1. What benzodiazepines or Z-drugs were you taking at the time thdraw?	you decided to % of Respondents	Number o Responden
alprazolam (Xanax)	28.57%	6
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril)	14.29%	3
clorazepate (Tranxene)	4.76%	1
diazepam (Valium, D-Pam, Pro-Pam)	23.81%	5
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)	14.29%	3
lormetazepam (Noctamid)	0.00%	0
medazepam (Nobrium)	0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)	0.00%	0
itrazepam (Mogadon, Insoma, Nitrados)	0.00%	0
prazepam (Centrax)	0.00%	0
quazepam (Doral)	0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)	0.00%	0
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)	4.76%	1
Zopiclone (Zimovane, Imovane)	9.52%	2
Eszopiclone (Lunesta)	0.00%	0
Number of respond	Number of respondent lents who skipped this question	
	,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,,	-

Page 1. Benzodiazepine Survey Five - 24 months off and not recovered

Under a month	0.00%	0
1- 3 months	0.00%	0
3 - 6 months	0.00%	0
6 - 9 months	7.14%	1
9 - 12 months	7.14%	1
1 - 2 years	0.00%	0
2 - 3 years	0.00%	0
3 - 4 years	14.29%	2
4 - 5 years	14.29%	2
5 -10 years	7.14%	1
10 -15 years	14.29%	2
15 - 20 years	7.14%	1
over 20 years	28.57%	4
	Number of respondents	14
	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 10

Number of respondents who skipped this question 4

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 9

5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	52.63%	10
Hypnotic (tending to make you sleepy)	31.58%	6
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	0.00%	0
Muscle relaxant (tending to reduce muscle tension and associated pain)	10.53%	2
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	5.26%	1
	Number of respondents	14

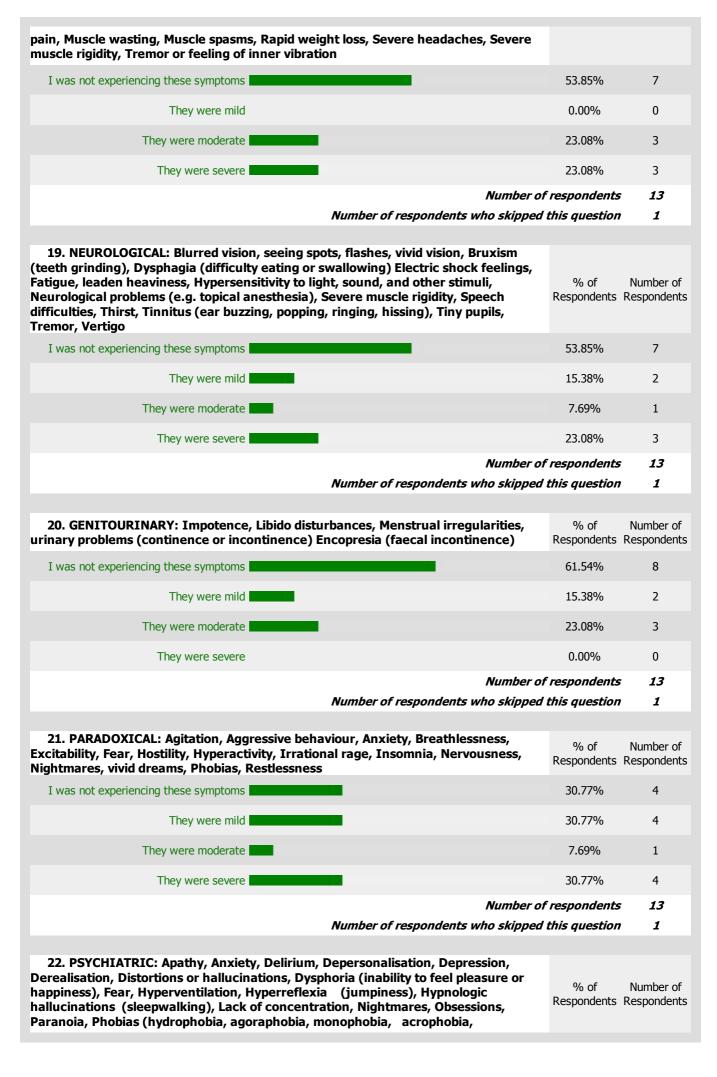
Number of respondents who skipped	this question	0
Page 2. Symptoms Prior to starting either benzodiazepines or Z-drugs		
6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of
I was not experiencing these symptoms	84.62%	11
They were mild	15.38%	2
·		
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents who skipped	respondents this question	
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	92.31%	12
They were mild	0.00%	0
They were moderate	7.69%	1
They were severe	0.00%	0
Number of	respondents	13
Number of respondents who skipped	this question	1
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	69.23%	9
They were mild	23.08%	3
They were moderate	7.69%	1
They were severe	0.00%	0
Number of	respondents	13
Number of respondents who skipped	this question	1
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	84.62%	11
They were mild	7.69%	1
They were moderate	0.00%	0
They were severe	7.69%	1
	respondents	13
Number of respondents who skipped	this quarties	1

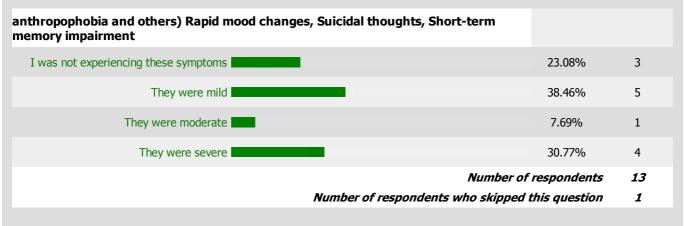
10. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing) Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe 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	92.31%	12
They were mild	0.00%	0
They were moderate	7.69%	1
They were severe	0.00%	0
Number of	respondents	13
Number of respondents who skipped	this question	1
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	92.31%	12
They were mild	7.69%	1
They were moderate	0.00%	0
They were severe	0.00%	0
Number of	^r espondents	13
Number of respondents who skipped	this question	1
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	53.85%	7
They were mild	15.38%	2
They were moderate	15.38%	2
They were severe	15.38%	2
Number of	respondents	13
Number of respondents who skipped	this question	1
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	53.85%	7
They were mild	15.38%	2
They were moderate	15.38%	2
They were severe	15.38%	2
	respondents	
Number of respondents who skipped	uns question	1

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	84.62%	11
They were mild	15.38%	2
They were moderate	0.00%	0
They were severe	0.00%	0
Number of	respondents	s 13
Number of respondents who skipped	this question	1
Page 3. Symptoms at the time you decided to start withdrawing from eit or Z-drugs	her benzo	diazepines
15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension,	% of	Number of

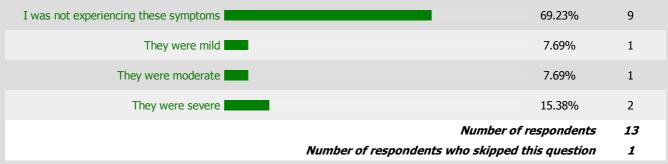
15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	46.15%	6
They were mild	15.38%	2
They were moderate	23.08%	3
They were severe	15.38%	2
Number of	respondents	: 13
Number of respondents who skipped	this question	1
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, 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	46.15%	6
They were mild	7.69%	1
They were moderate	30.77%	4
They were severe	15.38%	2
Number of	respondents	s 13
Number of respondents who skipped	this question	1
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	53.85%	7
They were mild	7.69%	1
They were moderate	15.38%	2
They were severe	23.08%	3
Number of	respondents	; <i>13</i>
Number of respondents who skipped	this question	1

