

**Page 1. Benzodiazepine Survey Two - Withdrawal completed**

| <b>1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?</b> | <b>% of Respondents</b> | <b>Number of Respondents</b> |
|--|-------------------------|------------------------------|
| alprazolam (Xanax)   | 19.73%                  | 87                           |
| bromazepam (Lexotan, Lexomil)  | 0.68%                   | 3                            |
| chlordiazepoxide (Librium, Nova-Pam)   | 0.68%                   | 3                            |
| clonazepam (Klonopin, Rivotril)  | 39.00%                  | 172                          |
| clorazepate (Tranxene)   | 0.45%                   | 2                            |
| diazepam (Valium, D-Pam, Pro-Pam)  | 9.98%                   | 44                           |
| estazolam (ProSom)   | 0.00%                   | 0                            |
| flunitrazepam (Rohypnol)   | 0.23%                   | 1                            |
| flurazepam (Dalmane)   | 0.23%                   | 1                            |
| halazepam (Paxipam)  | 0.00%                   | 0                            |
| ketazolam (Anxon)  | 0.00%                   | 0                            |
| loprazolam (Dormonoct)   | 0.00%                   | 0                            |
| lorazepam (Ativan)   | 16.10%                  | 71                           |
| lormetazepam (Noctamid)  | 0.00%                   | 0                            |
| medazepam (Nobrium)  | 0.23%                   | 1                            |
| midazolam, (Versed, Hypnovel, Dormicum)  | 0.00%                   | 0                            |
| nitrazepam (Mogadon, Insoma, Nitrados)   | 0.45%                   | 2                            |
| prazepam (Centrax)   | 0.00%                   | 0                            |
| quazepam (Doral)   | 0.23%                   | 1                            |
| temazepam (Restoril, Euhypnos, Normison, Sompam)   | 2.95%                   | 13                           |
| triazolam (Halcion, Hypam, Tricam)   | 0.00%                   | 0                            |
| Zaleplon (Sonata)  | 0.23%                   | 1                            |
| Zolpidem (Ambien, Stilnoct, Stilnox)   | 3.63%                   | 16                           |
| Zopiclone (Zimovane, Imovane)  | 1.59%                   | 7                            |
| Eszopiclone (Lunesta)  | 1.13%                   | 5                            |
| Other (Specify)  | 2.49%                   | 11                           |
| <b>Number of respondents</b>   |                         | <b>360</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?**

|               | % of Respondents | Number of Respondents |
|---------------|------------------|-----------------------|
| Under a month | 1.39%            | 5                     |
| 1 - 3 months  | 9.17%            | 33                    |
| 3 - 6 months  | 5.28%            | 19                    |
| 6 - 9 months  | 4.44%            | 16                    |
| 9 - 12 months | 5.83%            | 21                    |
| 1 - 2 years   | 8.89%            | 32                    |
| 2 - 3 years   | 8.33%            | 30                    |
| 3 - 4 years   | 8.89%            | 32                    |
| 4 - 5 years   | 4.72%            | 17                    |
| 5 -10 years   | 19.72%           | 71                    |
| 10 -15 years  | 11.39%           | 41                    |
| 15 - 20 years | 6.94%            | 25                    |
| over 20 years | 5.00%            | 18                    |

