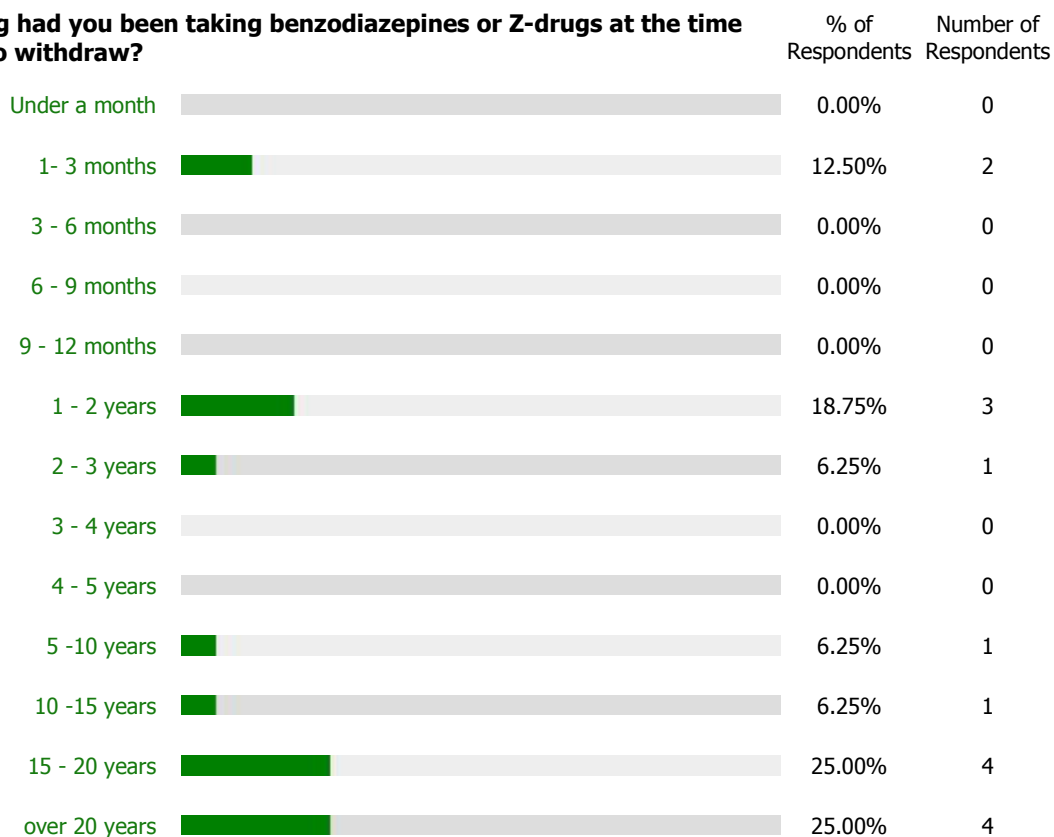


Page 1. Benzodiazepine Survey Seven - 4 or more years off and not recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax)	23.33%	7
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	6.67%	2
clonazepam (Klonopin, Rivotril)	10.00%	3
clorazepate (Tranxene)	3.33%	1
diazepam (Valium, D-Pam, Pro-Pam)	20.00%	6
estazolam (ProSom)	0.00%	0
flunitrazepam (Rohypnol)	0.00%	0
flurazepam (Dalmane)	0.00%	0
halazepam (Paxipam)	0.00%	0
ketazolam (Anxon)	0.00%	0
loprazolam (Dormonoct)	0.00%	0
lorazepam (Ativan)	10.00%	3
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)	0.00%	0
nitrazepam (Mogadon, Insoma, Nitrados)	3.33%	1
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)	3.33%	1
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)	3.33%	1
Zopiclone (Zimovane, Imovane)	3.33%	1
Eszopiclone (Lunesta)	0.00%	0
Other (Specify)	13.33%	4
Number of respondents		16
Number of respondents who skipped this question		0

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



Number of respondents 16

Number of respondents who skipped this question 0

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 13

Number of respondents who skipped this question 3

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 5

Number of respondents who skipped this question 11

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

	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	36.84%	7
Hypnotic (tending to make you sleepy)	10.53%	2
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)	26.32%	5
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	26.32%	5
Number of respondents		16
Number of respondents who skipped this question		0