18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication% ofNumber of(sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder% ofRespondents





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

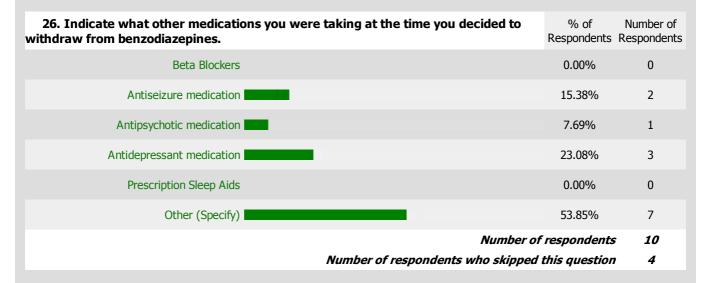


Page 4. Functionality and Activities

24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?	% of Respondents	Number of Respondents
Self care - showering, dressing	12.09%	11
Cooking	12.09%	11
Housework and home care	12.09%	11
Shopping	12.09%	11
Socializing	10.99%	10
Driving	8.79%	8
Working	7.69%	7
Exercise	12.09%	11
Intellectual	10.99%	10
None of the above	1.10%	1
Number of	respondents	: 12
Number of respondents who skipped	this question	2
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	18.75%	9
Cooking	12.50%	6

Housework and home care	12.50%	6
Shopping Shopping	10.42%	5
Socializing	8.33%	4
Driving	8.33%	4
Working	6.25%	3
Exercise	8.33%	4
Intellectual	8.33%	4
None of the Above	6.25%	3
	Number of respondents	12
	Number of respondents who skipped this question	2

Page 5. General Questions



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 10
- Number of respondents who skipped this question 4

28. Why did you decide to come off benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
I no longer needed them	8.33%	2
They stopped working	12.50%	3
There were too many side effects	16.67%	4
Didn't wish to rely on drugs anymore	8.33%	2
Doctor would no longer prescribe them	4.17%	1
They were making me sick	20.83%	5

1 could no longer affind the drugs - my insurance ran out 20,000 21,00			
Number of respondents who skipped His question 2 20. How many unsuccessful attempts have you made to get off benzodiazepines % of get Number of Respondents Number of Respondents This is my first time 98.33% 7 3 One previous attempts 0.00% 0.0 Three previous attempts 8.33% 1 More than three previous attempts 8.33% 1 Number of respondents who skipped His question 8.33% 1 So How old are you? % of g Number of respondents who skipped His question 1 So How old are you? % of g Number of respondents who skipped His question 1 Queder 20 0.00% 0.00% 0 0 Queder 20 0.00% 0 0 0 0 Queder 20 0.00% 0 0 0 0 0 Queder 20 0.00% 0 0 0 0 0 0 Queder 20 0.00% 0 0 0 0 0 0 0 0 0		0.00%	0
Aumber of respondents who skiped to file and all all all all all all all all all al	Other (Specify)	29.17%	7
29. How many unsuccessful attempts have you made to get off benzodiazepines? % of expondents Respondents This is my first time 58.33% 7 One previous attempts 0.00% 0 Two previous attempts 8.33% 1 More than three previous attempts 8.33% 1 More than three previous attempts 8.33% 1 More than three previous attempts 8.33% 1 Sol. How old are you? % of expondents Number of respondents who skipped times respondents under 20 0.00% 0 20 - 29 0.00% 0 30. How old are you? % of expondents Respondents under 20 0.00% 0 20 - 29 0.00% 0 30. How old are you? 0.00% 0 40 - 49 41.67% 5 50 - 59 3.33% 4 60 - 69 16.67% 2 70 - 79 8.33% 1 80 and over 0.00% 0 11 Indicate your gender. Yeight in the previous attempts 2 12 Sumber of respondents who skipped time synenes		Number of responde	nts 12
29. How many unsuccessful attempts have you made to get of beh2odia2epines Respondents		Number of respondents who skipped this quest	ion 2
One previous attempt 25.00% 3 Two previous attempts 0.00% 0 Three previous attempts 8.33% 1 More than three previous attempts 8.33% 0 Munder 20 0.00% 0 0 QU - 20 - 29 0.00% 0 0 QU - 20 - 29 3.33% 4 0 QU - 20 - 29 3.33% 4 0 QU - 20 - 29 0.00% 0 0 QU - 20 - 29 0.00% 0 0 QU - 20 - 29 0.00% 0 0 QU - 20 - 20 0.00% 0 <td< th=""><th>29. How many unsuccessful attempts ha</th><th></th><th>Number of nts Respondents</th></td<>	29. How many unsuccessful attempts ha		Number of nts Respondents
Two previous attempts 0.00% 0 Three previous attempts 8.33% 1 More than three previous attempts 1 1 Number of respondents who skipped 2 2 30. How old are you? % of Number of under 20 .00% 0 20 - 29 .00% 0 20 - 29 .00% 0 41.67% 50 3 50 - 59 .00% 0 20 - 29 .00% 0 20 - 29 .00% 0 20 - 29 .00% 0 40 - 49 .16.7% 50 30. How old are you? .00% 0 10.00% 0 0 10.00% .00% 0 10.00% .00% 0 10.00% .00% 0 10.00% .00% 0 10.00% .00% 0 10.00% .00% 0 10.00% .00% 0 </th <th>This is my first time</th> <th>58.33%</th> <th>7</th>	This is my first time	58.33%	7
Three previous attempts 8.33% 1 More than three previous attempts 8.33% 1 Number of respondents who skipped/wits 2 30. How old are you? 8.6 m Number of Respondents who skipped/wits 1 30. How old are you? 8.6 m Number of Respondents N	One previous attempt	25.00%	3
More than three previous attempts 8.33% 1 Number of respondents who skipped this question 12 2 30. How old are you? % of d Number of respondents who skipped this question 1 Queder 20 0.00% 0 0 0 Queder 20 0.00% 0 0 0 0 Queder 20 30 - 39 0.00% 0 0 0 0 Queder 20 0.00% 0 0 0 0 0 0 Queder 20 0.00% 0	Two previous attempts	0.00%	0
Number of respondents who skipped bits queston 12 30. How old are you? % of g Number of respondents who skipped bits queston 1 Queder 20 0.00% 0 0 0 Queder 20 0.00% 0	Three previous attempts	8.33%	1
Number of respondents who skipper U question	More than three previous attempts	8.33%	1
30. How old are you? % of mespondents Respondent under 20 0.00% 0 20 - 29 0.00% 0 30 - 39 0.00% 0 40 - 49 41.67% 5 50 - 59 33.33% 4 60 - 69 16.67% 2 70 - 79 8.33% 1 80 and over 0.00% 0 Number of respondents who skipped trespondents 31. Indicate your gender. % of stand 1 Male 25.00% 3 3 32. Which of the following methods did you use to try and withdraw from enzodiazepines or Z-drugs? % of stand Number of respondents		Number of responde	nts 12
30. How old are you? Respondents Respondents under 20 0.00% 0 20 - 29 0.00% 0 30 - 39 0.00% 0 40 - 49 41.67% 5 50 - 59 33.3% 4 60 - 69 33.3% 4 60 - 69 33.3% 1 70 - 79 8.33% 1 80 and over 0.00% 0 9 7 9 1 80 and over 2.00% 3 9 7.00% 9 9 7.00% 9 9 7.00% 2 9 7.00% 2 9		Number of respondents who skipped this quest	ion 2
20 - 29 0.00% 0 30 - 39 0.00% 0 40 - 49 41.67% 5 50 - 59 33.33% 4 60 - 69 33.33% 4 60 - 69 60 60 70 - 79 6.67% 2 80 and over 0.00% 0 Number of respondents who skipped 2 81. Indicate your gender. % of Responderts Male 25.00% 3 Female 70.79 3 Male 50.00% 3 Pemale 70.00% 9 Male 70.00% 9 Male 70.00% 9 Mumber of respondents who skipped treespondents 3 Pemale 70.00% 9 Mumber of respondents who skipped treespondents 2 Page 6. Withdrawal Methods 3 32. Which of the following methods did you use to try and withdraw from % of Number of Respondents	30. How old are you?		
30 - 39 0.00% 0 40 - 49 41.67% 5 50 - 59 33.33% 4 60 - 69 33.33% 1 60 - 69 16.67% 2 70 - 79 8.33% 1 80 and over 0.00% 0 90 Antiper of respondents who skipped breactions 3 91 Antiper of respondents who skipped breactions 2 92 Antiper of respondents who skipped breactions 2 93 Antiper of respondents who skipped breactions 2 93 Antiper of respondents who skipped breactions 2 93 Antiper of responde	under 20	0.00%	0
40 - 49 41.67% 5 50 - 59 33.33% 4 60 - 69 16.67% 2 70 - 79 8.33% 1 80 and over 0.00% 0 80 and over 0.00% 0 Number of respondents who skipped this question 2 31. Indicate your gender. % of gender % of gender Male 25.00% 3 Female 75.00% 9 Number of respondents who skipped this question 2 Page 6. Withdrawal Methods 12 32. Which of the following methods did you use to try and withdraw from methods did you use to try and with	20 - 29	0.00%	0
50 - 59 33.33% 4 60 - 69 16.67% 2 70 - 79 80.33% 1 80 and over 0.00% 0.00% 0.00% 80 and over 0.00% 0.00% 0.00% 0 31. Indicate your gender. Male % % %	30 - 39	0.00%	0
 	40 - 49	41.67%	5
70 - 79 8.33% 1 80 and over 0.00% 0 Number of respondents who skipped to spondents 31. Indicate your gender. % of espondent Male 25.00% 3 Female 75.00% 9 Number of respondents who skipped to spondents 9 Page 6. Withdrawal Methods 1 32. Which of the following methods did you use to try and withdraw from espondents % of espondent for espondents	50 - 59	33.33%	4
80 and over 0.00% 0 <i>Number of respondents who skippe utility question</i> 12 <i>Number of respondents who skippe utility question</i> 12 31. Indicate your gender. مالية من المسلحة من المسلحة مسلحة المسلحة المسلحة المسلحة المسلحة المسلحة المسلحة المسلحة الم	60 - 69	16.67%	2
Number of respondents who skipped Linis question 12 31. Indicate your gender. % of sepondents Male 25.00% Female 75.00% Female 75.00% Page 6. Withdrawal Methods 12 S2. Which of the following methods did you use to try and withdraw from expondents % of seponderts	70 - 79	8.33%	1
Number of respondents who skipped tis question 2 31. Indicate your gender. % of gesponder Male 25.00% 3 Female 75.00% 9 Rumber of respondents who skipped tis question 12 Page 6. Withdrawal Methods 12 S2. Which of the following methods did you use to try and withdraw from an expondents % of gesponder	80 and over	0.00%	0
31. Indicate your gender. % of Number of Respondents Respondent Respondents Respondent Respondents Respondent Respondents Respondents Respondents Respondents Respondents Respondents Respondents Respondent Resp			
31. Indicate your gender. Respondents Respondents Male 25.00% 3 Female 75.00% 9 Number of respondents who skipped this question 12 Page 6. Withdrawal Methods 2 S2. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs? % of espondents		Number of respondents who skipped this quest	011 2
Female 75.00% 9 Number of respondents who skipped this question 12 Page 6. Withdrawal Methods 2 Same the following methods did you use to try and withdraw from % of methods % of methods	31. Indicate your gender.		
Number of respondents who skipped this question 12 Page 6. Withdrawal Methods ************************************	Male	25.00%	3
Number of respondents who skipped this question 2 Page 6. Withdrawal Methods	Female Female	75.00%	9
32. Which of the following methods did you use to try and withdraw from % of Number of Respondents Respondents Respondents		-	
Respondents Respondents Respondents	Page 6. Withdrawal Methods		
Cold Turkey 27.78% 5			
	Cold Turkey	27.78%	5

