Page 1. Benzodiazepine Survey Three -	Recovered		
1. What benzodiazepines or Z-drugs were you withdraw?		% of espondents	Number of Respondents
alprazolam (Xanax)		24.14%	14
bromazepam (Lexotan, Lexomil)		0.00%	0
chlordiazepoxide (Librium, Nova-Pam)		0.00%	0
clonazepam (Klonopin, Rivotril)		36.21%	21
clorazepate (Tranxene)		3.45%	2
diazepam (Valium, D-Pam, Pro-Pam)		10.34%	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)		12.07%	7
lormetazepam (Noctamid)		0.00%	0
medazepam (Nobrium)		0.00%	0
midazolam, (Versed, Hypnovel, Dormicum)		0.00%	0
nitrazepam (Mogadon, Insoma, Nitrados)		0.00%	0
prazepam (Centrax)		1.72%	1
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)		3.45%	2
Zopiclone (Zimovane, Imovane)		1.72%	1
Eszopiclone (Lunesta)		1.72%	1
Other (Specify)		5.17%	3
	Number of res Number of respondents who skipped this	-	44 1

2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?	% of Respondents	Number of Respondents
Under a month	0.00%	0
1- 3 months	9.09%	4
3 - 6 months	11.36%	5
6 - 9 months	0.00%	0
9 - 12 months	4.55%	2
1 - 2 years	4.55%	2
2 - 3 years	4.55%	2
3 - 4 years	13.64%	6
4 - 5 years	9.09%	4
5 -10 years	15.91%	7
10 -15 years	18.18%	8
15 - 20 years	6.82%	3
over 20 years	2.27%	1
	respondents	
Number of respondents who skipped a	tnis question	1

3. If you were only taking one benzodiazepine or Z-drug at the time you decided to withdraw, enter the number of milligrams per day you were taking.

Number of Respondents 38

*Number of respondents who skipped this question* 7

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* 10

Number of respondents who skipped this question 35

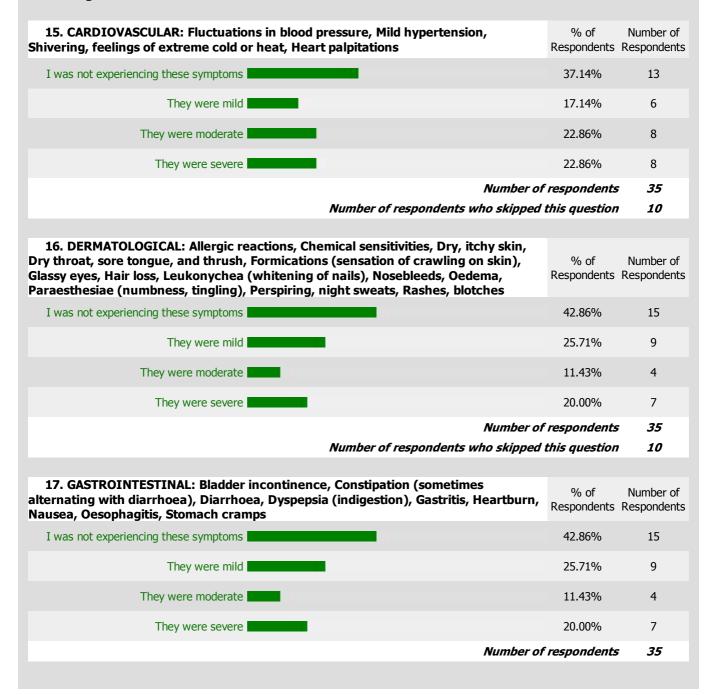
5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	60.00%	30
Hypnotic (tending to make you sleepy)	20.00%	10
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	0.00%	0
Muscle relaxant (tending to reduce muscle tension and associated pain)	2.00%	1
Amnesic (tending to disrupt both long and short term memory)	0.00%	0

Other (Specify)	18.00%	9
Number of	respondents	44
Number of respondents who skipped	this question	1
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	47.22%	17
They were mild	19.44%	7
They were moderate	16.67%	6
They were severe	16.67%	6
Number of	respondents	36
Number of respondents who skipped	this question	9
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	66.67%	24
They were mild	16.67%	6
They were moderate	11.11%	4
They were severe	5.56%	2
	respondents	
Number of respondents who skipped	this question	9
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	63.89%	23
They were mild	19.44%	7
They were moderate	2.78%	1
They were severe	13.89%	5
Number of	respondents	36
Number of respondents who skipped	this question	9
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	58.33%	21
They were mild	5.56%	2
They were moderate	13.89%	5
They were severe	22.22%	8

Number	of respondents	36
Number of respondents who skippe	ed this question	9
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 Respondent
I was not experiencing these symptoms	50.00%	18
They were mild	22.22%	8
They were moderate	11.11%	4
They were severe	16.67%	6
Number	of respondents	36
Number of respondents who skippe	ed this question	9
11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondent
I was not experiencing these symptoms	63.89%	23
They were mild	11.11%	4
They were moderate	22.22%	8
They were severe	2.78%	1
Number	of respondents	36
Number of respondents who skippe	d this question	9
12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondent
I was not experiencing these symptoms	30.56%	11
They were mild	8.33%	3
They were moderate	30.56%	11
They were severe	30.56%	11
Number	of respondents	36
Number of respondents who skippe	d this question	9
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 Respondent
I was not experiencing these symptoms	36.11%	13
They were mild	16.67%	6
They were moderate	25.00%	9
	25.00%	9

Number of	respondents	; 36
Number of respondents who skipped	this question	9
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	66.67%	24
They were mild	8.33%	3
They were moderate	13.89%	5
They were severe	11.11%	4
Number of	respondents	s 36
Number of respondents who skipped	this question	9
De se 2. Completence et the time way desided to start with descript from site		

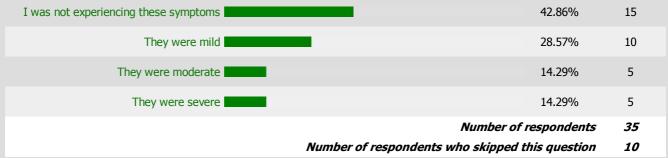
# Page 3. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs



