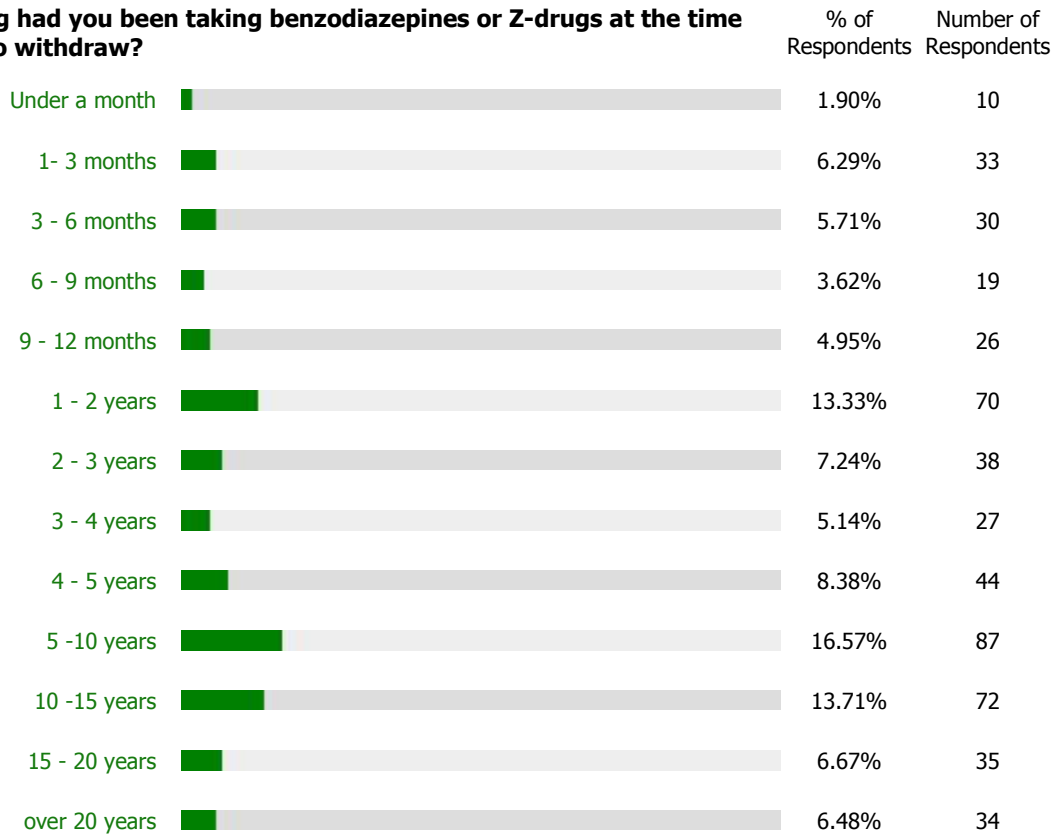


## Page 1. Benzodiazepine Survey One - Getting Ready to Withdraw or Currently Withdrawing

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax)	22.15%	142
bromazepam (Lexotan, Lexomil)	0.78%	5
chlordiazepoxide (Librium, Nova-Pam)	0.94%	6
clonazepam (Klonopin, Rivotril)	40.87%	262
clorazepate (Tranxene)	0.31%	2
diazepam (Valium, D-Pam, Pro-Pam)	7.96%	51
estazolam (ProSom)	0.00%	0
flunitrazepam (Rohypnol)	0.00%	0
flurazepam (Dalmane)	0.16%	1
halazepam (Paxipam)	0.00%	0
ketazolam (Anxon)	0.00%	0
loprazolam (Dormonox)	0.31%	2
lorazepam (Ativan)	14.98%	96
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.16%	1
midazolam, (Versed, Hypnovel, Dormicum)	0.31%	2
nitrazepam (Mogadon, Insoma, Nitrados)	0.16%	1
prazepam (Centrax)	0.31%	2
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)	3.12%	20
triazolam (Halcion, Hypam, Tricam)	0.31%	2
Zaleplon (Sonata)	0.16%	1
Zolpidem (Ambien, Stilnoct, Stilnox)	4.68%	30
Zopiclone (Zimovane, Imovane)	0.31%	2
Eszopiclone (Lunesta)	0.16%	1
Other (Specify)	1.87%	12
<b>Number of respondents</b>		<b>525</b>
<b>Number of respondents who skipped this question</b>		<b>1</b>