Outpatient detox 5	0.00%	0
	5.56%	1
Valium crossover and Ashton style taper	2.22%	4
Rapid direct taper using dry cutting of pills	1.11%	2
Slow (cuts of 10% or less) direct taper using dry cutting of pills	1.11%	2
Water Titration	6.67%	3
Other (Specify)	5.56%	1
Number of resp	ondents	12
Number of respondents who skipped this	question	2
	% of pondents I	Number of Respondents
I never tried this method Sector Control 33	3.33%	4
I tried this method and is was impossible	8.33%	1
I tried this method and it was difficult 1990 and 1990 and 1	8.33%	7
I tried this method and it was bearable 0	0.00%	0
I tried this method and it was easy to do 0	0.00%	0
Number of resp	ondents	12
Number of respondents who skipped this	question	2
	•	2
		2
	% of	Number of Respondents
benzodiazepines or Z-drugs.	% of	Number of Respondents
benzodiazepines or Z-drugs. Response I never tried this method 83	% of pondents F	Number of Respondents
benzodiazepines or Z-drugs. Resp. I never tried this method 8 I tried this method and is was impossible 0	% of pondents F 3.33%	Number of Respondents 10
benzodiazepines or Z-drugs. Resp. I never tried this method 82 I tried this method and is was impossible 00 I tried this method and it was difficult 16	% of pondents F 3.33% 0.00%	Number of Respondents 10 0
benzodiazepines or Z-drugs. Resp I never tried this method 82 I tried this method and is was impossible 0 I tried this method and it was difficult 16 I tried this method and it was bearable 0	% of pondents F 3.33% 0.00% 6.67%	Number of Respondents 10 0 2
benzodiazepines or Z-drugs. Resp I never tried this method 82 I tried this method and is was impossible 00 I tried this method and it was difficult 16 I tried this method and it was bearable 00	% of pondents F 3.33% 0.00% 6.67% 0.00%	Number of Respondents 10 0 2 0
benzodiazepines or Z-drugs. Response I never tried this method 82 I tried this method and is was impossible 00 I tried this method and it was difficult 16 I tried this method and it was bearable 00 I tried this method and it was bearable 00 I tried this method and it was bearable 00	% of pondents F 3.33% 0.00% 6.67% 0.00% 0.00% 0.00%	Number of Respondents 10 0 2 0 0
benzodiazepines or Z-drugs. Response I never tried this method 82 I tried this method and is was impossible 00 I tried this method and it was difficult 16 I tried this method and it was bearable 00 I tried this method and it was bearable 00 I tried this method and it was easy to do 00 Mumber of response 00	% of pondents F 3.33% 0.00% 6.67% 0.00% 0.00%	Number of Respondents 10 0 2 0 0 12
benzodiazepines or Z-drugs. Response I never tried this method 82 I tried this method and is was impossible 00 I tried this method and it was difficult 16 I tried this method and it was bearable 00 I tried this method and it was easy to do 00 St. Please rate any experience you had with an outpatient detox from 17	% of pondents F (3.33%) (0.00%) (6.67%) (0.00%	Number of Respondents 10 0 2 0 0 12
benzodiazepines or Z-drugs. Response I never tried this method 83 I tried this method and is was impossible 0 I tried this method and it was difficult 16 I tried this method and it was bearable 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 Solution 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 Solution 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 Solution 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do	% of pondents F (3.33%) (0.00%) (6.67%) (0.00%	Number of Respondents 10 0 2 0 0 12 2 0 12 2 Number of
benzodiazepines or Z-drugs. Res I never tried this method 82 I tried this method and is was impossible 0 I tried this method and it was difficult 16 I tried this method and it was bearable 0 I tried this method and it was bearable 0 I tried this method and it was easy to do 0 Mumber of respondents who skipped this method 0 35. Please rate any experience you had with an outpatient detox from benzodiazepines or Z-drugs. Res I never tried this method 75	% of pondents F (3.33%) (0.00%) (6.67%) (0.00%	Number of Respondents 10 0 2 0 0 12 2 0 12 2 Number of Respondents
benzodiazepines or Z-drugs. Res I never tried this method 8 I tried this method and is was impossible 0 I tried this method and it was difficult 1 I tried this method and it was bearable 0 I tried this method and it was easy to do 0 Number of respondents who skipped this form 8 S. Please rate any experience you had with an outpatient detox from 8 I never tried this method 7 I tried this method and is was impossible 0	% of pondents F 3.33% 0.00% 6.67% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00%	Number of Respondents 10 0 2 0 0 12 2 0 0 12 2 Number of Respondents 9
benzodiazepines or Z-drugs. Res I never tried this method 8 I tried this method and is was impossible 0 I tried this method and it was difficult 10 I tried this method and it was bearable 0 I tried this method and it was easy to do 0 Solution 0 Number of respondents who skipped this method Solution 7 I never tried this method 7 I tried this method and it was impossible 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I tried this method and it was easy to do 0 I never tried this method 7 I never tried this method 7 I tried this method and is was impossible 0 I tried this method and is was impossible 0 I tried this method and it was difficult 2	% of pondents F 3.33% 0.00% 6.67% 0.00% 0.00% 0.00% % of pondents F 5.00% 0.00%	Number of Respondents 10 0 2 0 0 12 2 0 0 12 2 8 Number of Respondents 9 0
benzodiazepines or Z-drugs. Resp I never tried this method 8 I tried this method and is was impossible 0 I tried this method and it was difficult 14 I tried this method and it was bearable 0 I tried this method and it was easy to do 0 Solution 0 Mumber of respondents who skipped this experience you had with an outpatient detox from beenzodiazepines or Z-drugs. Resp I never tried this method and it was difficult 7 I tried this method and it was difficult 7 I tried this method and it was difficult 2 I tried this method and it was difficult 2 I tried this method and it was difficult 2 I tried this method and it was difficult 2 I tried this method and it was difficult 2 I tried this method and it was difficult 2	% of pondents F 3.33% 0.00% 6.67% 0.00% 0.00% 0.00% 5.00% 5.00%	Number of Respondents 10 2 2 0 0 0 12 2 0 0 12 2 8 Number of Respondents 9 0 3
benzodiazepines or Z-drugs. Resp I never tried this method 80 I tried this method and is was impossible 00 I tried this method and it was difficult 10 I tried this method and it was bearable 00 I tried this method and it was easy to do 00 S5. Please rate any experience you had with an outpatient detox from beenzodiazepines or Z-drugs. Resp I never tried this method and it was impossible 00 I tried this method and it was difficult 72 J tried this method and it was difficult 22 I tried this method and it was difficult 22 I tried this method and it was difficult 22 I tried this method and it was bearable 00 I tried this method and it was difficult 22 I tried this method and it was bearable 00	% of pondents F (3.33%) (0.00%) (6.67%) (0.00%) (0.00%) (0.00%) (0.00%) (0.00%) (0.00%) (0.00%)	Number of Respondents 10 2 2 0 0 0 12 2 0 0 12 2 9 0 0 3 0 3 0