Number of respondents who skipped	this question	10
	r ins question	. 10
18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	<b>r</b> % of Respondents	Number of Respondents
I was not experiencing these symptoms	34.29%	12
They were mild	20.00%	7
They were moderate	17.14%	6
They were severe	28.57%	10
Number o	of respondents	s 35
Number of respondents who skipped	l this question	10
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	40.00%	14
They were mild	8.57%	3
They were moderate	20.00%	7
They were severe	31.43%	11
They were severe <b>Number o</b>	of respondents	; <u>35</u>
They were severe <b>Example 1</b>	of respondents	; <u>35</u>
They were severe <b>Number o</b>	of respondents	5 35 10 Number of
They were severe <b>Number of respondents who skipped</b> 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities,	of respondents I this question % of	5 35 10 Number of
They were severe <b>Number of respondents who skipped</b> 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	f respondents this question % of Respondents	s 35 10 Number of Respondent
They were severe Number of respondents who skipped 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms	of respondents this question % of Respondents 54.29%	s 35 10 Number of Respondent: 19
They were severe Number of respondents who skipped 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms They were mild	% of Respondents 54.29% 8.57%	35 10 Number of Respondent: 19 3
They were severe Number of respondents who skipped 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms They were mild They were moderate They were severe	% of Respondents 54.29% 8.57% 22.86%	35 10 Number of Respondents 19 3 8 8 5
They were severe Number of respondents who skipped 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms They were mild They were moderate They were severe	of respondents this question Respondents 54.29% 8.57% 22.86% 14.29%	<b>35</b> <b>10</b> Number of Respondent 19 3 3 8 5 5 <b>35</b>
They were severe Number of respondents who skipped 20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) I was not experiencing these symptoms They were mild They were moderate They were severe Number of Number of	of respondents this question Respondents 54.29% 8.57% 22.86% 14.29%	35 10 Number of Respondent 19 3 3 8 5 5 5 10 Number of
They were severe          Number of         Number of respondents who skipped         20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)         I was not experiencing these symptoms         They were mild         They were moderate         Inter were severe         Inter were severe         Inter were severe         Inter were severe         Inter of respondents who skipped         21. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness,	of respondents d this question % of Respondents 54.29% 8.57% 22.86% 14.29% of respondents d this question % of	35 10 Number of Respondent 19 3 3 8 5 5 5 10 Number of
They were severe       Number of         20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         They were mild       Image: Continence or incontinence)         They were mild       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         They were moderate       Image: Continence or incontinence)         I were severe       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         I was no	of respondents this question % of Respondents 54.29% 8.57% 22.86% 14.29% f respondents this question % of Respondents	35         10         Number of Respondent         19         3         8         5         35         10
They were severe	of respondents A this question Respondents 54.29% 8.57% 22.86% 14.29% f respondents t this question A this question 5.71%	<b>35</b> <b>10</b> Number of Respondent 19 3 3 8 5 <b>35</b> <b>10</b> Number of Respondent
They were severe       Number of respondents who skipped         20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence)         They were mild       Image: Continence or incontinence)         They were mild       Image: Continence or incontinence)         They were mild       Image: Continence or incontinence)         They were moderate       Image: Continence or incontinence)         They were severe       Image: Continence or incontinence)         Statistical incontinence       Image: Continence or incontinence)         I was not experiencing these symptoms       Image: Continence or incontinence         Statistical incontinence       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms       Image: Continence or incontinence         I was not experiencing these symptoms<	of respondents A this question Respondents 54.29% 8.57% 22.86% 14.29% A this question A this question A this question 5.71% 22.86%	35         10         Number of Respondent         19         3         8         5         35         10         3         8         5         35         10         2         8
They were severe     Number of respondents who skipped     20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)   I was not experiencing these symptoms   They were mild   They were moderate   Number of respondents who skipped   Number of respondents who skipped   They were severe   Statistical and the set of t	of respondents         4 this question         8 espondents         54.29%         8.57%         22.86%         14.29%         14.29%         14.29%         55.71%         22.86%         20.00%         51.43%	<b>35</b> 10 Number of Respondents 19 3 3 8 5 35 10 Number of Respondents 2 8 7 18 7 18 35

22. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	14.29%	5
They were mild	11.43%	4
They were moderate	25.71%	9
They were severe	48.57%	17
Number of	respondents	35
Number of respondents who skipped	this question	10

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	12.45%	30
Cooking	11.62%	28
Housework and home care	11.62%	28
Shopping Shopping	10.79%	26
Socializing	10.79%	26
Driving	10.37%	25
Working Working	9.96%	24
Exercise	10.79%	26
Intellectual	11.20%	27
None of the above	0.41%	1
	respondents	
Number of respondents who skipped	this question	13
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	21.28%	20
Cooking	10.64%	10
Housework and home care	10.64%	10
Shopping Shopping	8.51%	8
Socializing	7.45%	7
Driving	13.83%	13
Working	7.45%	7
Exercise	6.38%	6
Intellectual	3.19%	3
None of the Above	10.64%	10
	Number of respondents	32
	Number of respondents who skipped this question	13

### Page 5. General Questions

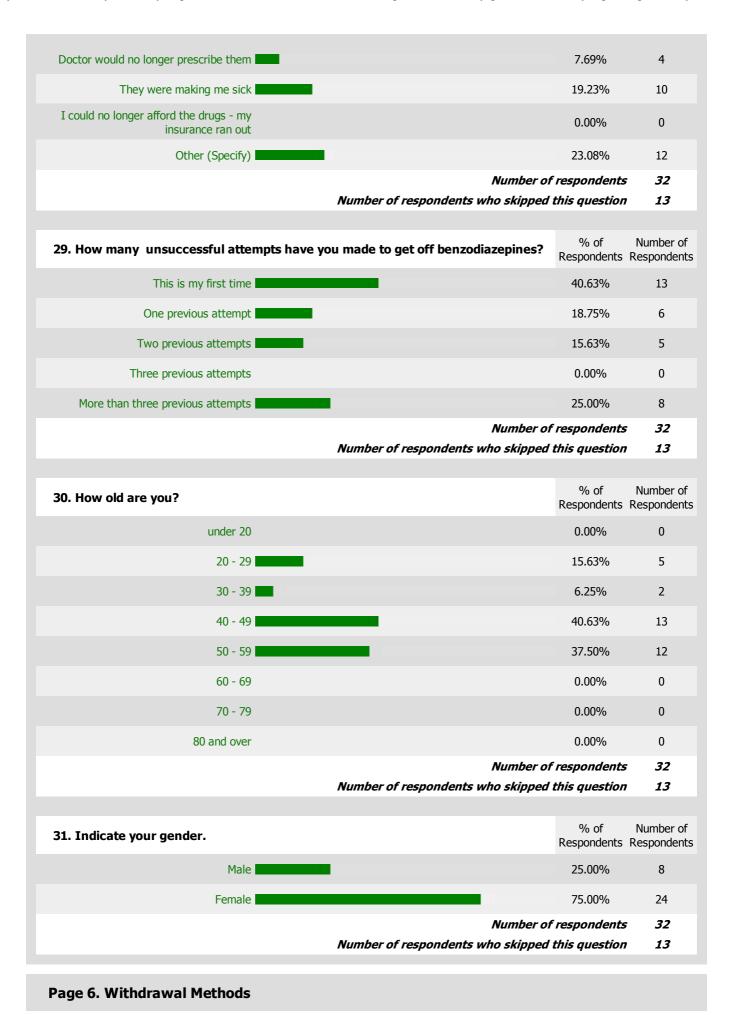
26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.	% of Respondents	Number of Respondents
Beta Blockers	12.82%	5
Antiseizure medication	0.00%	0
Antipsychotic medication	12.82%	5
Antidepressant medication	33.33%	13
Prescription Sleep Aids	7.69%	3
Other (Specify)	33.33%	13
Number of Number of respondents who skipped	respondents this question	

