
















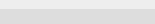


## Page 1. Benzodiazepine Survey Eight - Decided not to Withdraw

1. What benzodiazepines or Z-drugs are you currently taking?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	19.23%	5
bromazepam (Lexotan, Lexomil) 	3.85%	1
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril) 	30.77%	8
clorazepate (Tranxene)	0.00%	0
diazepam (Valium, D-Pam, Pro-Pam) 	11.54%	3
estazolam (ProSom)	0.00%	0
flunitrazepam (Rohypnol) 	3.85%	1
flurazepam (Dalmane)	0.00%	0
halazepam (Paxipam)	0.00%	0
ketazolam (Anxon)	0.00%	0
loprazolam (Dormonoct)	0.00%	0
lorazepam (Ativan) 	3.85%	1
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)	0.00%	0
nitrazepam (Mogadon, Insoma, Nitrados) 	3.85%	1
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam) 	11.54%	3
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox) 	3.85%	1
Zopiclone (Zimovane, Imovane)	0.00%	0
Eszopiclone (Lunesta)	0.00%	0
Other (Specify) 	7.69%	2
<b>Number of respondents</b>		<b>16</b>
<b>Number of respondents who skipped this question</b>		<b>0</b>

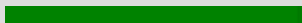


2. How long have you been taking benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Under a month	0.00%	0
1- 3 months	0.00%	0
3 - 6 months	0.00%	0
6 - 9 months	0.00%	0
9 - 12 months	0.00%	0
1 - 2 years 	12.50%	2
2 - 3 years 	12.50%	2
3 - 4 years 	6.25%	1
4 - 5 years 	12.50%	2
5 -10 years 	12.50%	2
10 -15 years 	6.25%	1
15 - 20 years 	12.50%	2
over 20 years 	25.00%	4
<b>Number of respondents</b>		<b>16</b>
<b>Number of respondents who skipped this question</b>		<b>0</b>

**3. If you are only taking one benzodiazepine or Z-drug, please enter the number of milligrams per day you are taking.**

<b>Number of Respondents</b>	11
<b>Number of respondents who skipped this question</b>	
5	





**4. If you are taking more than one benzodiazepine or Z-drug at this time, enter the name of each drug that you are taking, followed by the number of milligrams you are taking, e.g. Valium 30, Klonopin 2.**

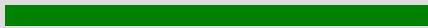



<b>Number of Respondents</b>	6
<b>Number of respondents who skipped this question</b>	
10	




5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation) 	50.00%	13
Hypnotic (tending to make you sleepy) 	23.08%	6
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) 	15.38%	4
Amnesic (tending to disrupt both long and short term memory)	0.00%	0




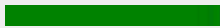
Other (Specify) 	11.54%	3
<b>Number of respondents</b>		<b>16</b>
<b>Number of respondents who skipped this question</b>		<b>0</b>

## Page 2. Symptoms Prior to starting either benzodiazepines or Z-drugs

<b>6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	42.86%	6
They were mild 	35.71%	5
They were moderate 	7.14%	1
They were severe 	14.29%	2
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

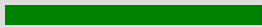



<b>7. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	71.43%	10
They were mild 	14.29%	2
They were moderate 	7.14%	1
They were severe 	7.14%	1
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>




<b>8. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	64.29%	9
They were mild	0.00%	0
They were moderate 	28.57%	4
They were severe 	7.14%	1
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>





<b>9. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	21.43%	3
They were mild 	14.29%	2
They were moderate 	28.57%	4
They were severe 	35.71%	5



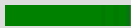
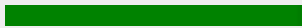
**Number of respondents** **14**

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

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	42.86%	6
They were mild 	14.29%	2
They were moderate 	14.29%	2
They were severe 	28.57%	4
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

<b>11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	57.14%	8
They were mild 	28.57%	4
They were moderate	0.00%	0
They were severe 	14.29%	2
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

<b>12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	28.57%	4
They were mild 	14.29%	2
They were moderate 	14.29%	2
They were severe 	42.86%	6
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

<b>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</b>	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	14.29%	2
They were mild 	14.29%	2
They were moderate 	21.43%	3
They were severe 	50.00%	7

**Number of respondents 14****Number of respondents who skipped this question 2**

<b>14. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
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I was not experiencing these symptoms	57.14%	8
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They were mild	14.29%	2
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They were moderate	28.57%	4
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They were severe	0.00%	0
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**Number of respondents 14****Number of respondents who skipped this question 2****Page 3. Symptoms you are currently experiencing.**

<b>15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations</b>	% of Respondents	Number of Respondents
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I am not experiencing these symptoms	57.14%	8
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They are mild	35.71%	5
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They are moderate	7.14%	1
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They are severe	0.00%	0
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**Number of respondents 14****Number of respondents who skipped this question 2**