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	78.57%	11
They were mild	7.14%	1
They were moderate	14.29%	2
They were severe	0.00%	0
Number of respondents		14
Number of respondents who skipped this question		2

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	85.71%	12
They were mild	0.00%	0
They were moderate	14.29%	2
They were severe	0.00%	0
Number of respondents		14
Number of respondents who skipped this question		2

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	57.14%	8
They were mild	14.29%	2
They were moderate	21.43%	3
They were severe	7.14%	1
Number of respondents		14
Number of respondents who skipped this question		2

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	78.57%	11
They were mild	7.14%	1
They were moderate	7.14%	1
They were severe	7.14%	1
Number of respondents		14
Number of respondents who skipped this question		2

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	78.57%	11
They were mild	7.14%	1
They were moderate	0.00%	0
They were severe	14.29%	2
Number of respondents		14
Number of respondents who skipped this question		2

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	85.71%	12
They were mild	7.14%	1
They were moderate	7.14%	1
They were severe	0.00%	0
Number of respondents		14
Number of respondents who skipped this question		2

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	50.00%	7
They were mild	14.29%	2
They were moderate	14.29%	2
They were severe	21.43%	3
Number of respondents		14
Number of respondents who skipped this question		2

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	50.00%	7
They were mild	14.29%	2
They were moderate	21.43%	3
They were severe	14.29%	2
Number of respondents		14
Number of respondents who skipped this question		2

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	78.57%	11
They were mild	14.29%	2
They were moderate	0.00%	0
They were severe	7.14%	1
Number of respondents		14
Number of respondents who skipped this question		2

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	50.00%	7
They were mild	7.14%	1
They were moderate	21.43%	3
They were severe	21.43%	3
Number of respondents		14
Number of respondents who skipped this question		2

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	64.29%	9
They were mild	7.14%	1
They were moderate	7.14%	1
They were severe	21.43%	3
Number of respondents		14
Number of respondents who skipped this question		2

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	28.57%	4
They were mild	7.14%	1
They were moderate	21.43%	3
They were severe	42.86%	6
Number of respondents		14
Number of respondents who skipped this question		2

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	42.86%	6
They were mild	0.00%	0
They were moderate	14.29%	2
They were severe	42.86%	6
Number of respondents		14
Number of respondents who skipped this question		2

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	28.57%	4
They were mild	14.29%	2
They were moderate	21.43%	3
They were severe	35.71%	5
Number of respondents		14
Number of respondents who skipped this question		2

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	35.71%	5
They were mild	35.71%	5
They were moderate	14.29%	2
They were severe	14.29%	2
Number of respondents		14
Number of respondents who skipped this question		2

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	0.00%	0
They were mild	14.29%	2
They were moderate	28.57%	4
They were severe	57.14%	8
Number of respondents		14
Number of respondents who skipped this question		2

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	7.14%	1
They were mild	14.29%	2
They were moderate	14.29%	2
They were severe	64.29%	9
Number of respondents		14
Number of respondents who skipped this question		2

23. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	50.00%	7
They were mild	7.14%	1
They were moderate	0.00%	0
They were severe	42.86%	6
Number of respondents		14
Number of respondents who skipped this question		2

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	11.01%	12
Cooking	11.01%	12
Housework and home care	11.01%	12
Shopping	11.93%	13
Socializing	10.09%	11
Driving	10.09%	11
Working	11.01%	12
Exercise	11.93%	13
Intellectual	11.93%	13
None of the above	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

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	11.63%	5
Cooking	9.30%	4
Housework and home care	11.63%	5
Shopping	9.30%	4
Socializing	4.65%	2
Driving	11.63%	5
Working	6.98%	3
Exercise	9.30%	4
Intellectual	6.98%	3
None of the Above	18.60%	8

Number of respondents 13

Number of respondents who skipped this question 3

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	9.52%	2
Antiseizure medication	0.00%	0
Antipsychotic medication	14.29%	3
Antidepressant medication	38.10%	8
Prescription Sleep Aids	9.52%	2
Other (Specify)	28.57%	6

