.66%	28
They were moderate 	9.42%	18
They were severe 	4.19%	8
Number of respondents 191		
Number of respondents who skipped this question 20		

12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	27.23%	52
They were mild 	15.18%	29
They were moderate 	30.37%	58
They were severe 	27.23%	52
Number of respondents 191		
Number of respondents who skipped this question 20		

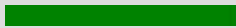
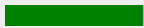


13. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	24.61%	47
They were mild 	25.65%	49
They were moderate 	23.04%	44
They were severe 	26.70%	51





Number of respondents 191





Number of respondents who skipped this question 20

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 	63.87%	122
They were mild 	17.80%	34
They were moderate 	14.66%	28
They were severe 	3.66%	7
Number of respondents		191
Number of respondents who skipped this question		20



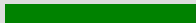

Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs



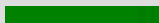

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	39.20%	69
They were mild 	22.73%	40
They were moderate 	22.73%	40
They were severe 	15.34%	27
Number of respondents		176
Number of respondents who skipped this question		35





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 	47.73%	84
They were mild 	21.02%	37
They were moderate 	21.02%	37
They were severe 	10.23%	18
Number of respondents		176
Number of respondents who skipped this question		35



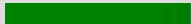

17. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.64%	68
They were mild 	18.75%	33
They were moderate 	27.27%	48
They were severe 	15.34%	27
Number of respondents		176





Number of respondents who skipped this question 35





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 	28.98%	51
They were mild 	19.32%	34
They were moderate 	32.39%	57
They were severe 	19.32%	34
Number of respondents		176
Number of respondents who skipped this question		35

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 	27.84%	49
They were mild 	21.59%	38
They were moderate 	25.57%	45
They were severe 	25.00%	44
Number of respondents		176
Number of respondents who skipped this question		35










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 	49.43%	87
They were mild 	21.59%	38
They were moderate 	21.02%	37
They were severe 	7.95%	14
Number of respondents		176
Number of respondents who skipped this question		35

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 	17.05%	30
They were mild 	18.18%	32
They were moderate 	30.68%	54
They were severe 	34.09%	60
Number of respondents		176
Number of respondents who skipped this question		35

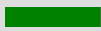









22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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 	14.77%	26
They were mild 	17.05%	30
They were moderate 	27.84%	49
They were severe 	40.34%	71
Number of respondents		176
Number of respondents who skipped this question		35

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 	50.00%	88
They were mild 	18.75%	33
They were moderate 	21.02%	37
They were severe 	10.23%	18
Number of respondents		176
Number of respondents who skipped this question		35




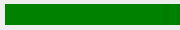

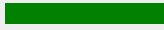
Page 4. Functionality and Activities

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 	11.89%	164
Cooking 	11.17%	154
Housework and home care 	11.31%	156
Shopping 	11.39%	157
Socializing 	10.30%	142
Driving 	10.80%	149
Working 	10.44%	144
Exercise 	10.80%	149
Intellectual 	11.53%	159
None of the above	0.36%	5
Number of respondents		171
Number of respondents who skipped this question		40



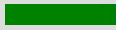
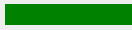
25. What activities were you able to participate in with ease at the time you decided to withdraw from benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
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Self care - showering, dressing		15.78%	107
Cooking		11.36%	77
Housework and home care		11.06%	75
Shopping		10.32%	70
Socializing		6.93%	47
Driving		11.50%	78
Working		8.41%	57
Exercise		7.82%	53
Intellectual		8.70%	59
None of the Above		8.11%	55
		Number of respondents	171
		Number of respondents who skipped this question	40

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		14.29%	25
Antiseizure medication		9.71%	17
Antipsychotic medication		6.29%	11
Antidepressant medication		30.86%	54
Prescription Sleep Aids		10.29%	18
Other (Specify)		28.57%	50
		Number of respondents	121
		Number of respondents who skipped this question	90

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 101
		Number of respondents who skipped this question 110









28. Why did you decide to come off benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents	
I no longer needed them		4.45%	15
They stopped working		12.46%	42
There were too many side effects		20.47%	69
Didn't wish to rely on drugs anymore		22.85%	77



Doctor would no longer prescribe them	4.15%	14
They were making me sick	20.47%	69
I could no longer afford the drugs - my insurance ran out	1.19%	4
Other (Specify)	13.95%	47
Number of respondents		170
Number of respondents who skipped this question		41