**Number of respondents 360**

**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 310**

**Number of respondents who skipped this question 51**

**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 69**

**Number of respondents who skipped this question 292**

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

|   | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| Anxiolytic (tending to reduce anxiety/produce relaxation)                           | 49.57%           | 231                   |
| Hypnotic (tending to make you sleepy)   | 22.32%           | 104                   |
| Anti-seizure (tending to reduce the probability of having seizures and convulsions) | 1.93%            | 9                     |
| Muscle relaxant (tending to reduce muscle tension and associated pain)              | 6.44%            | 30                    |
| Amnesic (tending to disrupt both long and short term memory)                        | 0.21%            | 1                     |
| Other (Specify)   | 19.53%           | 91                    |
| <b>Number of respondents</b>  |                  | <b>360</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                  | 61.06%           | 196                   |
| They were mild   | 14.33%           | 46                    |
| They were moderate                                     | 15.89%           | 51                    |
| They were severe                                       | 8.72%            | 28                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 70.72%           | 227                   |
| They were mild   | 15.58%           | 50                    |
| They were moderate                                     | 9.03%            | 29                    |
| They were severe                                       | 4.67%            | 15                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 54.83%           | 176                   |
| They were mild   | 21.18%           | 68                    |
| They were moderate                                     | 16.51%           | 53                    |
| They were severe                                       | 7.48%            | 24                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 53.58%           | 172                   |
| They were mild   | 17.76%           | 57                    |
| They were moderate                                     | 15.26%           | 49                    |
| They were severe                                       | 13.40%           | 43                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 58.88%           | 189                   |
| They were mild   | 13.71%           | 44                    |
| They were moderate                                     | 16.51%           | 53                    |
| They were severe                                       | 10.90%           | 35                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 73.52%           | 236                   |
| They were mild   | 13.08%           | 42                    |
| They were moderate                                     | 9.97%            | 32                    |
| They were severe                                       | 3.43%            | 11                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 28.04%           | 90                    |
| They were mild   | 17.13%           | 55                    |
| They were moderate                                     | 27.73%           | 89                    |
| They were severe                                       | 27.10%           | 87                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 25.86%           | 83                    |
| They were mild   | 24.61%           | 79                    |
| They were moderate                                     | 24.92%           | 80                    |
| They were severe                                       | 24.61%           | 79                    |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</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                  | 65.42%           | 210                   |
| They were mild   | 18.07%           | 58                    |
| They were moderate                                     | 13.71%           | 44                    |
| They were severe                                       | 2.80%            | 9                     |
| <b>Number of respondents</b>                           |                  | <b>321</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>40</b>             |

**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                  | 39.13%           | 117                   |
| They were mild   | 22.74%           | 68                    |
| They were moderate                                     | 22.07%           | 66                    |
| They were severe                                       | 16.05%           | 48                    |
| <b>Number of respondents</b>                           |                  | <b>299</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>62</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**

|  | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms                  | 49.50%           | 148                   |
| They were mild   | 18.73%           | 56                    |
| They were moderate                                     | 20.74%           | 62                    |
| They were severe                                       | 11.04%           | 33                    |
| <b>Number of respondents</b>                           |                  | <b>299</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>62</b>             |

**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                  | 35.45%           | 106                   |
| They were mild   | 23.75%           | 71                    |
| They were moderate                                     | 25.75%           | 77                    |
| They were severe                                       | 15.05%           | 45                    |
| <b>Number of respondents</b>                           |                  | <b>299</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>62</b>             |

**18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensation 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                  | 30.77%           | 92                    |
| They were mild   | 20.74%           | 62                    |
| They were moderate                                     | 27.42%           | 82                    |
| They were severe                                       | 21.07%           | 63                    |
| <b>Number of respondents</b>                           |                  | <b>299</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>62</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**

|                                       | % of Respondents | Number of Respondents |
|---------------------------------------|------------------|-----------------------|
| I was not experiencing these symptoms | 28.76%           | 86                    |
| They were mild                        | 21.40%           | 64                    |
| They were moderate                    | 26.42%           | 79                    |
| They were severe                      | 23.41%           | 70                    |

**Number of respondents 299**

**Number of respondents who skipped this question 62**

**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 | 48.16%           | 144                   |
| They were mild                        | 22.74%           | 68                    |
| They were moderate                    | 21.07%           | 63                    |
| They were severe                      | 8.03%            | 24                    |

**Number of respondents 299**

**Number of respondents who skipped this question 62**

**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 | 18.06%           | 54                    |
| They were mild                        | 19.06%           | 57                    |
| They were moderate                    | 28.43%           | 85                    |
| They were severe                      | 34.45%           | 103                   |

**Number of respondents 299**

**Number of respondents who skipped this question 62**

**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 | 14.05%           | 42                    |
| They were mild                        | 18.06%           | 54                    |
| They were moderate                    | 29.43%           | 88                    |
| They were severe                      | 38.46%           | 115                   |

**Number of respondents 299**

**Number of respondents who skipped this question 62**

**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 | 49.83%           | 149                   |
| They were mild                        | 19.40%           | 58                    |
| They were moderate                    | 22.41%           | 67                    |
| They were severe                      | 8.36%            | 25                    |