**2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?**



**Number of respondents 525**

**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 452**

**Number of respondents who skipped this question 74**

**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 111**

**Number of respondents who skipped this question 415**

**5. Why were you prescribed benzodiazepines or Z-drugs?**

	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	57.65%	392
Hypnotic (tending to make you sleepy)	20.74%	141
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	1.32%	9
Muscle relaxant (tending to reduce muscle tension and associated pain)	6.91%	47
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	13.38%	91
<b>Number of respondents</b>		<b>525</b>
<b>Number of respondents who skipped this question</b>		<b>1</b>

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

**6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	57.02%	276
They were mild	17.15%	83
They were moderate	16.12%	78
They were severe	9.71%	47
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</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**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	65.70%	318
They were mild	15.91%	77
They were moderate	13.02%	63
They were severe	5.37%	26
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

**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	51.65%	250
They were mild	19.63%	95
They were moderate	17.77%	86
They were severe	10.95%	53
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</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**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	51.65%	250
They were mild	17.15%	83
They were moderate	18.39%	89
They were severe	12.81%	62
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</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**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	53.10%	257
They were mild	17.56%	85
They were moderate	18.18%	88
They were severe	11.16%	54
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

**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	66.94%	324
They were mild	15.70%	76
They were moderate	11.16%	54
They were severe	6.20%	30
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

**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	19.42%	94
They were mild	16.53%	80
They were moderate	30.37%	147
They were severe	33.68%	163
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