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* 16

Number of respondents who skipped this question 29

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	11.54%	6
There were too many side effects	17.31%	9
Didn't wish to rely on drugs anymore	21.15%	11



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	30.19%	16
Inpatient detox	9.43%	5
Outpatient detox	3.77%	2
Valium crossover and Ashton style taper	13.21%	7
Rapid direct taper using dry cutting of pills	16.98%	9
Slow (cuts of 10% or less) direct taper using dry cutting of pills	11.32%	6
Water Titration	5.66%	3
Other (Specify)	9.43%	5
Number of Number of respondents who skipped	respondents this auestion	

33. Please rate any experience you had with a cold turkey from benzodiazepines of Z-drugs.		Number of Respondents
I never tried this method	28.13%	9
I tried this method and is was impossible	50.00%	16
I tried this method and it was difficult	21.88%	7
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	f respondents	<del>;</del> 32
Number of respondents who skinned	this quarties	. 12

Number of respondents who skipped this question 13

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	75.00%	24
I tried this method and is was impossible	12.50%	4
I tried this method and it was difficult	6.25%	2
I tried this method and it was bearable	6.25%	2
I tried this method and it was easy to do	0.00%	0
Number of	of respondents	32
Number of respondents who skipped	d this question	13

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	78.13%	25
I tried this method and is was impossible	9.38%	3
I tried this method and it was difficult	9.38%	3
I tried this method and it was bearable	3.13%	1

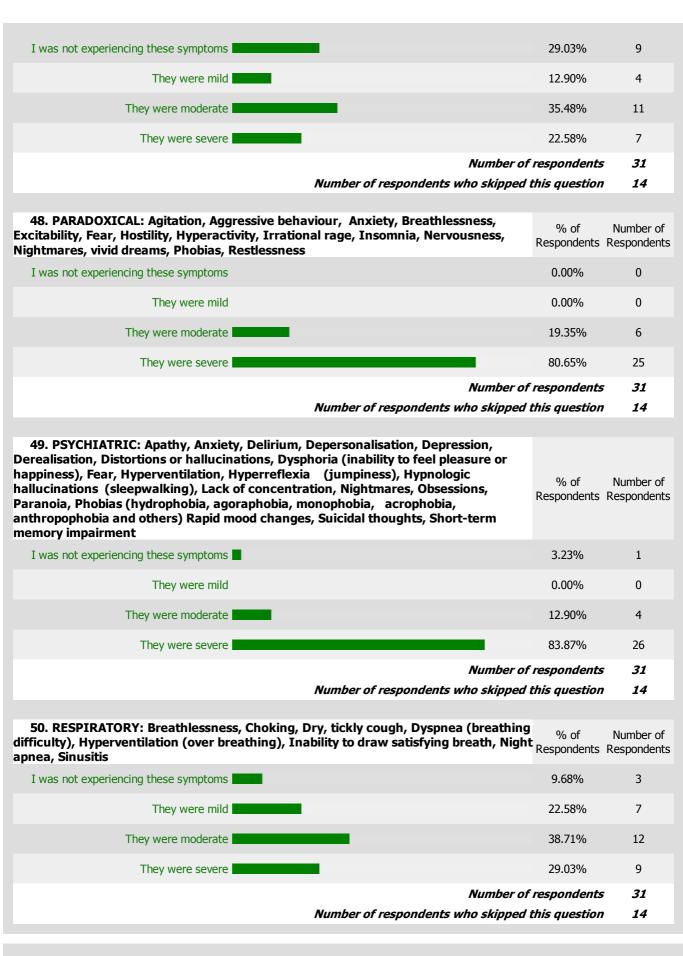
I tried this method and it was easy to do	0.00%	0
Number of	respondents	<i>32</i>
Number of respondents who skipped	this question	13
36. Please rate any experience you had with a Valium crossover and Ashton style taper from benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method	71.88%	23
I tried this method and is was impossible	3.13%	1
I tried this method and it was difficult	9.38%	3
I tried this method and it was bearable	15.63%	5
I tried this method and it was easy to do	0.00%	0
Number of	respondents	32
Number of respondents who skipped	this question	13
37. Please rate any experience you had with a rapid taper using dry cutting of pills	% of	Number of
from benzodiazepines or Z-drugs.	Respondents	
I never tried this method	43.75%	14
I tried this method and is was impossible	9.38%	3
I tried this method and it was difficult	46.88%	15
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
	respondents	
Number of respondents who skipped	this question	13
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	65.63%	21
I tried this method and is was impossible	3.13%	1
I tried this method and it was difficult	18.75%	6
I tried this method and it was bearable	12.50%	4
I tried this method and it was easy to do	0.00%	0
	respondents	
Number of respondents who skipped	this question	13
39. Please rate any experience you had with Water Titration from benzodiazepines or Z-drugs.	s % of Respondents	Number of Respondents
I never tried this method	87.50%	28

I tried this method and it was easy to do	3.13%	1
Number	of respondents	; <i>32</i>
Number of respondents who skippe	ed this question	13
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	90.63%	29
I tried this method and is was impossible	6.25%	2
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	3.13%	1
I tried this method and it was easy to do	0.00%	0
Number	of respondents	; <i>32</i>
Number of respondents who skippe	ed this question	13

41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey	25.00%	8
Inpatient detox	9.38%	3
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper	15.63%	5
Rapid direct taper using dry cutting of pills	18.75%	6
Slow (cuts of 10% or less) direct taper using dry cutting of pills	12.50%	4
Water Titration	6.25%	2
Other (Specify)	12.50%	4
Number of Number of respondents who skipped	respondents this question	

#### Page 7. Symptoms at the worst point during Withdrawal 42. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, % of Number of Respondents Respondents Shivering, feelings of extreme cold or heat, Heart palpitations I was not experiencing these symptoms 9.68% 3 They were mild 6.45% 2 They were moderate 29.03% 9 They were severe 54.84% 17 Number of respondents 31 Number of respondents who skipped this question 14 43. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), % of Number of Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Respondents Respondents