aper from benzodiazepines or Z-drugs.	er and Ashton style % of Respondent	Number s Responde
I never tried this method	66.67%	8
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	33.33%	4
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 responden	ts 12
Number of respo	ondents who skipped this question	on 2
37. Please rate any experience you had with a rapid taper usin om benzodiazepines or Z-drugs.	g dry cutting of pills % of Respondent	Number s Responde
I never tried this method	66.67%	8
I tried this method and is was impossible	8.33%	1
I tried this method and it was difficult	25.00%	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 responden	ts 12
Number of respo	ondents who skipped this question	on 2
38. Please rate any experience you had with a slow (cuts of 10 sing dry cutting of pills from benzodiazepines or Z-drugs.	% or less) taper % of Respondent	Number s Responde
I never tried this method	83.33%	10
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	16.67%	2
	16.67% 0.00%	2
I tried this method and it was difficult		
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do	0.00% 0.00% Number of respondent	0 0 ts 12
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do	0.00%	0 0 ts 12
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do <i>Number of respo</i> 39. Please rate any experience you had with Water Titration fr	0.00% 0.00% Number of respondent ondents who skipped this question	0 0 ts 12 on 2 Number
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do <i>Number of respo</i> 39. Please rate any experience you had with Water Titration fr	0.00% 0.00% <i>Number of responden</i> ondents who skipped this question rom benzodiazepines % of	0 0 ts 12 on 2 Number
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do <i>Number of respondent</i> 39. Please rate any experience you had with Water Titration for a 2-drugs. I never tried this method	0.00% 0.00% Number of respondent ondents who skipped this question rom benzodiazepines % of Respondent	0 ts 12 on 2 Number s Responde
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do <i>Number of respondent</i> 39. Please rate any experience you had with Water Titration for a 2-drugs. I never tried this method	0.00% 0.00% Number of respondent ondents who skipped this question rom benzodiazepines % of Respondent 66.67%	0 ts 12 on 2 Number s Responde
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do <i>Number of responsed</i> 39. Please rate any experience you had with Water Titration for radius and the second s	0.00% 0.00% Number of respondent ondents who skipped this question rom benzodiazepines % of Respondent 66.67% 0.00%	0 0 ts 12 7 2 Number s Responde 8 0
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do Sumber of response 39. Please rate any experience you had with Water Titration for 2-drugs. I never tried this method I tried this method and is was impossible I tried this method and it was difficult	0.00% 0.00% Number of respondent ondents who skipped this question rom benzodiazepines % of Respondent 0.00% 33.33%	0 0 12 0 7 8 8 8 8 0 4
I tried this method and it was difficult I tried this method and it was bearable I tried this method and it was easy to do Sumber of response 39. Please rate any experience you had with Water Titration for a comparison of the	0.00% 0.00% Number of respondent ondents who skipped this question rom benzodiazepines % of Respondent 0.00% 33.33% 0.00%	0 0 12 0 0 12 2 0 0 4 0 0 0 0

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	100.00%	12
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	12
Number of respondents who skippe	ed this question	2

41. Which method did you use to get off the Z-drugs?	majority of your benzodiazepine or	% of Respondents	Number of Respondents
Cold Turkey		41.67%	5
Inpatient detox		0.00%	0
Outpatient detox		8.33%	1
Valium crossover and Ashton style taper	•	25.00%	3
Rapid direct taper using dry cutting of pills		16.67%	2
Slow (cuts of 10% or less) direct taper using dry cutting of pills		0.00%	0
Water Titration		8.33%	1
	Number of	respondents	; 12
	Number of respondents who skipped t	this question	2