**Number of respondents 299**

**Number of respondents who skipped this question 62**

**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 | 11.95%           | 280                   |
| Cooking                         | 11.22%           | 263                   |
| Housework and home care         | 11.35%           | 266                   |
| Shopping                        | 11.35%           | 266                   |
| Socializing                     | 10.20%           | 239                   |
| Driving                         | 11.01%           | 258                   |
| Working                         | 10.29%           | 241                   |
| Exercise                        | 10.97%           | 257                   |
| Intellectual                    | 11.27%           | 264                   |
| None of the above               | 0.38%            | 9                     |

**Number of respondents 288**

**Number of respondents who skipped this question 73**



**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 | 16.65%           | 200                   |
| Cooking                         | 11.74%           | 141                   |
| Housework and home care         | 11.74%           | 141                   |
| Shopping                        | 10.57%           | 127                   |
| Socializing                     | 6.83%            | 82                    |
| Driving                         | 11.82%           | 142                   |
| Working                         | 7.74%            | 93                    |
| Exercise                        | 8.16%            | 98                    |
| Intellectual                    | 8.33%            | 100                   |
| None of the Above               | 6.41%            | 77                    |

**Number of respondents 288**

**Number of respondents who skipped this question 73**

**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             | 15.17%           | 44                    |
| Antiseizure medication    | 10.00%           | 29                    |
| Antipsychotic medication  | 5.52%            | 16                    |
| Antidepressant medication | 30.69%           | 89                    |
| Prescription Sleep Aids   | 8.97%            | 26                    |
| Other (Specify)           | 29.66%           | 86                    |

**Number of respondents 199**

**Number of respondents who skipped this question 162**

**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 155**

**Number of respondents who skipped this question 206**

**28. Why did you decide to come off benzodiazepines or Z-drugs?**

|   | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| I no longer needed them                                   | 3.94%            | 22                    |
| They stopped working                                      | 13.60%           | 76                    |
| There were too many side effects                          | 20.57%           | 115                   |
| Didn't wish to rely on drugs anymore                      | 22.54%           | 126                   |
| Doctor would no longer prescribe them                     | 3.76%            | 21                    |
| They were making me sick                                  | 19.86%           | 111                   |
| I could no longer afford the drugs - my insurance ran out | 1.25%            | 7                     |
| Other (Specify)   | 14.49%           | 81                    |

**Number of respondents 282**

**Number of respondents who skipped this question 79**

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

|                                   | % of Respondents | Number of Respondents |
|-----------------------------------|------------------|-----------------------|
| This is my first time             | 60.28%           | 170                   |
| One previous attempt              | 19.50%           | 55                    |
| Two previous attempts             | 8.87%            | 25                    |
| Three previous attempts           | 3.90%            | 11                    |
| More than three previous attempts | 7.45%            | 21                    |

**Number of respondents 282**

**Number of respondents who skipped this question 79**



**30. How old are you?**

|             | % of Respondents | Number of Respondents |
|-------------|------------------|-----------------------|
| under 20    | 0.71%            | 2                     |
| 20 - 29     | 10.28%           | 29                    |
| 30 - 39     | 19.86%           | 56                    |
| 40 - 49     | 22.70%           | 64                    |
| 50 - 59     | 28.01%           | 79                    |
| 60 - 69     | 14.89%           | 42                    |
| 70 - 79     | 3.55%            | 10                    |
| 80 and over | 0.00%            | 0                     |

**Number of respondents 282**

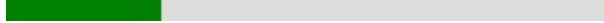
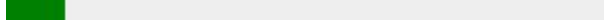
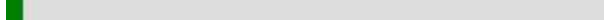
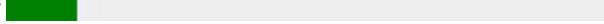




**Number of respondents who skipped this question 79**

**31. Indicate your gender.**




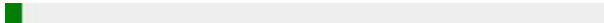

|  |  | % of Respondents | Number of Respondents |
|--|--|------------------|-----------------------|
| Male   |  | 34.40%           | 97                    |
| Female   |  | 65.60%           | 185                   |
| <b>Number of respondents</b>                           |  |                  | <b>282</b>            |
| <b>Number of respondents who skipped this question</b> |  |                  | <b>79</b>             |