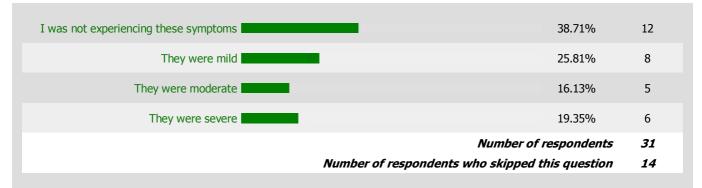
Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches		
I was not experiencing these symptoms	22.58%	7
They were mild	6.45%	2
They were moderate	29.03%	9
They were severe	41.94%	13
Number of	respondents	31
Number of respondents who skipped	this question	14
44. GASTROINTESTINAL: 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	12.90%	4
They were mild	6.45%	2
They were moderate	32.26%	10
They were severe	48.39%	15
Number of	respondents	31
Number of respondents who skipped	this question	14
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	6.45%	2
They were mild	3.23%	1
They were moderate	19.35%	6
They were severe	70.97%	22
Number of	respondents	31
Number of respondents who skipped	this question	14
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	3.23%	1
They were moderate	22.58%	7
They were severe	74.19%	23
Number of	respondents	31
Number of respondents who skipped	this question	14



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

51. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension,% ofShivering, feelings of extreme cold or heat, Heart palpitationsResponder

% of Number of Respondents



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	41.94%	13
They were mild	22.58%	7
They were moderate	22.58%	7
They were severe	12.90%	4
Number of	f respondents	s 31
Number of respondents who skipped	this question	14

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	41.94%	13
They were mild	19.35%	6
They were moderate	9.68%	3
They were severe	29.03%	9
Number of	respondents	; 31
Number of respondents who skipped	this question	14

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	25.81%	8
They were mild	22.58%	7
They were moderate	25.81%	8
They were severe	25.81%	8
Number of	respondents	; <i>31</i>
Number of respondents who skipped	this question	14
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	25.81%	8

They were mild	29.03%	9
They were moderate	19.35%	6
They were severe	25.81%	8
Number of	respondents	31
Number of respondents who skipped	this question	14
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	51.61%	16
They were mild	29.03%	9
They were moderate	12.90%	4
They were severe	6.45%	2
Number of	respondents	31
Number of respondents who skipped	this question	14
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	6.45%	2
They were mild	38.71%	12
They were moderate	22.58%	7
They were severe	32.26%	10
	respondents	
Number of respondents who skipped	this question	14
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	16.13%	5
They were mild	22.58%	7
They were moderate	35.48%	11
They were severe	25.81%	8
Number of Number of respondents who skipped	respondents this question	
		- *
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	54.84%	17
They were mild	16.13%	5

They were moderate	16.13%	5
They were severe	12.90%	4
	Number of respondents Number of respondents who skipped this question	31 14

## 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	9.68%	3
It wasn't easy but not too difficult	6.45%	2
I found it difficult	6.45%	2
I found it extremely difficult	77.42%	24
Number of Number of respondents who skipped	f respondents this question	

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	26.19%	11
Cooking	2.38%	1
Housework and home care	7.14%	3
Shopping	4.76%	2
Socializing	2.38%	1
Driving <b>Driving</b>	14.29%	6
Working	2.38%	1
Exercise	0.00%	0
Intellectual	0.00%	0
None of the above	40.48%	17
Number of	respondents	; <i>31</i>
Number of respondents who skipped	this question	14

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	17.56%	23
Cooking	9.92%	13
Housework and home care	12.21%	16
Shopping Shopping	11.45%	15
Socializing	6.87%	9
Driving	12.21%	16

	Number of respondents who skipped this question	14
	Number of respondents	31
None of the above	6.11%	8
Intellectual	6.87%	9
Exercise <b>Exercise</b>	9.92%	13
Working	6.87%	9

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?	% of Respondents	Number of Respondents
Beta Blockers	17.86%	5
Antiseizure medication	7.14%	2
Antipsychotic medication	14.29%	4
Antidepressant medication	28.57%	8
Prescription Sleep Aids	3.57%	1
Other (Specify)	28.57%	8
Number of	respondents	5 18
Number of respondents who skipped	this question	27

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	46.15%	6
They neither helped nor hurt my withdrawal from benzodiazepines	30.77%	4
They made my withdrawal from benzodiazepines worse	23.08%	3
Number of	respondents	13
Number of respondents who skipped	this question	32

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

Numbe	r of Respond	<b>lents</b> 14
Number of respondents who skip	pped this que	estion 31
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	30.00%	3
They neither helped nor hurt my withdrawal from benzodiazepines	60.00%	6
They made my withdrawal from benzodiazepines worse	10.00%	1
Number of	respondents	s 10
Number of respondents who skipped	this question	n 35

	Numbe	er of Responde	e <b>nts</b> 31
	Number of respondents who skip	ped this ques	tion 14
68. What was the total amount of time you w months - this should be the number of month per them.			
	Numbe	er of Responde	ents 29
	Number of respondents who skip	ped this ques	<b>tion</b> 16
69. Please indicate which of the following sta thdrawal.	tements applied to you during your	% of Respondents	Number Responde
I had adequate support from my doctor		10.09%	11
I had adequate support from my family		12.84%	14
I had adequate support from a therapist		3.67%	4
I had adequate support from friends		11.01%	12
had enough knowledge to withdrawal in a way that was appropriate for me		10.09%	11
I had to work to support myself		11.93%	13
had to care for others, children, parents		8.26%	9
I smoked		10.09%	11
I lived alone		6.42%	7
I have always been an anxious person even before benzodiazepines and withdrawal		7.34%	8
I had some other health problems in addition to withdrawal		5.50%	6
I had many other health problems in addition to withdrawal		1.83%	2
None of the above		0.92%	1
	Number of Number of respondents who skipped	<sup>r</sup> respondents this question	31 14
Page 10. About Reinstatement			
70. Did you reinstate at any point during your	withdrawal?	% of Respondents	Number Responde
		19.35%	6

No

Number of respondents 31

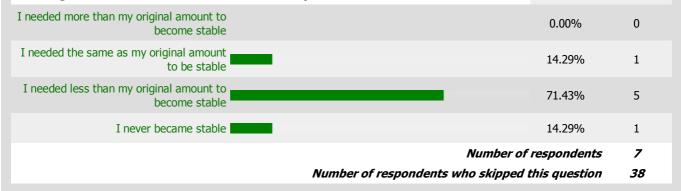
80.65%

Number of respondents who skipped this question 14

25

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium	42.86%	3
I reinstated to the benzodiazepine I was on	57.14%	4
I reinstated to another benzodiazepine	0.00%	0
Number of	respondents	; 7
Number of respondents who skipped	this question	38