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	16.67%	2
They were mild	0.00%	0
They were moderate	16.67%	2
They were severe	66.67%	8
Number of	f respondents	: 12
Number of respondents who skipped	this question	2
43. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin,		

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	0.00%	0
They were mild	25.00%	3
They were moderate	8.33%	1

They were severe	66.67%	8
Ni	umber of responden	ts 12
Number of respondents who	skipped this question	on 2
44. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes		
alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Hea Nausea, Oesophagitis, Stomach cramps	Artburn, % of Respondent	Number of s Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	16.67%	2
They were moderate	33.33%	4
They were severe	50.00%	6
Nı	umber of responden	ts 12
Number of respondents who	skipped this question	on 2
45. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Form	lication	
(sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and s pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, S muscle rigidity, Tremor or feeling of inner vibration	shoulder % of	Number of s Respondent
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	25.00%	3
They were severe	75.00%	9
NL	umber of responden	ts 12
	umber of responden	ts 12
Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speec difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils	<i>skipped this questic</i> skipped this questic tism ic shock r stimuli, % of ch Respondent	ts 12 on 2 Number of
Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speec difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils	<i>skipped this questic</i> skipped this questic tism ic shock r stimuli, % of ch Respondent	ts 12 on 2 Number of
Na Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo	tism ic shock r stimuli, s,	ts 12 on 2 Number of ts Respondent
Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms	skipped this question skipped this question tissm ic shock r stimuli, th s, 0.00%	ts 12 on 2 Number of s Respondent
Na Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild	issm ic shock r stimuli, h s, 0.00% 0.00%	ts 12 2 Number of Respondent 0 0
Na Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate	tism ic shock r stimuli, h s, 0.00% 0.00% 16.67%	ts 12 pn 2 pn 2 Number of Respondent 0 0 2 10
Na Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate	umber of respondent skipped this question tissmic shock r stimuli, r stimuli, s, % of Respondent 0.00% 0.00% 16.67% 83.33% umber of respondent	ts 12 on 2 on 2 on 0 0 0 2 10 ts 12
Na Number of respondents who 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Brux (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate	umber of respondent skipped this question tism tic shock r stimuli, % of Respondent s, 0.00% 0.00% 16.67% 83.33% umber of respondent skipped this question skipped this question	ts 12 on 2 on 2 on 0 0 0 2 10 ts 12 on 2 10 2 ts 12 on 2 Number of 2
Addition 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electrifeelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate It was not experiencing these symptoms They were severe Variable They mere severe I was not experiencing these symptoms They mere moderate I was not experiencing these symptoms They mere moderate I was not experiencing these symptoms They mere severe I was not experiencing these symptoms They mere severe	umber of respondent skipped this question tism tic shock r stimuli, % of Respondent s, 0.00% 0.00% 16.67% 83.33% umber of respondent skipped this question skipped this question	ts 12 on 2 on 2 on 0 0 0 2 10 ts 12 on 2 10 2 ts 12 on 2 Number of 2
Addition 46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electrifeelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate Number of respondents who 47. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregulari urinary problems (continence or incontinence) Encopresia (faecal incontinence)	umber of respondent skipped this question tissmic shock r stimuli, th s, % of Respondent 0.00% 0.00% 0.00% 16.67% 83.33% umber of respondent skipped this question skipped this question tities, ce) % of Respondent	ts 12 2 Number of Respondent 0 0 2 10 ts 12 0 2 10 ts 12 0 2 Number of Respondent
Na Number of respondents who A6. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speec difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate Number of respondents who A7. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregulari urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms	umber of respondent skipped this question tissmic shock r stimuli, r stimuli, s, % of Respondent 0.00% 0.00% 0.00% 16.67% skipped this question skipped this question ities, ce) % of Respondent ities, ce) % of Respondent ities, ce) % of Respondent	ts 12 2 Number of Respondent 0 0 2 10 ts 12 0 2 10 ts 12 0 2 10 ts 12 2 10 ts 12 2 10 ts 12 2 10 ts 12 2
Na Number of respondents who A6. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxi (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electri feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speed difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils Tremor, Vertigo I was not experiencing these symptoms They were mild They were moderate A0 Number of respondents who A7. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregulari I was not experiencing these symptoms I was not experiencing these symptoms They were mild They were mild They were mild I was not experiencing these symptoms	umber of respondent skipped this questiontism ic shock r stimuli, is,% of Respondent0.00%0.00%0.00%0.00%16.67%83.33%umber of respondent skipped this questiontities, ce)% of Respondentities, ce)% of Respondent16.67%8.33%	ts 12 pn 2 pn 2 kar Number of pn 0 pn 2 pn

	d this sussetion	
Number of respondents who skipped	a this question	2
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	0.00%	0
They were moderate	0.00%	0
They were severe	100.00%	12
Number	of respondents	<i>12</i>
Number of respondents who skipped	d this question	2
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	8.33%	1
They were moderate	0.00%	0
They were severe	91.67%	11
	of respondents	
Number of respondents who skipped	d this question	2
50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathin difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Nig apnea, Sinusitis	9 % of ht Respondents	Number of Respondents
I was not experiencing these symptoms	8.33%	1
They were mild	16.67%	2
They were moderate	16.67%	2
They were severe	58.33%	7
	of respondents	
Number of respondents who skipped	d this question	2
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	16.67%	2
They were mild	33.33%	4
They were moderate	16.67%	2
They were severe	33.33%	4

12

Number of respondents

Number of respondents who skipped	this question	2
F2 DERMATOLOCICAL: Allowsia reportions. Chaminal consistivities. Dry, itabu chin		
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	8.33%	1
They were mild	25.00%	3
They were moderate	33.33%	4
They were severe	33.33%	4
	respondents	
Number of respondents who skipped	this question	2
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	16.67%	2
They were mild	16.67%	2
They were moderate	16.67%	2
They were severe	50.00%	6
Number of	^r espondents	12
Number of respondents who skipped	this question	2
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	0.00%	0
They were mild	0.00%	0
They were moderate	33.33%	4
They were severe	66.67%	8
Number of	^r espondents	12
Number of respondents who skipped	this question	2
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		Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	8.33%	1
They were moderate	33.33%	4
They were severe	58.33%	7
	respondents	
Number of respondents who skipped	this question	2

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	33.33%	4
They were mild	33.33%	4
They were moderate	16.67%	2
They were severe	16.67%	2
Number o	of respondents	12
Number of respondents who skipped	this question	2
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	0.00%	0
They were mild	25.00%	3
They were moderate	8.33%	1
They were severe	66.67%	8
	of respondents	
Number of respondents who skipped	this question	2
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	0.00%	0
They were mild	8.33%	1
They were moderate	16.67%	2
They were severe	75.00%	9
Number of respondents who skipped	of respondents	
Number of respondents who skipped	i uns question	2
59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathin difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Nig apnea, Sinusitis	g % of Respondents	Number of Respondents
I was not experiencing these symptoms	8.33%	1
They were mild	41.67%	5
They were moderate	8.33%	1
They were severe	41.67%	5
	of respondents	
Number of respondents who skipped	this question	2
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%	11
	Number of	respondents	11
	Number of respondents who skipped a	this question	3
61. What activities were you able to parti during your withdrawal?	cipate in with ease at the worst time	% of Respondents	Number of Respondents
Self care - showering, dressing	-	23.53%	4
Cooking		11.76%	2
Housework and home care		5.88%	1
Shopping		0.00%	0
Socializing		0.00%	0
Driving		5.88%	1
Working		0.00%	0
Exercise		5.88%	1
Intellectual		5.88%	1
None of the above		41.18%	7
	Number of	respondents	11
	Number of respondents who skipped a	this question	3
62. What activities were you able to parti withdrawal?	icipate in with ease at the end of your	% of Respondents	Number of Respondents
Self care - showering, dressing		22.22%	6
Cooking	l .	14.81%	4
Housework and home care		7.41%	2
Shopping		7.41%	2
Socializing		3.70%	1
Driving		7.41%	2
Working		3.70%	1