Number of respondents 12

Number of respondents who skipped this question 4

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 7

Number of respondents who skipped this question 9

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

	% of Respondents	Number of Respondents
I no longer needed them	0.00%	0
They stopped working	13.04%	3
There were too many side effects	8.70%	2
Didn't wish to rely on drugs anymore	13.04%	3
Doctor would no longer prescribe them	8.70%	2
They were making me sick	39.13%	9
I could no longer afford the drugs - my insurance ran out	0.00%	0
Other (Specify)	17.39%	4

Number of respondents 13

Number of respondents who skipped this question 3

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

	% of Respondents	Number of Respondents
This is my first time	46.15%	6
One previous attempt	23.08%	3
Two previous attempts	15.38%	2
Three previous attempts	7.69%	1
More than three previous attempts	7.69%	1

Number of respondents 13

Number of respondents who skipped this question 3

30. How old are you?

	% of Respondents	Number of Respondents
under 20	0.00%	0
20 - 29	0.00%	0
30 - 39	7.69%	1
40 - 49	7.69%	1
50 - 59	38.46%	5
60 - 69	38.46%	5
70 - 79	7.69%	1
80 and over	0.00%	0

Number of respondents 13

Number of respondents who skipped this question 3

31. Indicate your gender.

		% of Respondents	Number of Respondents
Male		38.46%	5
Female		61.54%	8
Number of respondents			13
Number of respondents who skipped this question			3

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		42.86%	6
Inpatient detox		7.14%	1
Outpatient detox		0.00%	0
Valium crossover and Ashton style taper		21.43%	3
Rapid direct taper using dry cutting of pills		0.00%	0
Slow (cuts of 10% or less) direct taper using dry cutting of pills		21.43%	3
Water Titration		0.00%	0
Other (Specify)		7.14%	1
Number of respondents			13
Number of respondents who skipped this question			3

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		30.77%	4
I tried this method and is was impossible		46.15%	6
I tried this method and it was difficult		23.08%	3
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
Number of respondents			13
Number of respondents who skipped this question			3

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	84.62%	11
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	15.38%	2
I tried this method and it was easy to do	0.00%	0

Number of respondents 13

Number of respondents who skipped this question 3

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	92.31%	12
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	7.69%	1
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0

Number of respondents 13

Number of respondents who skipped this question 3

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	69.23%	9
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	23.08%	3
I tried this method and it was bearable	7.69%	1
I tried this method and it was easy to do	0.00%	0

Number of respondents 13

Number of respondents who skipped this question 3

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	53.85%	7
I tried this method and is was impossible	7.69%	1
I tried this method and it was difficult	30.77%	4
I tried this method and it was bearable	7.69%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

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	69.23%	9
I tried this method and is was impossible	7.69%	1
I tried this method and it was difficult	15.38%	2
I tried this method and it was bearable	7.69%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

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	100.00%	13
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

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	92.31%	12
I tried this method and it was impossible	0.00%	0
I tried this method and it was difficult	7.69%	1
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

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

	% of Respondents	Number of Respondents
Cold Turkey	23.08%	3
Inpatient detox	15.38%	2
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper	23.08%	3
Rapid direct taper using dry cutting of pills	7.69%	1
Slow (cuts of 10% or less) direct taper using dry cutting of pills	23.08%	3
Water Titration	0.00%	0
Other (Specify)	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		3

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	23.08%	3
They were mild	7.69%	1
They were moderate	7.69%	1
They were severe	61.54%	8
Number of respondents		13
Number of respondents who skipped this question		3

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	15.38%	2
They were mild	23.08%	3
They were moderate	23.08%	3
They were severe	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		3

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	23.08%	3
They were mild	15.38%	2
They were moderate	15.38%	2
They were severe	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		3

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	7.69%	1
They were mild	7.69%	1
They were moderate	15.38%	2
They were severe	69.23%	9
Number of respondents		13
Number of respondents who skipped this question		3

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	0.00%	0
They were mild	23.08%	3
They were moderate	7.69%	1
They were severe	69.23%	9

Number of respondents 13

Number of respondents who skipped this question 3

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	15.38%	2
They were mild	38.46%	5
They were moderate	15.38%	2
They were severe	30.77%	4