29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents
This is my first time	57.65%	98
One previous attempt	21.18%	36
Two previous attempts	7.06%	12
Three previous attempts	5.88%	10
More than three previous attempts	8.24%	14
Number of respondents		170
Number of respondents who skipped this question		41





30. How old are you?	% of Respondents	Number of Respondents
under 20	0.59%	1
20 - 29	13.53%	23
30 - 39	19.41%	33
40 - 49	20.59%	35
50 - 59	28.82%	49
60 - 69	14.71%	25
70 - 79	2.35%	4
80 and over	0.00%	0
Number of respondents		170
Number of respondents who skipped this question		41

31. Indicate your gender.	% of Respondents	Number of Respondents
Male	35.88%	61
Female	64.12%	109
Number of respondents		170
Number of respondents who skipped this question		41

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 	25.20%	63
Inpatient detox 	10.00%	25
Outpatient detox 	3.60%	9
Valium crossover and Ashton style taper 	13.60%	34
Rapid direct taper using dry cutting of pills 	19.60%	49
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	13.20%	33
Water Titration 	6.80%	17
Other (Specify) 	8.00%	20
Number of respondents		167
Number of respondents who skipped this question		44

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 	44.31%	74
I tried this method and it was impossible 	25.15%	42
I tried this method and it was difficult 	25.15%	42
I tried this method and it was bearable 	2.99%	5
I tried this method and it was easy to do 	2.40%	4
Number of respondents		167
Number of respondents who skipped this question		44

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 	79.64%	133
I tried this method and it was impossible 	6.59%	11
I tried this method and it was difficult 	9.58%	16
I tried this method and it was bearable 	3.59%	6
I tried this method and it was easy to do 	0.60%	1
Number of respondents		167
Number of respondents who skipped this question		44

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 	89.22%	149
I tried this method and it was impossible 	4.19%	7
I tried this method and it was difficult 	5.39%	9
I tried this method and it was bearable 	0.60%	1


I tried this method and it was easy to do	0.60%	1
Number of respondents		167
Number of respondents who skipped this question		44






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	71.86%	120
I tried this method and is was impossible	3.59%	6
I tried this method and it was difficult	15.57%	26
I tried this method and it was bearable	7.78%	13
I tried this method and it was easy to do	1.20%	2
Number of respondents		167
Number of respondents who skipped this question		44

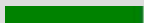



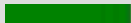



37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method	51.50%	86
I tried this method and is was impossible	12.57%	21
I tried this method and it was difficult	25.75%	43
I tried this method and it was bearable	9.58%	16
I tried this method and it was easy to do	0.60%	1
Number of respondents		167
Number of respondents who skipped this question		44

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	62.28%	104
I tried this method and is was impossible	5.39%	9
I tried this method and it was difficult	20.96%	35
I tried this method and it was bearable	11.38%	19
I tried this method and it was easy to do	0.00%	0
Number of respondents		167
Number of respondents who skipped this question		44





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	87.43%	146
I tried this method and is was impossible	1.20%	2
I tried this method and it was difficult	4.19%	7
I tried this method and it was bearable	4.79%	8

I tried this method and it was easy to do 	2.40%	4
Number of respondents		167
Number of respondents who skipped this question		44

















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 	87.43%	146
I tried this method and is was impossible 	2.99%	5
I tried this method and it was difficult 	5.39%	9
I tried this method and it was bearable 	2.40%	4
I tried this method and it was easy to do 	1.80%	3
Number of respondents		167
Number of respondents who skipped this question		44





41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey 	23.35%	39
Inpatient detox 	7.78%	13
Outpatient detox 	1.20%	2
Valium crossover and Ashton style taper 	15.57%	26
Rapid direct taper using dry cutting of pills 	20.96%	35
Slow (cuts of 10% or less) direct taper using dry cutting of pills 	15.57%	26
Water Titration 	7.19%	12
Other (Specify) 	8.38%	14
Number of respondents		167
Number of respondents who skipped this question		44





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 	10.91%	18
They were mild 	15.76%	26
They were moderate 	26.67%	44
They were severe 	46.67%	77
Number of respondents		165
Number of respondents who skipped this question		46