Exercise

Intellectual

None of the above

11.11%

3.70%

18.52%

Number of respondents

Number of respondents who skipped this question

3

1

5

11

3

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?	% of Respondents	Number of Respondents
Beta Blockers	15.38%	2
Antiseizure medication	7.69%	1
Antipsychotic medication	7.69%	1
Antidepressant medication	30.77%	4
Prescription Sleep Aids	7.69%	1
Other (Specify)	30.77%	4
Number o	f respondents	10
Number of respondents who skipped	-	4
Number of respondents who skipped	runs question	7
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	25.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	50.00%	4
They made my withdrawal from benzodiazepines worse	25.00%	2
	f respondents	
Number of respondents who skipped	i this question	6
65. What additional supplements did you take during withdrawal?		
Numb	er of Respond	ents 7
Number of respondents who ski	ipped this que	stion 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	40.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	60.00%	3
They made my withdrawal from benzodiazepines worse	0.00%	0
Number o	f respondents	5
Number of respondents who skipped	l this question	9
67. How long did it take for you to complete your taper from benzodaizepines or Z- number of months from the beginning of your taper until you took your last dose.	drugs. Please	e enter the
Numb	er of Respond	<i>ents</i> 11
Number of respondents who ski	ipped this que	stion 3
68. What was the total amount of time you were on benzodiazepines or Z-drugs? F of months - this should be the number of months you took the drug for plus the numl taper them.		

	Number of Responde	ents 11
	Number of respondents who skipped this que	stion 3
69. Please indicate which of the following state vithdrawal.	ments applied to you during your % of Respondents	Number o Responder
I had adequate support from my doctor	10.34%	3
I had adequate support from my family	6.90%	2
I had adequate support from a therapist	3.45%	1
I had adequate support from friends	6.90%	2
I had enough knowledge to withdrawal in a way that was appropriate for me	10.34%	3
I had to work to support myself	10.34%	3
I had to care for others, children, parents	10.34%	3
I smoked	10.34%	3
I lived alone	6.90%	2
I have always been an anxious person even before benzodiazepines and withdrawal	10.34%	3
I had some other health problems in addition to withdrawal	6.90%	2
I had many other health problems in addition to withdrawal	6.90%	2
None of the above	0.00%	0
	Number of respondents Number of respondents who skipped this question	11 3

Page 10. About Reinstatement

70. Did you reinstate at any point during yo	ur withdrawal?	% of Respondents	Number of Respondents
Yes		0.00%	0
No		100.00%	11
	Number of	respondents	s 11
	Number of respondents who skipped	this question	3
71. Indicate to what benzodiazepine you re	instated.	% of Respondents	Number of Respondents
I reinstated to Valium		0.00%	0
I reinstated to the benzodiazepine I was on		0.00%	0
I reinstated to another benzodiazepine		0.00%	0
	Number of	respondents	; 0
	Number of respondents who skipped	this question	14

Number of respondents

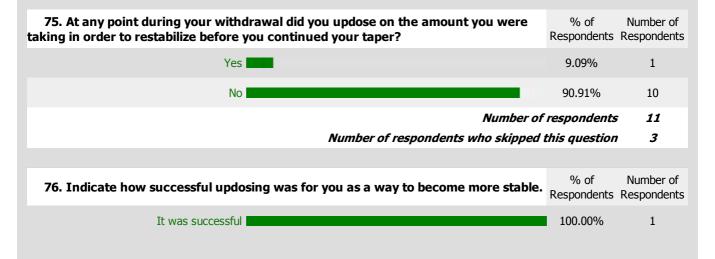
Number of respondents who skipped this question

0

14

	ing your withdrawal - indicate which of the mount you needed to take to become stable.	% of Respondents	Number of Respondents
I needed more than my original amount to become stable		0.00%	0
I needed the same as my original amount to be stable		0.00%	0
I needed less than my original amount to become stable		0.00%	0
I never became stable		0.00%	0
	Number of	respondents	· 0
	Number of respondents who skipped a	-	
	Number of respondents who skipped	uns question	14
73. If you reinstated, how many month reinstate?	s after you got off benzodiazepines did you	% of Respondents	Number of Respondents
Under a month		0.00%	0
Between 1 month but under 3 months		0.00%	0
Between 3 months but under 6 months		0.00%	0
Between 6 months but under 9 months		0.00%	0
Between 9 months but under 12 months		0.00%	0
12 months or over		0.00%	0
	Number of	respondents	; 0
	Number of respondents who skipped	this question	14
74. Indicate how successful reinstating stable so that you could re-taper.	g was for you in helping you to become	% of Respondents	Number of Respondents
It was successful		0.00%	0
It was neither successful or unsuccessful		0.00%	0
It was unsuccessful		0.00%	0
			_