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

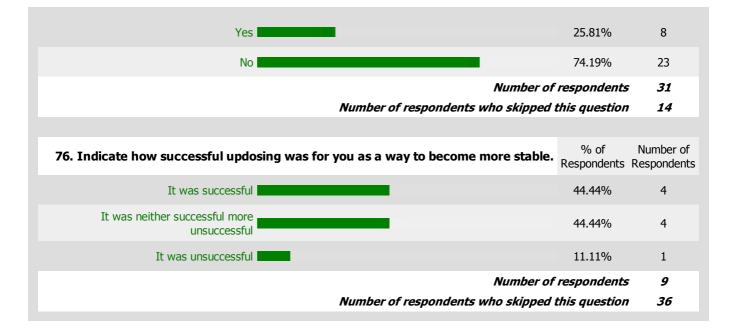


73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month	66.67%	4
Between 1 month but under 3 months	33.33%	2
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of	f respondents	6
Number of respondents who skipped	this question	39
74. Indicate how successful reinstating was for you in helping you to become	% of	Number of

It was successful       66.67%         It was neither successful       16.67%	4
It was neither successful or unsuccessful	
	T
It was unsuccessful 16.67%	1
Number of respondents	6
Number of respondents who skipped this question	<i>39</i>

#### Page 11. About Updosing

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



#### Page 12. General Questions about Recovery

77. How many months did it take you to be 90% recovered from benzodiazepine withdrawal?	% of Respondents	Number of Respondents
At the completion of my withdrawal	3.33%	1
1 month	3.33%	1
2 months	3.33%	1
3 months	10.00%	3
4 months	3.33%	1
5 months	6.67%	2
6 months	3.33%	1
7 months	0.00%	0
8 months	0.00%	0
9 months	3.33%	1
10 months	10.00%	3
11 months	0.00%	0
12 months	13.33%	4
13 months	0.00%	0
14 months	6.67%	2
15 months	0.00%	0
16 months	0.00%	0
17 months	0.00%	0
18 months	3.33%	1
19 months	0.00%	0

20 months	3.33%	1
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	13.33%	4
More than 24 months	13.33%	4
	of respondents	
Number of respondents who skipped	d this question	15
78. At what point during your recovery were your symptoms at their worse?	% of Respondents	Number of Respondents
At the completion of my withdrawal	53.33%	16
1 month	16.67%	5
2 months	10.00%	3
3 months	13.33%	4
4 months	3.33%	1
5 months	0.00%	0
6 months	3.33%	1
7 months	0.00%	0
8 months	0.00%	0
9 months	0.00%	0
10 months	0.00%	0
11 months	0.00%	0
12 months	0.00%	0
13 months	0.00%	0
14 months	0.00%	0
15 months	0.00%	0
16 months	0.00%	0
17 months	0.00%	0
18 months	0.00%	0
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0

24 months	0.00%	0
More than 24 months	0.00%	0
	Number of respondents	
	Number of respondents who skipped this question	n 15
79. How many months into your recovery did yo	ou notice significant improvement? % of Respondents	Number of Respondents
At the completion of my withdrawal	6.67%	2
1 month	3.33%	1
2 months	16.67%	5
3 months	6.67%	2
4 months	6.67%	2
5 months	3.33%	1
6 months	13.33%	4
7 months	0.00%	0
8 months	3.33%	1
9 months	10.00%	3
10 months	0.00%	0
11 months	0.00%	0
12 months	10.00%	3
13 months	0.00%	0
14 months	6.67%	2
15 months	3.33%	1
16 months	0.00%	0
17 months	0.00%	0
18 months	3.33%	1
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	3.33%	1
More than 24 months	3.33%	1
	Number of respondents Number of respondents who skipped this question	

80. When did you have significant setbacks in your recovery?	% of Respondents	Number of Respondents
I had no significant setbacks in my recovery	29.79%	14
1 month	10.64%	5
2 months	2.13%	1
3 months	10.64%	5
4 months	10.64%	5
5 months	6.38%	3
6 months	6.38%	3
7 months	4.26%	2
8 months	2.13%	1
9 months	0.00%	0
10 months	0.00%	0
11 months	0.00%	0
12 months	6.38%	3
13 months	0.00%	0
14 months	0.00%	0
15 months	2.13%	1
16 months	0.00%	0
17 months	0.00%	0
18 months	2.13%	1
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	0.00%	0
Some setbacks after 2 years	6.38%	3
Number of Number of respondents who skipped	f respondents this question	

Page 13. Symptoms at the worst point in recovery		
81. 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	20.00%	6