<b>16. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychia (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches</b>	% of Respondents	Number of Respondents
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I am not experiencing these symptoms	64.29%	9
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They are mild	35.71%	5
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They are moderate	0.00%	0
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They are severe	0.00%	0
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**Number of respondents 14****Number of respondents who skipped this question 2**

<b>17. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps</b>	% of Respondents	Number of Respondents
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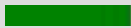







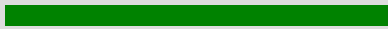






I am not experiencing these symptoms	57.14%	8
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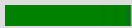



They are mild	35.71%	5
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They are moderate	7.14%	1
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They are severe	0.00%	0
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**Number of respondents 14****Number of respondents who skipped this question 2**


<b>18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration</b>	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	21.43%	3
They are mild 	42.86%	6
They are moderate 	21.43%	3
They are severe 	14.29%	2
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>
<b>19. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo</b>	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	42.86%	6
They are mild 	21.43%	3
They are moderate 	21.43%	3
They are severe 	14.29%	2
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>
<b>20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)</b>	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	64.29%	9
They are mild 	14.29%	2
They are moderate 	21.43%	3
They are severe	0.00%	0
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>
<b>21. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness</b>	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	35.71%	5
They are mild 	50.00%	7
They are moderate 	7.14%	1
They are severe 	7.14%	1
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>
<b>22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic</b>	% of Respondents	Number of Respondents










<b>hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment</b>		
I am not experiencing these symptoms 	21.43%	3
They are mild 	35.71%	5
They are moderate 	14.29%	2
They are severe 	28.57%	4
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

<b>23. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis</b>	% of Respondents	Number of Respondents
I am not experiencing these symptoms 	57.14%	8
They are mild 	21.43%	3
They are moderate 	21.43%	3
They are severe	0.00%	0
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>







#### Page 4. Functionality and Activities

<b>24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?</b>	% of Respondents	Number of Respondents
Self care - showering, dressing 	13.70%	10
Cooking 	10.96%	8
Housework and home care 	8.22%	6
Shopping 	12.33%	9
Socializing 	9.59%	7
Driving 	12.33%	9
Working 	9.59%	7
Exercise 	9.59%	7
Intellectual 	12.33%	9
None of the above 	1.37%	1
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>

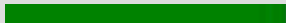


<b>25. What activities were you currently able to participate in with ease?</b>	% of Respondents	Number of Respondents
Self care - showering, dressing 	17.65%	12

Cooking 	10.29%	7
Housework and home care 	10.29%	7
Shopping 	8.82%	6
Socializing 	10.29%	7
Driving 	7.35%	5
Working 	8.82%	6
Exercise 	10.29%	7
Intellectual 	13.24%	9
None of the Above 	2.94%	2
<b>Number of respondents</b>		<b>14</b>
<b>Number of respondents who skipped this question</b>		<b>2</b>












### Page 5. General Questions

<b>26. Indicate what other medications you are currently taking.</b>	% of Respondents	Number of Respondents
Beta Blockers 	14.29%	2
Antiseizure medication 	14.29%	2
Antipsychotic medication 	7.14%	1
Antidepressant medication 	28.57%	4
Prescription Sleep Aids 	7.14%	1
Other (Specify) 	28.57%	4
<b>Number of respondents</b>		<b>9</b>
<b>Number of respondents who skipped this question</b>		<b>7</b>

<b>27. Please list the supplements and vitamins you are currently taking.</b>		
<b>Number of Respondents</b>		<b>7</b>
<b>Number of respondents who skipped this question</b>		<b>9</b>

<b>28. Why have you decided to stay on benzodiazepines?</b>	% of Respondents	Number of Respondents
They help me to manage my medical condition effectively 	47.37%	9
They are too difficult to withdraw from. 	31.58%	6
Other (Specify) 	21.05%	4
<b>Number of respondents</b>		<b>13</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>



29. How many unsuccessful attempts have you made to get off benzodiazepines?	% of Respondents	Number of Respondents
This is my first time 	15.38%	2
One previous attempt 	15.38%	2
Two previous attempts 	23.08%	3
Three previous attempts	0.00%	0
More than three previous attempts 	23.08%	3
No previous attempts 	23.08%	3
<b>Number of respondents</b>		<b>13</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>
30. How old are you?	% of Respondents	Number of Respondents
under 20	0.00%	0
20 - 29 	23.08%	3
30 - 39 	30.77%	4
40 - 49 	15.38%	2
50 - 59 	30.77%	4
60 - 69	0.00%	0
70 - 79	0.00%	0
80 and over	0.00%	0
<b>Number of respondents</b>		<b>13</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>
31. Indicate your gender.	% of Respondents	Number of Respondents
Male 	61.54%	8
Female 	38.46%	5
<b>Number of respondents</b>		<b>13</b>
<b>Number of respondents who skipped this question</b>		<b>3</b>