**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  |    | 25.86%           | 105                   |
| Inpatient detox  |    | 10.34%           | 42                    |
| Outpatient detox   |    | 3.45%            | 14                    |
| Valium crossover and Ashton style taper                            |    | 11.58%           | 47                    |
| Rapid direct taper using dry cutting of pills                      |    | 18.97%           | 77                    |
| Slow (cuts of 10% or less) direct taper using dry cutting of pills |    | 14.78%           | 60                    |
| Water Titration  |  | 5.17%            | 21                    |
| Other (Specify)  |  | 9.85%            | 40                    |
| <b>Number of respondents</b>                                       |  |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b>             |  |                  | <b>83</b>             |

**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                              |  | 40.65%           | 113                   |
| I tried this method and it was impossible              |  | 25.54%           | 71                    |
| I tried this method and it was difficult               |  | 29.86%           | 83                    |
| I tried this method and it was bearable                |  | 2.52%            | 7                     |
| I tried this method and it was easy to do              |  | 1.44%            | 4                     |
| <b>Number of respondents</b>                           |  |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |  |                  | <b>83</b>             |

**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                              | 79.50%           | 221                   |
| I tried this method and is was impossible              | 6.83%            | 19                    |
| I tried this method and it was difficult               | 10.43%           | 29                    |
| I tried this method and it was bearable                | 2.88%            | 8                     |
| I tried this method and it was easy to do              | 0.36%            | 1                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 87.41%           | 243                   |
| I tried this method and is was impossible              | 4.32%            | 12                    |
| I tried this method and it was difficult               | 6.47%            | 18                    |
| I tried this method and it was bearable                | 1.44%            | 4                     |
| I tried this method and it was easy to do              | 0.36%            | 1                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 73.74%           | 205                   |
| I tried this method and is was impossible              | 2.52%            | 7                     |
| I tried this method and it was difficult               | 14.39%           | 40                    |
| I tried this method and it was bearable                | 7.91%            | 22                    |
| I tried this method and it was easy to do              | 1.44%            | 4                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 53.24%           | 148                   |
| I tried this method and is was impossible              | 10.79%           | 30                    |
| I tried this method and it was difficult               | 26.62%           | 74                    |
| I tried this method and it was bearable                | 8.99%            | 25                    |
| I tried this method and it was easy to do              | 0.36%            | 1                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 62.95%           | 175                   |
| I tried this method and is was impossible              | 5.04%            | 14                    |
| I tried this method and it was difficult               | 17.99%           | 50                    |
| I tried this method and it was bearable                | 13.31%           | 37                    |
| I tried this method and it was easy to do              | 0.72%            | 2                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 89.93%           | 250                   |
| I tried this method and is was impossible              | 1.08%            | 3                     |
| I tried this method and it was difficult               | 3.60%            | 10                    |
| I tried this method and it was bearable                | 3.60%            | 10                    |
| I tried this method and it was easy to do              | 1.80%            | 5                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**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                              | 84.89%           | 236                   |
| I tried this method and it was impossible              | 3.60%            | 10                    |
| I tried this method and it was difficult               | 6.47%            | 18                    |
| I tried this method and it was bearable                | 3.96%            | 11                    |
| I tried this method and it was easy to do              | 1.08%            | 3                     |
| <b>Number of respondents</b>                           |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>83</b>             |

**41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?**

|  | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| Cold Turkey  | 25.18%           | 70                    |
| Inpatient detox  | 8.27%            | 23                    |
| Outpatient detox   | 1.08%            | 3                     |
| Valium crossover and Ashton style taper                            | 13.31%           | 37                    |
| Rapid direct taper using dry cutting of pills                      | 21.22%           | 59                    |
| Slow (cuts of 10% or less) direct taper using dry cutting of pills | 16.19%           | 45                    |
| Water Titration  | 5.40%            | 15                    |
| Other (Specify)  | 9.35%            | 26                    |
| <b>Number of respondents</b>                                       |                  | <b>278</b>            |
| <b>Number of respondents who skipped this question</b>             |                  | <b>83</b>             |