They were moderate       20.00%       6         They were moderate       30.00%       9         They were moderate       30.00%       9         S2. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, Itch skin, Ory throat, sore tongue, and thrush, Forrications (sensation of crawling on skin, sore tongue, and thrush, Forrications (sensation of crawling on skin, sore tongue, and thrush, Forrications, Chemical sensitivities, Dry, Itch skin, They were moderate       33.33%       10         Twes not experiencing these symptoms       33.33%       10       13.33%       4         They were moderate       33.33%       10       13.33%       10         S3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Respondents       30         S3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Respondents       30         Number of respondents       30       30       30         Number of respondents who skipped this werebox       30			
They were severe       30,00,00,00,00,00,00,00,00,00,00,00,00,0	They were mild	20.00%	6
Number of respondents who skipped this question       0         S2. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, Itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Sarestbesiae (numbers, tingling), Perspiring, night sweats, Rashes, blotches       %.0 d Number of Respondents       %.0 d Number of Respondent	They were moderate	30.00%	9
Number of respondents who skipped this question       15         82. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, Itchy skin, Dry, Itchy skin, Formications (sensation of crawling on skin), Naselleeds, Oedema, Stario kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (Whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (Whitening of nails), Nosebleeds, Oedema, Stario Kos, Landrov, Chen (Kas, Kas, Kas, Kas, Kas, Kas, Kas, Kas,	They were severe	30.00%	9
Number of respondents who skipped this question       1         S2. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, htchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Nosebleds, Oedema, Starikos, Leukonchee (whitening of nails), Nosebleds, Oedema, Starikos, Beavere 300, 333, 100       Number of respondents       Number	Number o	f respondents	s <u>30</u>
82. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Giassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numberse), traingling), Perspiring, night weets, Rashes, blotches       % of Respondents Respondents         I was not experiencing these symptoms       33.33%       10         They were mild       13.33%       4         B3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Orspepsia (Indigestion), Gastritis, Heartburn, Nause, Oesophagtitis, Stomach cramps       % of Respondents         83. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (Indigestion), Gastritis, Heartburn, Nausea, Oesophagtitis, Stomach cramps       % of Respondents         1 was not experiencing these symptoms       23.33%       7         1 was not experiencing these symptoms       23.33%       7         1 was not experiencing these symptoms       23.33%       7         1 was not experiencing these symptoms       23.33%       10         84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (respondents who skipped this question       15         84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (respondents who skipped this question       13.33%       4         1 Was not experiencing these symptoms       13.33%       1       1 </th <th></th> <th>•</th> <th></th>		•	
Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin),       % of Respondents Respondents         Parasesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches       33.33%       10         I was not experiencing these symptoms       33.33%       10         They were mild       33.33%       10         Respondents       8.3.33%       10         Number of respondents       33.33%       10         Number of respondents       30       33.33%         Statemating with diarrhoea, joint diagestion), Castritis, Heartburn, Nausea, Oesophagitis, Stomach cramps       % of Respondents         I was not experiencing these symptoms       23.33%       7         Statemating with diarrhoea, jointrives, Orspipation (sometimes alternating with diarrhoea, jointrives, Orspipatia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps       23.33%       7         I was not experiencing these symptoms       23.33%       10       10.00%       3         Statemating with diarrhoea, jointrives, and spipatia (indigestion), Castritis, Heartburn, Segondents       8       8       Number of respondents       30         I was not experiencing these symptoms       10.00%       3       1       1         Statemating with Gastrice J, Wastritis, Blepharospasm (eye twitches) Formication (sometimes question)       1       33.33%			
They were mide       13.33%       4         They were moderate       20.00%       6         They were moderate       33.33%       10         Number of respondents who skipped this question       30         S3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes attenating with diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps       % of Respondents who skipped this question         I was not experiencing these symptoms       23.33%       7         They were moderate       10.00%       3         They were moderate       10.00%       3         They were moderate       10.00%       3         Mumber of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this question       30       30         Number of respondents who skipped this q	Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema,		
They were moderate       20.00%       6         They were severe       33.33%       10         Number of respondents:       30         Number of respondents:       30         Number of respondents:       30         S3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes antition diarchoea, Dyspepsia (indigestion), Gastritis, Heartburn,       % of Respondents:         Nausea, Oesophagitis, Stomach cramps       23.33%       7         I was not experiencing these symptoms       23.33%       7         They were moderate       10.00%       3         They were moderate       10.00%       3         Mumber of respondents:       30       30         Number of respondents:       30       30 </th <th>I was not experiencing these symptoms</th> <th>33.33%</th> <th>10</th>	I was not experiencing these symptoms	33.33%	10
They were severe       33.33%       10         Number of respondents who skipped this question       30         S3. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes atternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea), Diarrhoea, Duspersence, Constipation (sometimes atternating with diarrhoea), Diarrhoea, Duspersence, Constipation (sometimes atternating with diarrhoea), Diarrhoea, Duspersence, Constipation (sometimes atternating with diarrhoea), Diarrhoea, Duspersence, Davy, both, neck and shoulder freepondents who skipped this question in the vibration inner vibration       % of Number of respondents with skipped this question is diarrhoea, Duspersence, Duspepsia, They were moderate       30         1 Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe is 3.33%       10       10.00%       30         1 Muscle wasting, Muscle spasms, Rapid weight loss, Sever	They were mild	13.33%	4
Number of respondents who skipped this question       30         33. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Respondents Respondents       % of gespondents       Number of Respondents         1 was not experiencing these symptoms       23.33%       7         They were moderate       10.00%       3         1 was not experiencing these symptoms       46.67%       14         Number of respondents who skipped this question       30         1 hey were moderate       30         1 hey were severe       46.67%       14         Number of respondents who skipped this question       30         1 was not experiencing bases symptoms       80       30         1 was not experiencing these symptoms       13.33%       4         1 was not experiencing these symptoms       13.33%       4         1 hey were mide       10.00%       3         1 hey were moderate       23.33%       16         1 hey were moderate       33.33%       16         1 hey were moderate       10.00%       3	They were moderate	20.00%	6
Number of respondents who skipped this question       15         43. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes atternating with diarrhoea,) Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea,) Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea, Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea, Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea, Diarrhoea, Diarrhoea, Diarrhoea, Diarrhoea, Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, atternating with diarrhoea, Diarrhoea, Diarrhoea, Diarrhoea, Diarrhoea, Dumber of respondents who skipped the sepondents who skipped these symptoms       10.00%       3         14       Number of respondents who skipped these symptoms       13.33%       4         14       They were mide       30       10       30         14       They were severe       33.33%       4       10       10       10       10       10       10       10       10       10       10       10       10       10       10       10       10       10	They were severe	33.33%	10
83. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesphagits, Stomach cramps       % of Respondents Respondents         I was not experiencing these symptoms       23.33%       7         They were mild       20.00%       6         They were moderate       10.00%       3         Wumber of respondents       30         Number of respondents       30         I was not experiencing these symptoms       13.33%       4         They were moderate       30       33         I was not experiencing these symptoms       13.33%       16         Number of respondents       30       30         Number of respondents       30       15         85. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, B	Number o	f respondents	s <i>30</i>
alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps I was not experiencing these symptoms They were moderate 1 was not experiencing these symptoms They were moderate 1 was not experiencing these symptoms 30 Number of respondents who skipped this question 14 30 Number of respondents who skipped this question 30 84. 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 I was not experiencing these symptoms 30 31 33 34 35 36 37 33 38 39 39 30 30 30 30 30 30 30 30 30 30	Number of respondents who skipped	this question	n 15
alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps I was not experiencing these symptoms They were moderate 1 was not experiencing these symptoms They were moderate 1 was not experiencing these symptoms 30 Number of respondents who skipped this question 14 30 Number of respondents who skipped this question 30 84. 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 I was not experiencing these symptoms 30 31 33 34 35 36 37 33 38 39 39 30 30 30 30 30 30 30 30 30 30			
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They were severe       46.67%       14         Number of respondents       30         Number of respondents who skipped this question       15         S4. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication feensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder sepondents       % of Respondents         S4. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication feensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder sepondents       % of Respondents         I was not experiencing these symptoms       13.33%       4         They were mild       10.00%       3         They were moderate       23.33%       16         Number of respondents who skipped this question       30         S5. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism feeth grinding), Disphagia (difficulty eating or swallowing), Dizziness, Electric shipting, fastigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, feeth grindents, keepondents       % of Respondents         S5. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism feeth grinding), Disphagia (difficulty eating or swallowing), Dizziness, Electric shipting, fashes, kivid vision, flashes, vivid vision, Bruxism feeth grinding, begendents, keepondents       % of Respondents         Mas not experiencing these symptoms       13.33%       4	They were mild	20.00%	6
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84. 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       13.33%       4         They were mild       10.00%       3         They were moderate       23.33%       7         They were severe       53.33%       16         Number of respondents who skipped this question       15         85. 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 Number of Respondents         I was not experiencing these symptoms       13.33%       4			
(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 RespondentsI was not experiencing these symptoms13.33%4I was not experiencing these symptoms10.00%3They were mild10.00%3They were moderate23.33%7They were severe53.33%16Number of respondents who skipped this question30Number of respondents who skipped this question1585. 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, Vertigo13.33%4I was not experiencing these symptoms13.33%4	They were severe <b>Number o</b>	46.67% <b>f respondents</b>	14 5 <b>30</b>
They were mid10.00%3They were moderate23.33%7They were severe53.33%16They were severe53.33%16Number of respondents who skipped the guestion30Number of respondents who skipped the guestion15S5. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock spondents Keespondents (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, rremor, Vertigo% of 8 statism of RespondentsI was not experiencing these symptons13.33%4	They were severe <b>Number o</b>	46.67% <b>f respondents</b>	14 5 <b>30</b>
They were moderate23.33%7They were severe53.33%16Number of respondents30Number of respondents who skipped this question15S5. 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 Number of RespondentsI was not experiencing these symptoms13.33%4	They were severe Number of Number of respondents who skipped 84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe	46.67% <i>f respondents</i> <i>t this question</i> r % of	14 5 <b>30</b> 7 <b>15</b> Number of
They were severe       53.33%       16         Number of respondents       30         Number of respondents who skipped this question       15         85. 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       Number of         I was not experiencing these symptoms       13.33%       4	They were severe Number of Number of respondents who skipped 84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	46.67% f respondents t this question f % of Respondents	14 5 30 7 15 Number of Respondents
Number of respondents       30         Number of respondents who skipped this question       15         85. 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, remor, Vertigo       % of Respondents       Number of Respondents         I was not experiencing these symptoms       13.33%       4	They were severe Number of Number of Respondents who skipped 84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration I was not experiencing these symptoms	46.67% f respondents this question woof Respondents 13.33%	14 5 30 6 15 Number of Respondents 4
Number of respondents who skipped this question       15         85. 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       13.33%       4	They were severe Number of Number of Respondents who skipped 84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration I was not experiencing these symptoms They were mild	46.67% f respondents this question % of Respondents 13.33% 10.00%	14 <b>30</b> <b>15</b> Number of Respondents 4 3
85. 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 Number of Respondents         I was not experiencing these symptoms       13.33%       4	They were severe Number of	46.67% f respondents t his question % of Respondents 13.33% 10.00% 23.33%	14 <b>30</b> <b>15</b> Number of Respondents 4 3 7
(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 Number of RespondentsI was not experiencing these symptoms13.33%4	They were severe         Number of         Number of respondents who skipped         84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication         (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde         pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe         muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms         They were mild         They were moderate         They were moderate	46.67% f respondents this question Respondents 13.33% 10.00% 23.33%	14 <b>30</b> <b>15</b> Number of Respondents 4 3 7 16
(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 Number of RespondentsI was not experiencing these symptoms13.33%4	They were severe       Number of         Number of respondents who skipped       Number of respondents who skipped         84. 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         I was not experiencing these symptoms       Image: Comparison of the severe         They were moderate       Image: Comparison of the severe         They were moderate       Image: Comparison of the severe         Mumber of the severe       Image: Comparison of the severe	46.67% f respondents t his question Respondents 13.33% 10.00% 23.33% 53.33% f respondents	14 5 <b>30</b> <b>15</b> Number of Respondents 4 3 7 16 5 <b>30</b>
	They were severe       Number of         Number of respondents who skipped       Number of respondents who skipped         Status       Status         Status       Severe headaches, Severe he	46.67% f respondents t his question Respondents 13.33% 10.00% 23.33% 53.33% f respondents	14 5 30 15 Number of Respondent: 4 3 7 16 5 30
They were mild 16.67% 5	They were severe       Number of respondents who skipped         84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms       Image: Comparison of the second severe muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms       Image: Comparison of the second severe muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms       Image: Comparison of the second severe muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms       Image: Comparison of the second severe muscle rigidity, Tremor or feeling of inner vibration         St. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shoch feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimul Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils,	46.67% f respondents t his question Respondents 13.33% 10.00% 23.33% 53.33% f respondents t his question %, % of	14 <b>30</b> <b>15</b> Number of Respondents 4 3 7 16 <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b>
	They were severe       Number of         Number of respondents who skipped       State         State       NUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulde pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration         I was not experiencing these symptoms       It was not experiencing these symptoms         They were mild       It was not experiencing these symptoms         State       Number of respondents who skipped         State       Number of respondents who skipped         State       State         <	46.67% f respondents a bis question a bis question a bis question 13.33% 10.00% 23.33% 53.33% f respondents bis question bis questi	14 <b>30</b> <b>15</b> Number of Respondents 4 3 7 16 <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b>15</b> <b></b>
	They were severe	46.67% f respondents a withis question a withis question a withis question 13.33% 10.00% 23.33% 53.33% f respondents a withis question a withis question	14 <b>30</b> <b>15</b> Number of Respondents 4 3 7 16 <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>16</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>30</b> <b>15</b> <b>15</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>15</b> <b>17</b> <b>16</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b>17</b> <b></b>