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 	12.12%	20
They were mild 	21.82%	36
They were moderate 	31.52%	52
They were severe 	34.55%	57
Number of respondents		165
Number of respondents who skipped this question		46
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 	12.12%	20
They were mild 	22.42%	37
They were moderate 	27.27%	45
They were severe 	38.18%	63
Number of respondents		165
Number of respondents who skipped this question		46
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 	4.24%	7
They were mild 	10.91%	18
They were moderate 	26.67%	44
They were severe 	58.18%	96
Number of respondents		165
Number of respondents who skipped this question		46
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 	1.82%	3
They were mild 	7.27%	12
They were moderate 	29.09%	48
They were severe 	61.82%	102
Number of respondents		165
Number of respondents who skipped this question		46
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 	26.67%	44
They were mild 	29.70%	49
They were moderate 	25.45%	42
They were severe 	18.18%	30
Number of respondents		165
Number of respondents who skipped this question		46





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 	3.03%	5
They were mild 	7.27%	12
They were moderate 	23.03%	38
They were severe 	66.67%	110
Number of respondents		165
Number of respondents who skipped this question		46





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 	3.03%	5
They were mild 	6.67%	11
They were moderate 	22.42%	37
They were severe 	67.88%	112
Number of respondents		165
Number of respondents who skipped this question		46

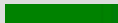



50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.03%	38
They were mild 	26.67%	44
They were moderate 	25.45%	42
They were severe 	24.85%	41
Number of respondents		165
Number of respondents who skipped this question		46





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 	19.08%	29
They were mild 	33.55%	51
They were moderate 	29.61%	45
They were severe 	17.76%	27
Number of respondents		152
Number of respondents who skipped this question		59





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 	20.39%	31
They were mild 	33.55%	51
They were moderate 	28.29%	43
They were severe 	17.76%	27
Number of respondents		152
Number of respondents who skipped this question		59





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 	20.39%	31
They were mild 	32.89%	50
They were moderate 	30.26%	46
They were severe 	16.45%	25
Number of respondents		152
Number of respondents who skipped this question		59





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 	9.87%	15
They were mild 	25.00%	38
They were moderate 	31.58%	48
They were severe 	33.55%	51
Number of respondents		152
Number of respondents who skipped this question		59



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 	5.26%	8


They were mild 	22.37%	34
They were moderate 	32.89%	50
They were severe 	39.47%	60
Number of respondents		152
Number of respondents who skipped this question		59


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 	38.82%	59
They were mild 	33.55%	51
They were moderate 	19.08%	29
They were severe 	8.55%	13
Number of respondents		152
Number of respondents who skipped this question		59

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 	4.61%	7
They were mild 	20.39%	31
They were moderate 	34.87%	53
They were severe 	40.13%	61
Number of respondents		152
Number of respondents who skipped this question		59

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 	4.61%	7
They were mild 	19.08%	29
They were moderate 	30.92%	47
They were severe 	45.39%	69
Number of respondents		152
Number of respondents who skipped this question		59

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 	35.53%	54
They were mild 	32.24%	49

They were moderate  19.74% 30

They were severe  12.50% 19


Number of respondents 152


Number of respondents who skipped this question 59

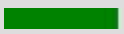
Page 9. General Withdrawal Questions

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

% of Respondents Number of Respondents

I found it easy  1.38% 2

It wasn't easy but not too difficult  11.03% 16

I found it difficult  19.31% 28

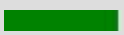
I found it extremely difficult  68.28% 99


Number of respondents 145


Number of respondents who skipped this question 66


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  19.13% 57


Cooking  8.72% 26


Housework and home care  8.72% 26


Shopping  6.38% 19

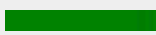
Socializing  3.69% 11

Driving  10.07% 30

Working  4.70% 14

Exercise  7.05% 21

Intellectual  5.70% 17


None of the above  25.84% 77


Number of respondents 145


Number of respondents who skipped this question 66


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  19.92% 97





Cooking  12.32% 60







Housework and home care  12.11% 59



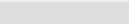
Shopping  10.06% 49

Socializing  4.31% 21




Driving  11.50% 56

Working 	4.93%	24
Exercise 	8.01%	39
Intellectual 	8.21%	40
None of the above 	8.62%	42
Number of respondents		145
Number of respondents who skipped this question		66