Page	11.	About	Updosing
			- p



It was netline successful more unsuccessful unsuccessful unsuccessful in the unsucessful in the unsuccesful in the unsuccessful in the				
Number of respondents who skipped this question 1 Page 12. Symptoms existing at 12 months off Number of respondents who skipped this question Sheeping of extreme cold or heat, Heart palpitations % of Number of Respondents I was not experiencing these symptoms 20.00% 2 They were moderate 30.00% 3 Number of respondents who skipped this question 30 3 They were moderate 30.00% 3 Number of respondents who skipped this question 4 78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Stark itcs, Lauknowyches (whiteing of nails), Nosebleed, Oedema, Stark itcs, Lauknowyches (whiteing of nails), Nosebleed,			0.00%	0
Number of respondents who skipped this question 13 Page 12. Symptoms existing at 12 months off F. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme coil or heat, Heart palpitations Respondents Respondents	It was unsuccessful		0.00%	0
17. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, % of Respondents Resp			•	
Shivering, feelings of extreme cold or heat, Heart palpitations Respondents Respondents Respondents I was not experiencing these symptoms 20.00% 2 They were moderate 30.00% 3 I may were severe 30.00% 3 I may were moderate 10 Number of respondents who skipped this question I was not experiencing these symptoms % of Mumber of respondents Respondents Number of Respondents I was not experiencing these symptoms 0.00% 0 0 I was not experiencing these symptoms 0.00% 3 3 I was not experiencing these symptoms 0.00% 3 3 I was not experiencing these symptoms 10 0 3 I was not experiencing these symptoms 10 10 4 I was not experiencing these symptoms 10 10 4 I was not experiencing these symptoms 10.00% 1 1	Page 12. Symptoms existing at 12 mon	ths off		
They were mild 20.00% 2 They were moderate 30.00% 3 They were moderate 30.00% 3 They were severe 30.00% 3 Number of respondents who skipped this question 4 They were severe 0 0 They were moderate 0 0 They one to respondents who skipped this question 4 They one to respondents who skipped this question 6 They were moderate 0.00% 0 They were severe 0.00% 1 They were severe 0.00% 1 They were moderate 0.00% 1 They were severe 10.00% 1 Th				
They were moderate 30.00% 3 They were severe 30.00% 3 Number of respondents who skipped this question 10 Number of respondents who skipped this question 4 State EXEMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, Itchy skin, Dry throat, sore tongue, and thrush, Fornications (sensation of crawling on skin), Gassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches 8 I was not experiencing these symptoms 0.00% 0 They were moderate 30.00% 3 Mumber of respondents who skipped this question 3 Number of respondents who skipped this question 4 State and thrush, Speppsia (indigestion), Gastritis, Heartburn, Respondents Respondents 10 Number of respondents who skipped this question 4 State and thrush, Speppsia (indigestion), Gastritis, Heartburn, Respondents Respondents 10 Number of respondents Respondents 10 Number of respondents respondents 10 State and thrush, Speppsia (indigestion), Gastritis, Heartburn, Respondents 10 Number of respondents 10 Number of respondents respondents 10 Number of respondents	I was not experiencing these symptoms		20.00%	2
They were severe 30.00% 3 Number of respondents who skipped this question 10 Number of respondents who skipped this question 4 78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of sepondents who skipped this question of an alloh (sensation of crawling on skin), Sorethead, and thrush (sensation of the sepondents who skipped this question of the sepondents (sensation of the sepondents sepondents (sepondents (sepon	They were mild		20.00%	2
Number of respondents 10 Number of respondents who skipped this question 4 78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, tichy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formications (sensation of crawling on skin), Sore tongue, and thrush, Formication of crawling on skin), Sore tongue, and thrush, Formication of crawling on skin, Sore tongue, and thrush, Formication of crawling on skin, Sore tongue, and thrush, Formication of crawling on skin, Sore tongue, and thrush, Formication of crawling on skin, Sore tongue, and thrush, Formication of crawling on skin, Sore tongue, and thrush, Formication (sometimes attracting with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Sepondents % of sepondents Number of sepondents 10 A 10.00% 1 1 1 1 1 11 They were moderate 10.00% 1 </th <th>They were moderate</th> <th>-</th> <th>30.00%</th> <th>3</th>	They were moderate	-	30.00%	3
Number of respondents who skipped this question 4 78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itch yskin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin, Supper Superspiring, night sweats, Rashes, blotches) % of mespondents Number of Respondents I was not experiencing these symptoms 0.00% 0 They were mild 30.00% 3 They were moderate 40.00% 4 They were severe 30.00% 3 Number of respondents who skipped this question 40.00% 4 They were severe 30.00% 3 Number of respondents who skipped this question 40.00% 4 They were severe 10.00% 1 Number of respondents who skipped this question 40.00% 1 They were moderate 10.00% 1 1 Number of respondents who skipped this question 10.00% 1 1 They were mild 10.00% 1	They were severe	-	30.00%	3
78. 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, Ocdema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches % of Number of Respondents Respondents I was not experiencing these symptoms 0.00% 0 They were mild 30.00% 3 They were moderate 40.00% 4 They were severe 30.00% 3 Vumber of respondents who skipped this question 4 79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps % of Number of respondents who skipped this question I was not experiencing these symptoms 10.00% 1 1 They were mild 10.00% 1 1 They were moderate 70.00% 7 1 I was not experiencing these symptoms 10.00% 1 1 I were mild 10.00% 1 1 I were mild 10.00% 1 1 I was not experiencing these symptoms 10 4 4		Number of	^r respondents	10
Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numberses, tingling), Perspiring, night sweats, Rashes, blotches % of Number of Respondents Respondents Respondents Respondents I was not experiencing these symptoms 0.00% 0 They were mild 30.00% 3 They were moderate 40.00% 4 Mumber of respondents 10 Number of respondents who skipped this question 4 They were severe 30.00% 3 Number of respondents who skipped this question 4 They were moderate 10 Number of Respondents Number of respondents who skipped this question 4 10 They were severe 10.00% 1 They were mild 10.00% 1		Number of respondents who skipped	this question	4
They were mild30.00%3They were moderate40.00%4They were severe30.00%3Number of respondents30.00%3Number of respondents who skipped this question479. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes stausea, Oesophagitis, Stomach cramps% of sepondentsI was not experiencing these symptoms10.00%1They were mild10.00%1They were moderate70.00%7They were moderate10.00%1They were severe10.00%1Stamber of respondents who skipped this question4Stamber of respondents who skipped these symptoms1Stamber of respondents who skipped these symptoms4Stamber of respondents who skipped these symptoms8Stamber of res	Dry throat, sore tongue, and thrush, Formication Glassy eyes, Hair loss, Leukonychea (whitening	ns (sensation of crawling on skin), of nails), Nosebleeds, Oedema,		
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They were severe 30.00% 3 Number of respondents who skipped this question 10 79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarhoea), Dyspepsia (indigestion), Gastritis, Heartburn, Respondents % of Number of Respondents I was not experiencing these symptoms 10.00% 1 They were mide 10.00% 1 They were moderate 70.00% 7 They were moderate 10.00% 1 Number of respondents who skipped this question 10 1 Respondents 10.00% 1 1 They were moderate 70.00% 7 1 Respondents who skipped this question 10 1 1 Respondents 10.00% 1 1 1 Respondents 10.00% 1 1 1 Respondents 10.00% 1 1 1 1 Respondents Respondents 10 1 1 1 1 Respondents Respondents Respondents 1 1 1 1 1 1 1 1 1	They were mild		30.00%	3
Number of respondents 10 Number of respondents who skipped this question 10 79. 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 10.00% 1 They were mild 10.00% 1 They were moderate 70.00% 7 They were severe 10.00% 1 Number of respondents who skipped this question 1 So. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication so fougs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle spasms, Rapid weight loss, Severe headaches, Severe sepondents % of Respondents Number of Respondents I was not experiencing these symptoms 0.00% 0 0 0	They were moderate		40.00%	4
Number of respondents who skipped this question 4 79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes atternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, lass pondents % of Respondents Number of Respondents I was not experiencing these symptoms 10.00% 1 1 They were mild 10.00% 1 1 They were moderate 70.00% 7 1 They were severe 10.00% 1 1 Number of respondents who skipped this question 10 1 So. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication frespondents % of Respondents Number of Respondents So. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication frespondents % of Respondents Number of Respondents I was not experiencing these symptoms 0.00% 0 0 1	They were severe		30.00%	3
79. 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 10.00% 1 They were mild 10.00% 1 They were moderate 70.00% 7 They were severe 10.00% 1 Number of respondents who skipped this question 10 Number of respondents who skipped this question 4 80. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration % of Respondents I was not experiencing these symptoms 0.00% 0		Number of	respondents	10
alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, % of Number of Respondents Respondents Respondents I was not experiencing these symptoms 10.00% 1 They were mild 10.00% 1 They were mild 10.00% 1 They were moderate 70.00% 7 They were severe 10.00% 1 Number of respondents who skipped this question 4 80. 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 Number of I was not experiencing these symptoms 0.00% 0		Number of respondents who skipped	this question	4
alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Respondents Nausea, Oesophagitis, Stomach cramps 10.00% 1 I was not experiencing these symptoms 10.00% 1 They were mild 10.00% 1 They were moderate 70.00% 7 They were severe 10.00% 1 Number of respondents who skipped this question 10 80. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication % of Number of sepondents % of Respondents 80 I was not experiencing these symptoms 0.00% 0 0			% of	Number of
They were mild 10.00% 1 They were moderate 70.00% 7 They were severe 10.00% 1 They were severe 10.00% 1 Number of respondents who skipped this question 10 80. 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 headaches, Severe % of mespondents I was not experiencing these symptoms 0.00% 0		sia (indigestion), Gastritis, Heartburn,		
They were moderate 70.00% 7 They were severe 10.00% 1 Number of respondents who skipped trespondents who skipped trespondents question 10 S0. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication sof bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe head	I was not experiencing these symptoms		10.00%	1
They were severe 10.00% 1 Number of respondents who skipped this question 10 Kumber of respondents who skipped this question 10 S0. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication sof bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder sepondents % of Respondents Image: Number of feeling of inner vibration % of Respondents % of Respondents Image: Number of feeling of inner vibration % of Respondents 0.00% 0	They were mild		10.00%	1
Number of respondents who skipped this question 10 80. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle spasms, Rapid weight loss, Severe headaches, Se	They were moderate		70.00%	7
Number of respondents who skipped this question 4 80. 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 0.00% 0	They were severe		10.00%	1
80. 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 Number of Respondents I was not experiencing these symptoms 0.00% 0		Number of	^r respondents	10
(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 RespondentsNumber of RespondentsI was not experiencing these symptoms0.00%0		Number of respondents who skipped	this question	4
	(sensations of bugs crawling on skin, Gait distur pain, Muscle wasting, Muscle spasms, Rapid wei	bance, Jaw, tooth, neck and shoulder ight loss, Severe headaches, Severe		
They were mild 20.00% 2	I was not experiencing these symptoms		0.00%	0
	They were mild		20.00%	2