They were moderate	16.67%	5
They were severe	53.33%	16
Number of	respondents	30
Number of respondents who skipped	this question	15
86. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms	43.33%	13
They were mild	20.00%	6
They were moderate	16.67%	5
They were severe	20.00%	6
Number of	respondents	30
Number of respondents who skipped	this question	15
87. 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	10.00%	3
They were mild	6.67%	2
They were moderate	26.67%	8
They were severe	56.67%	17
	56.67% T <b>respondents</b>	17 <b>30</b>
	respondents	
Number of	respondents	<b>30</b> <b>15</b> Number of
Number of Number of respondents who skipped 88. 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	<i>respondents this question</i> % of	<b>30</b> <b>15</b> Number of
Number of Number of respondents who skipped 88. 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	<i>respondents</i> <i>this question</i> % of Respondents	30 15 Number of Respondents
Number of Number of respondents who skipped 88. 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	<i>respondents</i> <i>this question</i> % of Respondents 6.67%	30 15 Number of Respondents
Number of Number of respondents who skipped 88. 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 I was not experiencing these symptoms	Frespondents this question % of Respondents 6.67% 10.00%	30 15 Number of Respondents 2 3
Number of Number of respondents who skipped 88. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Perealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic allucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropphobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment I was not experiencing these symptoms They were mild They were moderate They were severe	respondents this question % of Respondents 6.67% 10.00% 23.33% 60.00%	30 15 Number of Respondents 2 3 3 7 18 18 30
Number of         Number of respondents who skipped         S8. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Depression, Distortions or hallucinations, Dysphoria (inability to feel pleasure or papiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic alucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, short-term comory impairment         I was not experiencing these symptoms         They were mild         Itag were moderate	respondents this question % of Respondents 6.67% 10.00% 23.33% 60.00%	30 15 Number of Respondents 2 3 7 18 18 30
Number of Number of respondents who skipped 88. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Depression, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic salucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, atropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term umory impairment I was not experiencing these symptoms They were mild They were moderate They were severe Mumber of	respondents this question % of Respondents 6.67% 10.00% 23.33% 60.00% respondents this question	30 15 Number of Respondents 2 3 3 7 18 30 15
Mumber of respondents who skipped         88. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Dependisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic and others) Rapid mood changes, Suicidal thoughts, Short-term emory impairment         I was not experiencing these symptoms         They were mide         They were moderate         Mumber of respondents who skipped         Standard of the symptoms         Bay and the symptoms         Bay and the symptoms         It hey were moderate         Inter were moderate         Standard of the symptoms         It hey were severe         It hey were severe         Standard of the symptoms         Standard of the symptoms         It hey were severe	respondents this question % of Respondents 6.67% 10.00% 23.33% 60.00% respondents this question	30 15 Number of Respondents 2 3 3 7 18 30 15
Mumber of respondents who skipped         88. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Depression, Distortions or hallucinations, Dysphoria (inability to feel pleasure or hallucinations (sleepwalking), Lack of concentration, Nightmares, Obssions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, atrophobia,	respondents this question % of Respondents 6.67% 10.00% 23.33% 60.00% respondents this question	30         15         Number of         2         3         7         18         30         15