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?	% of Respondents	Number of Respondents
Beta Blockers 	16.04%	17
Antiseizure medication 	12.26%	13
Antipsychotic medication 	9.43%	10
Antidepressant medication 	18.87%	20
Prescription Sleep Aids 	5.66%	6
Other (Specify) 	37.74%	40
Number of respondents		82
Number of respondents who skipped this question		129

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 	47.76%	32
They neither helped nor hurt my withdrawal from benzodiazepines 	31.34%	21
They made my withdrawal from benzodiazepines worse 	20.90%	14
Number of respondents		67
Number of respondents who skipped this question		144

65. What additional supplements did you take during withdrawal?		
		Number of Respondents 74
		Number of respondents who skipped this question 137

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 	27.54%	19
They neither helped nor hurt my withdrawal from benzodiazepines 	63.77%	44
They made my withdrawal from benzodiazepines worse 	8.70%	6
Number of respondents		69
Number of respondents who skipped this question		142

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 145


Number of respondents who skipped this question 66

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 141

Number of respondents who skipped this question 70

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

	% of Respondents	Number of Respondents
I had adequate support from my doctor 	6.43%	31
I had adequate support from my family 	14.11%	68
I had adequate support from a therapist 	6.43%	31
I had adequate support from friends 	8.92%	43
I had enough knowledge to withdrawal in a way that was appropriate for me 	12.66%	61
I had to work to support myself 	9.54%	46
I had to care for others, children, parents 	7.05%	34
I smoked 	7.05%	34
I lived alone 	6.02%	29
I have always been an anxious person even before benzodiazepines and withdrawal 	10.17%	49
I had some other health problems in addition to withdrawal 	8.51%	41
I had many other health problems in addition to withdrawal 	2.28%	11
None of the above 	0.83%	4
<i>Number of respondents</i>		145
<i>Number of respondents who skipped this question</i>		66

% of Respondents Number of Respondents

I had adequate support from my doctor 

6.43% 31

I had adequate support from my family 


14.11% 68

I had adequate support from a therapist 

6.43% 31

I had adequate support from friends 

8.92% 43

I had enough knowledge to withdrawal in a way that was appropriate for me 

12.66% 61

I had to work to support myself 

9.54% 46

I had to care for others, children, parents 


7.05% 34

I smoked 


7.05% 34

I lived alone 


6.02% 29

I have always been an anxious person even before benzodiazepines and withdrawal 

10.17% 49

I had some other health problems in addition to withdrawal 

8.51% 41

I had many other health problems in addition to withdrawal 

2.28% 11

None of the above 

0.83% 4

Number of respondents **145**

Number of respondents who skipped this question **66**

Page 10. About Reinstatement

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

	% of Respondents	Number of Respondents
Yes 	19.72%	28
No 	80.28%	114
<i>Number of respondents</i>		142
<i>Number of respondents who skipped this question</i>		69

% of Respondents Number of Respondents

Yes 

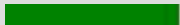


19.72% 28




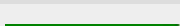
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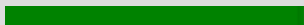





80.28% 114

Number of respondents **142**

Number of respondents who skipped this question **69**

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium 	29.03%	9
I reinstated to the benzodiazepine I was on 	48.39%	15
I reinstated to another benzodiazepine 	22.58%	7
Number of respondents		31
Number of respondents who skipped this question		180


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 	9.68%	3
I needed the same as my original amount to be stable 	22.58%	7
I needed less than my original amount to become stable 	38.71%	12
I never became stable 	29.03%	9
Number of respondents		31
Number of respondents who skipped this question		180

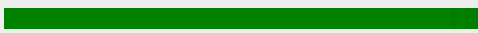
73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month 	50.00%	15
Between 1 month but under 3 months 	23.33%	7
Between 3 months but under 6 months 	13.33%	4
Between 6 months but under 9 months 	3.33%	1
Between 9 months but under 12 months 	3.33%	1
12 months or over 	6.67%	2
Number of respondents		30
Number of respondents who skipped this question		181

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 	37.93%	11
It was neither successful or unsuccessful 	41.38%	12
It was unsuccessful 	20.69%	6
Number of respondents		29
Number of respondents who skipped this question		182

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  20.86% 29


No  79.14% 110


Number of respondents 139

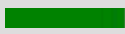
Number of respondents who skipped this question 72

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

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

It was successful  29.27% 12

It was neither successful more
unsuccessful  51.22% 21

It was unsuccessful  19.51% 8

Number of respondents 41

Number of respondents who skipped this question 170