Number of respondents 13

Number of respondents who skipped this question 3

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	7.69%	1
They were moderate	0.00%	0
They were severe	92.31%	12

Number of respondents 13

Number of respondents who skipped this question 3

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	0.00%	0
They were mild	7.69%	1
They were moderate	7.69%	1
They were severe	84.62%	11
Number of respondents		13
Number of respondents who skipped this question		3

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	23.08%	3
They were mild	15.38%	2
They were moderate	15.38%	2
They were severe	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		3

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	23.08%	3
They were mild	15.38%	2
They were moderate	23.08%	3
They were severe	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		3

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, 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	30.77%	4
They were mild	38.46%	5
They were moderate	7.69%	1
They were severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		3

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	30.77%	4
They were mild	15.38%	2
They were moderate	46.15%	6
They were severe	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		3

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	15.38%	2
They were mild	7.69%	1
They were moderate	23.08%	3
They were severe	53.85%	7
Number of respondents		13
Number of respondents who skipped this question		3

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	7.69%	1
They were mild	7.69%	1
They were moderate	30.77%	4
They were severe	53.85%	7

Number of respondents 13

Number of respondents who skipped this question 3

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	46.15%	6
They were mild	15.38%	2
They were moderate	15.38%	2
They were severe	23.08%	3

Number of respondents 13

Number of respondents who skipped this question 3

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	7.69%	1
They were mild	7.69%	1
They were moderate	15.38%	2
They were severe	69.23%	9

Number of respondents 13

Number of respondents who skipped this question 3

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	7.69%	1
They were mild	7.69%	1
They were moderate	7.69%	1
They were severe	76.92%	10
Number of respondents		13
Number of respondents who skipped this question		3

59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis


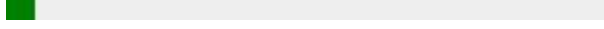
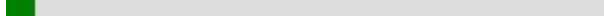
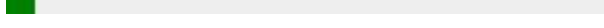

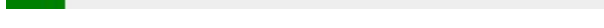




	% of Respondents	Number of Respondents
I was not experiencing these symptoms	46.15%	6
They were mild	23.08%	3
They were moderate	7.69%	1
They were severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		3

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	0.00%	0
It wasn't easy but not too difficult	0.00%	0
I found it difficult	0.00%	0
I found it extremely difficult	100.00%	13
Number of respondents		13
Number of respondents who skipped this question		3


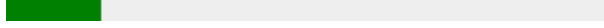
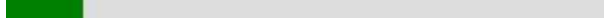
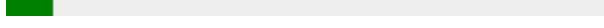
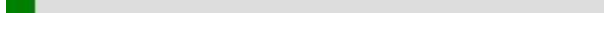
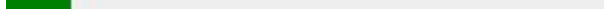




61. What activities were you able to participate in with ease at the worst time during your withdrawal?

		% of Respondents	Number of Respondents
Self care - showering, dressing		20.00%	4
Cooking		5.00%	1
Housework and home care		5.00%	1
Shopping		5.00%	1
Socializing		0.00%	0
Driving		10.00%	2
Working		0.00%	0
Exercise		5.00%	1
Intellectual		0.00%	0
None of the above		50.00%	10

Number of respondents 13

Number of respondents who skipped this question 3

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		21.05%	8
Cooking		15.79%	6
Housework and home care		13.16%	5
Shopping		7.89%	3
Socializing		5.26%	2
Driving		10.53%	4
Working		2.63%	1
Exercise		5.26%	2
Intellectual		5.26%	2
None of the above		13.16%	5

Number of respondents 13

Number of respondents who skipped this question 3

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

	% of Respondents	Number of Respondents
Beta Blockers	18.18%	2
Antiseizure medication	0.00%	0
Antipsychotic medication	0.00%	0
Antidepressant medication	18.18%	2
Prescription Sleep Aids	9.09%	1
Other (Specify)	54.55%	6

Number of respondents 11

Number of respondents who skipped this question 5

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	57.14%	4
They neither helped nor hurt my withdrawal from benzodiazepines	14.29%	1
They made my withdrawal from benzodiazepines worse	28.57%	2