**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                  | 11.15%           | 30                    |
| They were mild   | 14.87%           | 40                    |
| They were moderate                                     | 27.51%           | 74                    |
| They were severe                                       | 46.47%           | 125                   |
| <b>Number of respondents</b>                           |                  | <b>269</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>92</b>             |

**43. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches**

|  | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms                  | 14.87%           | 40                    |
| They were mild   | 21.93%           | 59                    |
| They were moderate                                     | 27.88%           | 75                    |
| They were severe                                       | 35.32%           | 95                    |
| <b>Number of respondents</b>                           |                  | <b>269</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>92</b>             |

**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                  | 11.52%           | 31                    |
| They were mild   | 21.56%           | 58                    |
| They were moderate                                     | 30.86%           | 83                    |
| They were severe                                       | 36.06%           | 97                    |
| <b>Number of respondents</b>                           |                  | <b>269</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>92</b>             |

**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                  | 5.58%            | 15                    |
| They were mild   | 10.78%           | 29                    |
| They were moderate                                     | 25.65%           | 69                    |
| They were severe                                       | 57.99%           | 156                   |
| <b>Number of respondents</b>                           |                  | <b>269</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>92</b>             |

**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 | 2.60%            | 7                     |
| They were mild                        | 9.29%            | 25                    |
| They were moderate                    | 26.77%           | 72                    |
| They were severe                      | 61.34%           | 165                   |

**Number of respondents 269**

**Number of respondents who skipped this question 92**

**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 | 27.88%           | 75                    |
| They were mild                        | 27.88%           | 75                    |
| They were moderate                    | 26.77%           | 72                    |
| They were severe                      | 17.47%           | 47                    |

**Number of respondents 269**

**Number of respondents who skipped this question 92**

**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 | 2.23%            | 6                     |
| They were mild                        | 7.81%            | 21                    |
| They were moderate                    | 21.19%           | 57                    |
| They were severe                      | 68.77%           | 185                   |

**Number of respondents 269**

**Number of respondents who skipped this question 92**



**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 | 2.97%            | 8                     |
| They were mild                        | 7.81%            | 21                    |
| They were moderate                    | 21.93%           | 59                    |
| They were severe                      | 67.29%           | 181                   |

**Number of respondents 269**

**Number of respondents who skipped this question 92**

**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 | 23.42%           | 63                    |
| They were mild                        | 26.02%           | 70                    |
| They were moderate                    | 26.77%           | 72                    |
| They were severe                      | 23.79%           | 64                    |

**Number of respondents 269**

**Number of respondents who skipped this question 92**

**Page 8. Symptoms at the end of Withdrawal**

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

|                                       | % of Respondents | Number of Respondents |
|---------------------------------------|------------------|-----------------------|
| I was not experiencing these symptoms | 19.92%           | 50                    |
| They were mild                        | 30.28%           | 76                    |
| They were moderate                    | 31.87%           | 80                    |
| They were severe                      | 17.93%           | 45                    |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**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                  | 23.11%           | 58                    |
| They were mild   | 32.27%           | 81                    |
| They were moderate                                     | 28.29%           | 71                    |
| They were severe                                       | 16.33%           | 41                    |
| <b>Number of respondents</b>                           |                  | <b>251</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>110</b>            |

**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                  | 22.71%           | 57                    |
| They were mild   | 31.87%           | 80                    |
| They were moderate                                     | 28.29%           | 71                    |
| They were severe                                       | 17.13%           | 43                    |
| <b>Number of respondents</b>                           |                  | <b>251</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>110</b>            |

**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                  | 11.95%           | 30                    |
| They were mild   | 23.90%           | 60                    |
| They were moderate                                     | 31.87%           | 80                    |
| They were severe                                       | 32.27%           | 81                    |
| <b>Number of respondents</b>                           |                  | <b>251</b>            |
| <b>Number of respondents who skipped this question</b> |                  | <b>110</b>            |