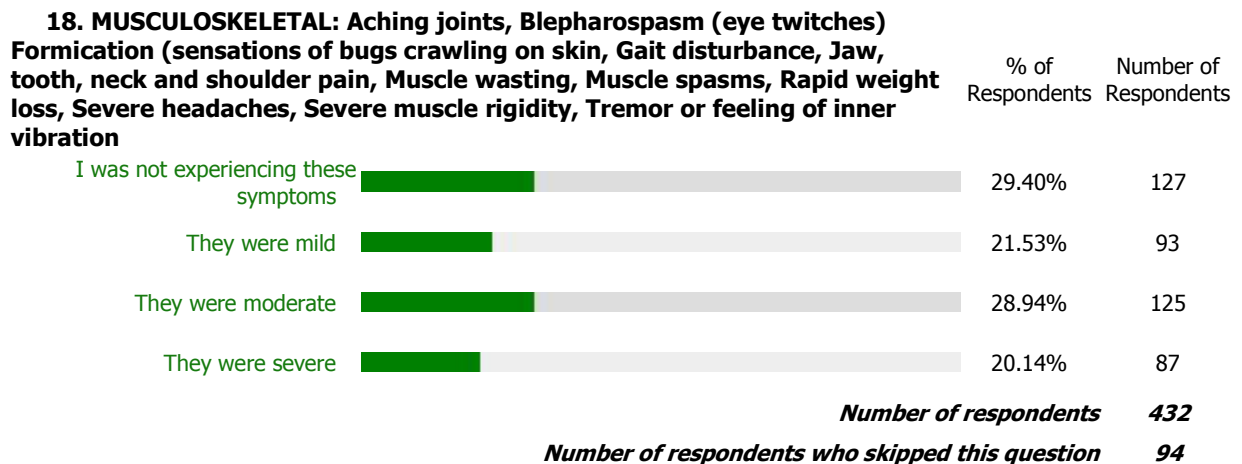
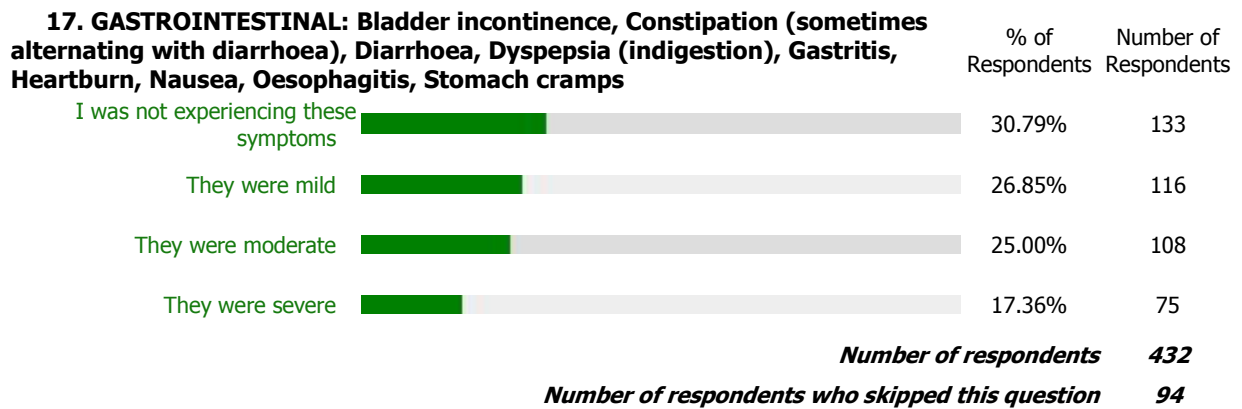
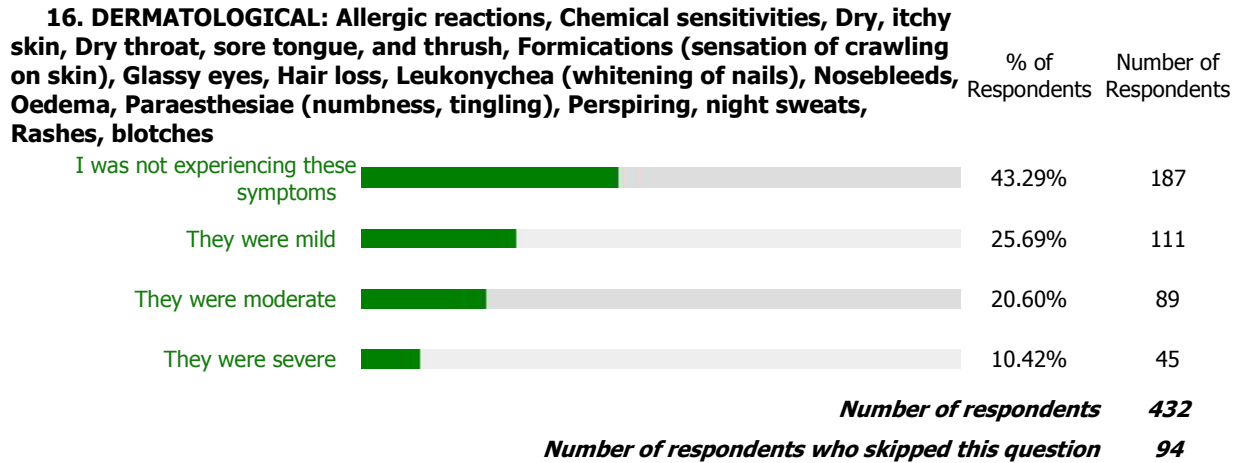
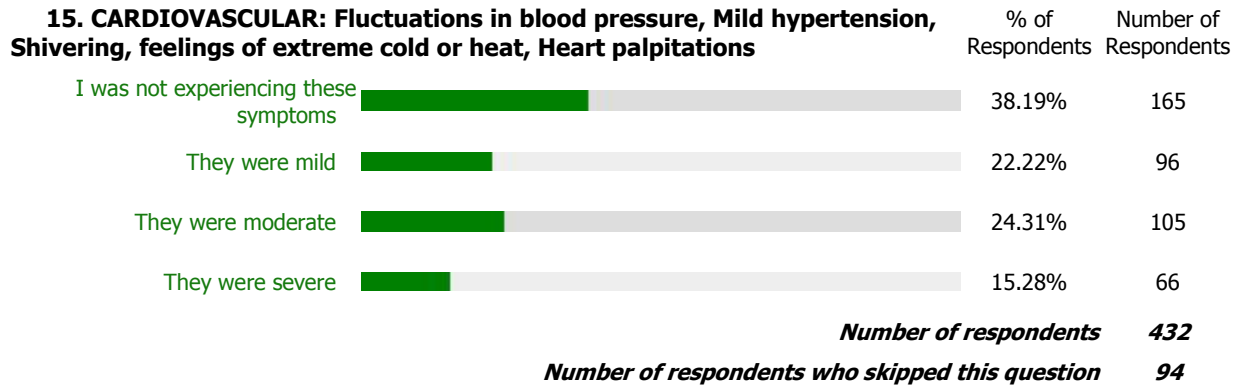
**13. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	17.77%	86
They were mild	17.98%	87
They were moderate	29.13%	141
They were severe	35.12%	170
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