Number of respondents 7

Number of respondents who skipped this question 9

65. What additional supplements did you take during withdrawal?

Number of Respondents 9

Number of respondents who skipped this question 7

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	0.00%	0
They neither helped nor hurt my withdrawal from benzodiazepines	80.00%	4
They made my withdrawal from benzodiazepines worse	20.00%	1

Number of respondents 5

Number of respondents who skipped this question 11

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 13

Number of respondents who skipped this question 3

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 13

Number of respondents who skipped this question 3

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	5.41%	2
I had adequate support from my family	13.51%	5
I had adequate support from a therapist	0.00%	0
I had adequate support from friends	8.11%	3
I had enough knowledge to withdrawal in a way that was appropriate for me	13.51%	5
I had to work to support myself	5.41%	2
I had to care for others, children, parents	10.81%	4
I smoked	10.81%	4
I lived alone	8.11%	3
I have always been an anxious person even before benzodiazepines and withdrawal	13.51%	5
I had some other health problems in addition to withdrawal	5.41%	2
I had many other health problems in addition to withdrawal	0.00%	0
None of the above	5.41%	2

Number of respondents 13

Number of respondents who skipped this question 3

Page 10. About Reinstatement


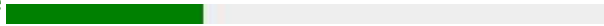

70. Did you reinstate at any point during your withdrawal?

	% of Respondents	Number of Respondents
Yes	15.38%	2
No	84.62%	11



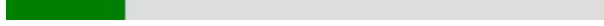

Number of respondents 13

Number of respondents who skipped this question 3



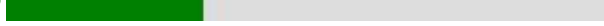
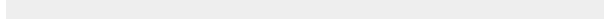
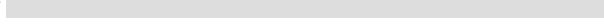
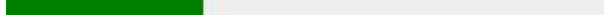
71. Indicate to what benzodiazepine you reinstated.

		% of Respondents	Number of Respondents
I reinstated to Valium		66.67%	2
I reinstated to the benzodiazepine I was on		33.33%	1
I reinstated to another benzodiazepine		0.00%	0
Number of respondents			3
Number of respondents who skipped this question			13



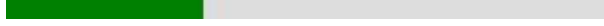
72. If you reinstated at some point during your withdrawal - indicate which of the following statements best describes the amount you needed to take to become stable.

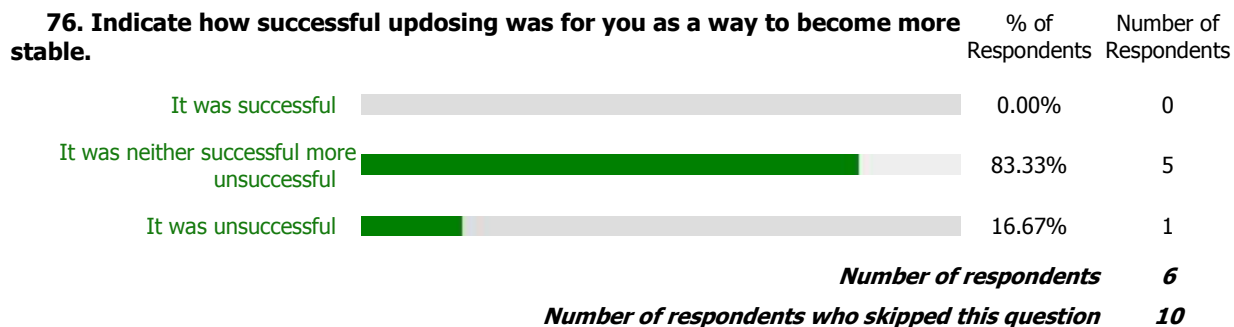
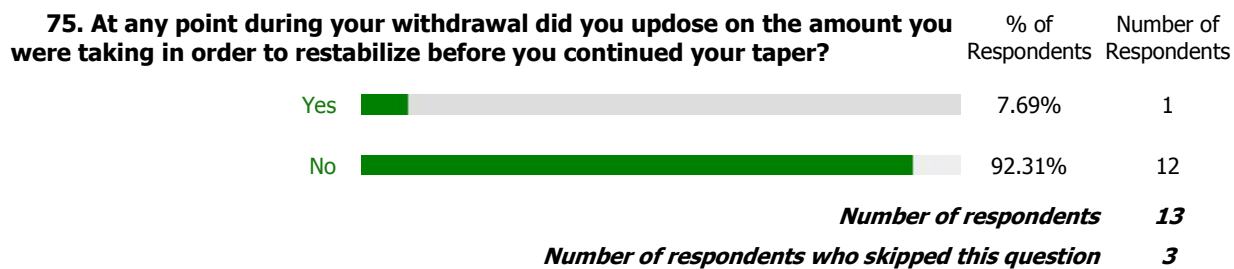
		% of Respondents	Number of Respondents
I needed more than my original amount to become stable		20.00%	1
I needed the same as my original amount to be stable		0.00%	0
I needed less than my original amount to become stable		20.00%	1
I never became stable		60.00%	3
Number of respondents			5
Number of respondents who skipped this question			11