**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 | 8.37%            | 21                    |
| They were mild                        | 20.32%           | 51                    |
| They were moderate                    | 32.67%           | 82                    |
| They were severe                      | 38.65%           | 97                    |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**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 | 38.25%           | 96                    |
| They were mild                        | 31.87%           | 80                    |
| They were moderate                    | 20.72%           | 52                    |
| They were severe                      | 9.16%            | 23                    |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**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 | 3.59%            | 9                     |
| They were mild                        | 21.91%           | 55                    |
| They were moderate                    | 34.26%           | 86                    |
| They were severe                      | 40.24%           | 101                   |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**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 | 4.38%            | 11                    |
| They were mild                        | 18.33%           | 46                    |
| They were moderate                    | 32.27%           | 81                    |
| They were severe                      | 45.02%           | 113                   |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**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 | 35.46%           | 89                    |
| They were mild                        | 30.68%           | 77                    |
| They were moderate                    | 19.92%           | 50                    |
| They were severe                      | 13.94%           | 35                    |

**Number of respondents 251**

**Number of respondents who skipped this question 110**

**Page 9. General Withdrawal Questions**


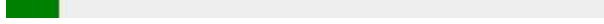

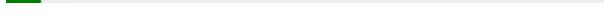


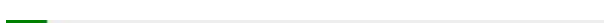

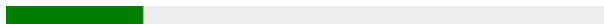

**60. Please rate how difficult you found it to withdraw from benzodiazepines.**

|                                      | % of Respondents | Number of Respondents |
|--------------------------------------|------------------|-----------------------|
| I found it easy                      | 0.84%            | 2                     |
| It wasn't easy but not too difficult | 9.21%            | 22                    |
| I found it difficult                 | 18.83%           | 45                    |
| I found it extremely difficult       | 71.13%           | 170                   |

**Number of respondents 239**

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

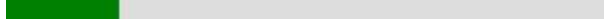
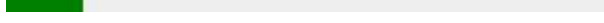



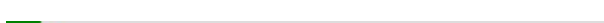
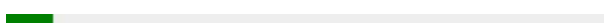

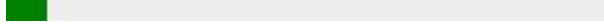

**61. What activities were you able to participate in with ease at the worst time during your withdrawal?**

|                                 |  | % of Respondents | Number of Respondents |
|---------------------------------|--|------------------|-----------------------|
| Self care - showering, dressing |  | 20.93%           | 108                   |
| Cooking                         |  | 9.30%            | 48                    |
| Housework and home care         |  | 9.30%            | 48                    |
| Shopping                        |  | 6.20%            | 32                    |
| Socializing                     |  | 3.88%            | 20                    |
| Driving                         |  | 10.27%           | 53                    |
| Working                         |  | 4.46%            | 23                    |
| Exercise                        |  | 6.78%            | 35                    |
| Intellectual                    |  | 5.81%            | 30                    |
| None of the above               |  | 23.06%           | 119                   |

**Number of respondents 239**

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

**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 |  | 19.47%           | 169                   |
| Cooking                         |  | 12.67%           | 110                   |
| Housework and home care         |  | 12.33%           | 107                   |
| Shopping                        |  | 10.14%           | 88                    |
| Socializing                     |  | 4.95%            | 43                    |
| Driving                         |  | 11.98%           | 104                   |
| Working                         |  | 5.53%            | 48                    |
| Exercise                        |  | 7.95%            | 69                    |
| Intellectual                    |  | 8.06%            | 70                    |
| None of the above               |  | 6.91%            | 60                    |

**Number of respondents 239**

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

**63. Which of the following medication did you add in during your withdrawal from benzodiazepines?**

|                           | % of Respondents | Number of Respondents |
|---------------------------|------------------|-----------------------|
| Beta Blockers             | 15.43%           | 29                    |
| Antiseizure medication    | 13.83%           | 26                    |
| Antipsychotic medication  | 8.51%            | 16                    |
| Antidepressant medication | 18.62%           | 35                    |
| Prescription Sleep Aids   | 7.98%            | 15                    |
| Other (Specify)           | 35.64%           | 67                    |

**Number of respondents 138**

**Number of respondents who skipped this question 223**

**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             | 52.10%           | 62                    |
| They neither helped nor hurt my withdrawal from benzodiazepines | 33.61%           | 40                    |
| They made my withdrawal from benzodiazepines worse              | 14.29%           | 17                    |

**Number of respondents 119**

**Number of respondents who skipped this question 242**

**65. What additional supplements did you take during withdrawal?**

**Number of Respondents 124**

**Number of respondents who skipped this question 237**

**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             | 33.33%           | 39                    |
| They neither helped nor hurt my withdrawal from benzodiazepines | 60.68%           | 71                    |
| They made my withdrawal from benzodiazepines worse              | 5.98%            | 7                     |