**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	58.88%	285
They were mild	19.21%	93
They were moderate	15.91%	77
They were severe	5.99%	29
<b>Number of respondents</b>		<b>484</b>
<b>Number of respondents who skipped this question</b>		<b>42</b>

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



**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	26.16%	113
They were mild	20.83%	90
They were moderate	30.79%	133
They were severe	22.22%	96
<b>Number of respondents</b>		<b>432</b>
<b>Number of respondents who skipped this question</b>		<b>94</b>

**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	43.52%	188
They were mild	23.15%	100
They were moderate	21.99%	95
They were severe	11.34%	49
<b>Number of respondents</b>		<b>432</b>
<b>Number of respondents who skipped this question</b>		<b>94</b>

**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	13.66%	59
They were mild	20.14%	87
They were moderate	30.32%	131
They were severe	35.88%	155
<b>Number of respondents</b>		<b>432</b>
<b>Number of respondents who skipped this question</b>		<b>94</b>

**22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment**

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	8.10%	35
They were mild	18.29%	79
They were moderate	34.49%	149
They were severe	39.12%	169
<b>Number of respondents</b>		<b>432</b>
<b>Number of respondents who skipped this question</b>		<b>94</b>

**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	46.99%	203
They were mild	21.99%	95
They were moderate	20.60%	89
They were severe	10.42%	45
<b>Number of respondents</b>		<b>432</b>
<b>Number of respondents who skipped this question</b>		<b>94</b>

**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	12.70%	394
Cooking	11.19%	347
Housework and home care	11.67%	362
Shopping	11.25%	349
Socializing	9.57%	297
Driving	11.09%	344
Working	10.15%	315
Exercise	10.41%	323
Intellectual	11.35%	352
None of the above	0.61%	19
<b>Number of respondents</b>		<b>425</b>
<b>Number of respondents who skipped this question</b>		<b>101</b>



**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
Self care - showering, dressing	17.29%	300
Cooking	11.82%	205
Housework and home care	11.07%	192
Shopping	9.97%	173
Socializing	7.09%	123
Driving	12.10%	210
Working	7.84%	136
Exercise	8.70%	151
Intellectual	8.59%	149
None of the Above	5.53%	96

**Number of respondents 425**

**Number of respondents who skipped this question 101**

**Page 5. General Questions**

**26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.**

	% of Respondents	Number of Respondents
Beta Blockers	9.51%	43
Antiseizure medication	7.30%	33
Antipsychotic medication	6.64%	30
Antidepressant medication	33.63%	152
Prescription Sleep Aids	9.96%	45
Other (Specify)	32.96%	149

**Number of respondents 308**

**Number of respondents who skipped this question 218**

**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 255**

**Number of respondents who skipped this question 271**

**28. Why did you decide to come off benzodiazepines?**

	% of Respondents	Number of Respondents
I no longer needed them	3.19%	27
They stopped working	15.47%	131
There were too many side effects	21.02%	178
Didn't wish to rely on drugs anymore	27.39%	232
Doctor would no longer prescribe them	3.19%	27
They were making me sick	14.64%	124
I could no longer afford the drugs - my insurance ran out	1.42%	12
Other (Specify)	13.70%	116

**Number of respondents 404**

**Number of respondents who skipped this question 122**

**29. How many unsuccessful attempts have you made to get off benzodiazepines?**

	% of Respondents	Number of Respondents
This is my first time	47.77%	193
One previous attempt	21.04%	85
Two previous attempts	14.60%	59
Three previous attempts	6.19%	25
More than three previous attempts	10.40%	42

**Number of respondents 404**

**Number of respondents who skipped this question 122**



**30. How old are you?**

	% of Respondents	Number of Respondents
under 20	0.99%	4
20 - 29	15.59%	63
30 - 39	24.01%	97
40 - 49	18.32%	74
50 - 59	29.95%	121
60 - 69	9.16%	37
70 - 79	1.73%	7
80 and over	0.25%	1

**Number of respondents 404**

**Number of respondents who skipped this question 122**

**31. Indicate your gender.**

		% of Respondents	Number of Respondents
Male		35.15%	142
Female		64.85%	262

***Number of respondents*** **404**

***Number of respondents who skipped this question*** **122**