5

They were severe	30.00%	3
	respondents	
Number of respondents who skipped	this question	4
81. 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	0.00%	0
They were moderate	60.00%	6
They were severe	40.00%	4
Number of	respondents	; 10
Number of respondents who skipped	this question	4
82. 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	30.00%	3
They were mild	20.00%	2
They were moderate	30.00%	3
	50.00 /0	5
They were severe	20.00%	2
They were severe		2
They were severe	20.00% F respondents	2 5 10
They were severe Example	20.00% F respondents	2 5 10 7 4 Number of
They were severe Number of Number of Number of respondents who skipped 83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness,	20.00% Trespondents this question % of	2 5 10 7 4 Number of
They were severe Number of Number of respondents who skipped 83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	20.00% Frespondents this question % of Respondents	2 10 4 Number of Respondents
They were severe Number of Number of respondents who skipped 83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness I was not experiencing these symptoms	20.00% Frespondents this question % of Respondents 0.00%	2 10 4 Number of Respondents
They were severe Number of Number of respondents who skipped 83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness I was not experiencing these symptoms They were mild	20.00% Frespondents this question % of Respondents 0.00% 0.00%	2 10 4 Number of Respondents 0 0
They were severe	20.00% respondents this question % of Respondents 0.00% 0.00% 50.00%	2 10 4 Number of Respondents 0 0 0 5 5
They were severe	20.00% Trespondents this question % of Respondents 0.00% 0.00% 50.00% 50.00%	2 10 4 Number of Respondents 0 0 5 5 10 10
They were severe Number of Number of respondents who skipped 83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness I was not experiencing these symptoms They were mild They were moderate Inhey were severe State of respondents who skipped	20.00% Trespondents this question 0.00% 0.00% 50.00% 50.00% Trespondents this question	2 10 4 Number of Respondents 0 0 5 5 10 10
They were severe Number of Number of respondents who skipped S3. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness I was not experiencing these symptoms They were mild They were moderate Inter were moderate States of respondents who skipped S4. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations, Songer States, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, acrophobia, acrophobia, acrophobia, states)	20.00% Trespondents this question 0.00% 0.00% 50.00% 50.00% Trespondents this question	2 10 4 Number of Respondents 0 0 0 10 5 5 10 4 Number of
They were severe Number of Inspondents who skipped S3. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Sightmares, vivid dreams, Phobias, Restlessness I was not experiencing these symptoms They were mild They were moderate Inter were severe Number of respondents who skipped S4. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Depression, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic halucinations, Seesphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Apperreflexia (jumpiness), Hypnologic halucinations, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	20.00% respondents this question 0.00% 0.00% 50.00% 50.00% respondents this question kespondents	2 10 4 Number of Respondents 0 0 0 5 5 10 4 Xumber of Respondents

They were severe	50.00%	5
	f respondents	
Number of respondents who skipped	uns question	4
85. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Nigh apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms	20.00%	2
They were mild	30.00%	3
They were moderate	30.00%	3
They were severe	20.00%	2
Number of	^r espondents	10
Number of respondents who skipped	this question	4
86. What activities were you able to participate in with ease 12 months after you stopped taking benzodiazepines?	% of Respondents	Number of Respondents
Self care - showering, dressing	26.09%	6
Cooking	21.74%	5
Housework and home care	8.70%	2
Shopping	4.35%	1
Socializing	0.00%	0
Driving	4.35%	1
Working	4.35%	1
Exercise Exercise	8.70%	2
Intellectual	4.35%	1
None of the above	17.39%	4
Number of	^r espondents	10
Number of respondents who skipped	this question	4
Page 13. Symptoms existing at 24 months off		
87. 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	33.33%	3
They were mild	33.33%	3
They were moderate	33.33%	3
They were severe	0.00%	0
Number of Number of respondents who skipped	^r respondents this question	9 5

88. 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	11.11%	1
They were mild	44.44%	4
They were moderate	33.33%	3
They were severe	11.11%	1
Number of	respondents	9
Number of respondents who skipped	this question	5
89. 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	22.22%	2
They were mild	55.56%	5
They were moderate	11.11%	1
They were severe	11.11%	1
Number of	respondents	9
Number of respondents who skipped	this question	5
90. 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	0.00%	0
They were mild	33.33%	3
They were moderate	33.33%	3
They were severe	33.33%	3
Number of	respondents	9
Number of respondents who skipped	this question	5
91. 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	44.44%	4
They were moderate	33.33%	3
They were severe	22.22%	2
Number of	respondents	; 9
Number of respondents who skipped	this auestion	5
		-

92. 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	44.44%	4
They were mild	22.22%	2
They were moderate	22.22%	2
They were severe	11.11%	1
Number of	respondents	9
Number of respondents who skipped	this question	5
93. 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	11.11%	1
They were mild	22.22%	2
They were moderate	44.44%	4
They were severe	22.22%	2
Number of	respondents	9
Number of respondents who skipped	this question	5
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	44.44%	4
They were moderate	33.33%	3
They were severe	22.22%	2
Number of	respondents	9
Number of respondents who skipped a	this question	5
95. 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	44.44%	4
They were mild	33.33%	3
They were moderate	11.11%	1
They were severe	11.11%	1
Number of	respondents	9
Number of respondents who skipped	this question	5
96. What activities were you able to participate in with ease 24 months after you stopped taking benzodiazepines?	% of Respondents	Number of Respondents
stopped taking penzodiazepines:	respondents	Copondento

Self care - showering, dressing	14.29%	6
Cooking	14.29%	6
Housework and home care	11.90%	5
Shopping	14.29%	6
Socializing	7.14%	3
Driving	9.52%	4
Working	4.76%	2
Exercise	9.52%	4
Intellectual	7.14%	3
None of the above	7.14%	3
	Number of respondents	9
	Number of respondents who skipped this question	5
	number of respondents who skipped this question	3