They were severe	23.33% Number of respondents Number of respondents who skipped this question	7 30 15
Page 14. Getting Better		
90. What was the first set of symptoms to	disappear? % of Respondents	Number o Responder
CARDIOVASCULAR	17.24%	5
DERMATOLOGICAL	13.79%	4
GASTROINTESTINAL	3.45%	1
NEUROLOGICAL	10.34%	3
GENITOURINARY	6.90%	2
MUSCULOSKELETAL	10.34%	3
PARADOXICAL	10.34%	3
RESPIRATORY	10.34%	3
PSYCHIATRIC	13.79%	4
Other (Specify)	3.45%	1
	Number of respondents	29 16
	Number of respondents who skipped this question	16
91. Which was the last set of symptoms to	disappear? % of Respondents	Number o Responder
CARDIOVASCULAR	0.00%	0
DERMATOLOGICAL	0.00%	0
GASTROINTESTINAL	13.79%	4
NEUROLOGICAL	24.14%	7
GENITOURINARY	0.00%	0
MUSCULOSKELETAL	17.24%	5
PARADOXICAL	13.79%	4
RESPIRATORY	0.00%	0
PSYCHIATRIC	27.59%	8
Other (Specify)	3.45%	1
	Number of respondents Number of respondents who skipped this question	29 16

92. After how many months were you able to self care (showing, dressing) with ease? Enter 0 if this was not a problem for you.

*Number of Respondents* 29

Number of respondents who skipped this question 16

93. After how many months were you able to cook with ease? Enter 0 if this was not a problem for you.

- *Number of Respondents* 29
- Number of respondents who skipped this question 16

94. After how many months were you able to do housework and home care with ease? Enter 0 if this was not a problem for you.

- Number of Respondents 29
- Number of respondents who skipped this question 16

95. After how many months were you able to do shopping with ease? Enter 0 if this was not a problem for you.

- Number of Respondents 29
- Number of respondents who skipped this question 16

96. After how many months were you able to socialize with ease? Enter 0 if this was not a problem for you.

- Number of Respondents 29
- Number of respondents who skipped this question 16

97. After how many months were you able to drive with ease? Enter 0 if this was not a problem for you.

- *Number of Respondents* 29
- *Number of respondents who skipped this question* 16

98. After how many months were you able to work with ease? Enter 0 if this was not a problem for you

- *Number of Respondents* 29
- Number of respondents who skipped this question 16

99. After how many months were you able to exercise with ease? Enter 0 if this was not a problem for you.

Number of Respondents 29

 Number of respondents who skipped this question
 16

 100. After how many months were you able to be involved in intellectual activities with ease? Enter 0 if this was not a problem for you.
 0

 Number of Respondents
 29

 Number of respondents who skipped this question
 16

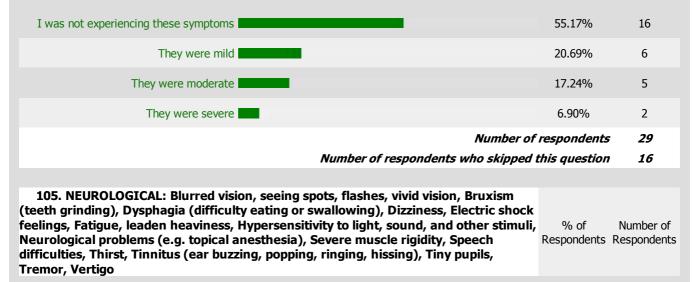
 Page 15. Symptoms still lingering at the point you considered yourself recovered

101. 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	75.86%	22
They were mild	10.34%	3
They were moderate	6.90%	2
They were severe	6.90%	2
Number of	respondents	<i>29</i>
Number of respondents who skipped	this question	16

102. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms	65.52%	19
They were mild	20.69%	6
They were moderate	3.45%	1
They were severe	10.34%	3
Number of	f respondents	<i>29</i>
Number of respondents who skipped	this question	16
103. 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	72.41%	21
They were mild	17.24%	5
They were moderate	0.00%	0
They were severe	10.34%	3
	Number of respondents	<i>29</i>
N	umber of respondents who skipped this question	16
104. MUSCULOSKELETAL: Aching joints, Blepharo	spasm (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



Numbe	Number of respondents 29 Pr of respondents who skipped this question 10	-
They were severe	10.34% 3	3
They were moderate	3.45% 1	1
They were mild	44.83% 13	.3
I was not experiencing these symptoms	41.38% 12	.2

106. 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	79.31%	23
They were mild	13.79%	4
They were moderate	3.45%	1
They were severe	3.45%	1
Number of respondents		29
Number of respondents who skipped	this question	16

107. 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	34.48%	10
They were mild	55.17%	16
They were moderate	3.45%	1
They were severe	6.90%	2
Number of respondents		29
Number of respondents who skipped	this question	16

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

Number of