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

		% of Respondents	Number of Respondents
Under a month		33.33%	1
Between 1 month but under 3 months		0.00%	0
Between 3 months but under 6 months		33.33%	1
Between 6 months but under 9 months		0.00%	0
Between 9 months but under 12 months		0.00%	0
12 months or over		33.33%	1
Number of respondents			3
Number of respondents who skipped this question			13

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		33.33%	1
It was neither successful or unsuccessful		33.33%	1
It was unsuccessful		33.33%	1
Number of respondents			3
Number of respondents who skipped this question			13



Page 12. Years off

77. How many years is it since you completed your withdrawal from Benzodiazepines or Z-drugs?

		% of Respondents	Number of Respondents
4 years		30.77%	4
5 years		15.38%	2
6 years		15.38%	2
7 years		7.69%	1
8 years		0.00%	0
9 years		7.69%	1
10 years		0.00%	0
11 years		7.69%	1
12 years		7.69%	1
13 years		7.69%	1
14 years		0.00%	0
15 years		0.00%	0
16 years		0.00%	0
17 years		0.00%	0
18 years		0.00%	0
19 years		0.00%	0
20 or more years		0.00%	0

Number of respondents 13

Number of respondents who skipped this question 3

Page 13. Symptoms currently being experienced

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

		% of Respondents	Number of Respondents
I am not experiencing these symptoms		38.46%	5
They are mild		38.46%	5
They are moderate		15.38%	2
They are severe		7.69%	1

Number of respondents 13

Number of respondents who skipped this question 3

79. 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 am not experiencing these symptoms	46.15%	6
They are mild	30.77%	4
They are moderate	15.38%	2
They are severe	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		3

80. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps

	% of Respondents	Number of Respondents
I am not experiencing these symptoms	46.15%	6
They are mild	46.15%	6
They are moderate	7.69%	1
They are severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

81. 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 am not experiencing these symptoms	30.77%	4
They are mild	15.38%	2
They are moderate	30.77%	4
They are severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		3

82. 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 am not experiencing these symptoms	7.69%	1
They are mild	30.77%	4
They are moderate	38.46%	5
They are severe	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		3

83. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)

	% of Respondents	Number of Respondents
I am not experiencing these symptoms	76.92%	10
They are mild	23.08%	3
They are moderate	0.00%	0
They are severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		3

84. 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 am not experiencing these symptoms	15.38%	2
They are mild	38.46%	5
They are moderate	30.77%	4
They are severe	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		3

85. 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 am not experiencing these symptoms	15.38%	2
They are mild	38.46%	5
They are moderate	38.46%	5
They are severe	7.69%	1

Number of respondents 13

Number of respondents who skipped this question 3

86. 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 am not experiencing these symptoms	61.54%	8
They are mild	7.69%	1
They are moderate	23.08%	3
They are severe	7.69%	1

Number of respondents 13

Number of respondents who skipped this question 3

87. What activities are you currently able to participate in with ease?

	% of Respondents	Number of Respondents
Self care - showering, dressing	14.10%	11
Cooking	14.10%	11
Housework and home care	14.10%	11
Shopping	12.82%	10
Socializing	8.97%	7
Driving	10.26%	8
Working	7.69%	6
Exercise	7.69%	6
Intellectual	7.69%	6
None of the above	2.56%	2

Number of respondents 13

Number of respondents who skipped this question 3