**Number of respondents 117**

**Number of respondents who skipped this question 244**

**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 239**

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

**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* 232

*Number of respondents who skipped this question* 129

**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   | 6.18%            | 50                    |
| I had adequate support from my family   | 14.59%           | 118                   |
| I had adequate support from a therapist   | 5.56%            | 45                    |
| I had adequate support from friends   | 8.03%            | 65                    |
| I had enough knowledge to withdrawal in a way that was appropriate for me       | 12.73%           | 103                   |
| I had to work to support myself   | 10.14%           | 82                    |
| I had to care for others, children, parents                                     | 7.42%            | 60                    |
| I smoked  | 7.29%            | 59                    |
| I lived alone   | 6.67%            | 54                    |
| I have always been an anxious person even before benzodiazepines and withdrawal | 10.26%           | 83                    |
| I had some other health problems in addition to withdrawal                      | 8.53%            | 69                    |
| I had many other health problems in addition to withdrawal                      | 1.98%            | 16                    |
| None of the above   | 0.62%            | 5                     |

*Number of respondents* **239**

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

**Page 10. About Reinstatement**

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

|     | % of Respondents | Number of Respondents |
|-----|------------------|-----------------------|
| Yes | 18.64%           | 44                    |
| No  | 81.36%           | 192                   |

*Number of respondents* **236**

*Number of respondents who skipped this question* **125**

**71. Indicate to what benzodiazepine you reinstated.**

|  | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I reinstated to Valium                                 | 24.00%           | 12                    |
| I reinstated to the benzodiazepine I was on            | 50.00%           | 25                    |
| I reinstated to another benzodiazepine                 | 26.00%           | 13                    |
| <b>Number of respondents</b>                           |                  | <b>50</b>             |
| <b>Number of respondents who skipped this question</b> |                  | <b>311</b>            |

**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 | 11.54%           | 6                     |
| I needed the same as my original amount to be stable   | 19.23%           | 10                    |
| I needed less than my original amount to become stable | 40.38%           | 21                    |
| I never became stable                                  | 28.85%           | 15                    |
| <b>Number of respondents</b>                           |                  | <b>52</b>             |
| <b>Number of respondents who skipped this question</b> |                  | <b>309</b>            |

**73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?**

|  | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| Under a month  | 48.89%           | 22                    |
| Between 1 month but under 3 months                     | 26.67%           | 12                    |
| Between 3 months but under 6 months                    | 11.11%           | 5                     |
| Between 6 months but under 9 months                    | 2.22%            | 1                     |
| Between 9 months but under 12 months                   | 6.67%            | 3                     |
| 12 months or over                                      | 4.44%            | 2                     |
| <b>Number of respondents</b>                           |                  | <b>45</b>             |
| <b>Number of respondents who skipped this question</b> |                  | <b>316</b>            |

**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                                      | 39.13%           | 18                    |
| It was neither successful or unsuccessful              | 34.78%           | 16                    |
| It was unsuccessful                                    | 26.09%           | 12                    |
| <b>Number of respondents</b>                           |                  | <b>46</b>             |
| <b>Number of respondents who skipped this question</b> |                  | <b>315</b>            |




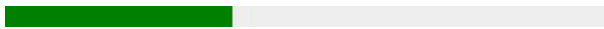

**75. At any point during your withdrawal did you updose on the amount you were taking in order to restabilize before you continued your taper?**      % of Respondents      Number of Respondents

|     |  |        |     |
|-----|--|--------|-----|
| Yes |  | 21.89% | 51  |
| No  |  | 78.11% | 182 |

**Number of respondents 233**

**Number of respondents who skipped this question 128**

**76. Indicate how successful up dosing was for you as a way to become more stable.**      % of Respondents      Number of Respondents

|   |  |        |    |
|---|--|--------|----|
| It was successful                           |  | 44.93% | 31 |
| It was neither successful more unsuccessful |  | 37.68% | 26 |
| It was unsuccessful                         |  | 17.39% | 12 |

**Number of respondents 69**

**Number of respondents who skipped this question 292**