
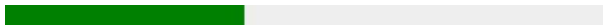


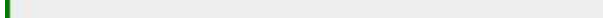

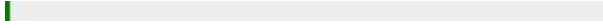

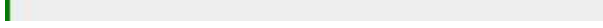
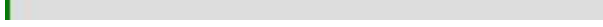
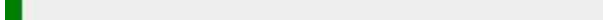


Page 1. Benzodiazepine Survey Three - Recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	23.40%	22
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril) 	40.43%	38
clorazepate (Tranxene) 	2.13%	2
diazepam (Valium, D-Pam, Pro-Pam) 	7.45%	7
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) 	1.06%	1
lorazepam (Ativan) 	14.89%	14
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) 	1.06%	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) 	4.26%	4
Zopiclone (Zimovane, Imovane) 	1.06%	1
Eszopiclone (Lunesta) 	1.06%	1
Other (Specify) 	3.19%	3
Number of respondents		77
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
Under a month	1.30%	1
1 - 3 months	7.79%	6
3 - 6 months	6.49%	5
6 - 9 months	1.30%	1
9 - 12 months	3.90%	3
1 - 2 years	6.49%	5
2 - 3 years	7.79%	6
3 - 4 years	9.09%	7
4 - 5 years	6.49%	5
5 -10 years	16.88%	13
10 -15 years	22.08%	17
15 - 20 years	6.49%	5
over 20 years	3.90%	3

Number of respondents 77

Number of respondents who skipped this question 2

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 69

Number of respondents who skipped this question 10

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 14

Number of respondents who skipped this question 65

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

	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	50.00%	45
Hypnotic (tending to make you sleepy)	25.56%	23
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	1.11%	1
Muscle relaxant (tending to reduce muscle tension and associated pain)	3.33%	3
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	20.00%	18
Number of respondents		77
Number of respondents who skipped this question		2

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	56.06%	37
They were mild	15.15%	10
They were moderate	16.67%	11
They were severe	12.12%	8
Number of respondents		66
Number of respondents who skipped this question		13

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	72.73%	48
They were mild	13.64%	9
They were moderate	10.61%	7
They were severe	3.03%	2
Number of respondents		66
Number of respondents who skipped this question		13

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	65.15%	43
They were mild	18.18%	12
They were moderate	6.06%	4
They were severe	10.61%	7
Number of respondents		66
Number of respondents who skipped this question		13

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	63.64%	42
They were mild	6.06%	4
They were moderate	16.67%	11
They were severe	13.64%	9
Number of respondents		66
Number of respondents who skipped this question		13

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	56.06%	37
They were mild	16.67%	11
They were moderate	15.15%	10
They were severe	12.12%	8
Number of respondents		66
Number of respondents who skipped this question		13

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	65.15%	43
They were mild	15.15%	10
They were moderate	18.18%	12
They were severe	1.52%	1
Number of respondents		66
Number of respondents who skipped this question		13

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	37.88%	25
They were mild	9.09%	6
They were moderate	22.73%	15
They were severe	30.30%	20
Number of respondents		66
Number of respondents who skipped this question		13

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	33.33%	22
They were mild	15.15%	10
They were moderate	24.24%	16
They were severe	27.27%	18
Number of respondents		66
Number of respondents who skipped this question		13

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	69.70%	46
They were mild	7.58%	5
They were moderate	13.64%	9
They were severe	9.09%	6
Number of respondents		66
Number of respondents who skipped this question		13

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

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	38.10%	24
They were mild	17.46%	11
They were moderate	25.40%	16
They were severe	19.05%	12
Number of respondents		63
Number of respondents who skipped this question		16

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	44.44%	28
They were mild	26.98%	17
They were moderate	11.11%	7
They were severe	17.46%	11
Number of respondents		63
Number of respondents who skipped this question		16

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	41.27%	26
They were mild	20.63%	13
They were moderate	20.63%	13
They were severe	17.46%	11
Number of respondents		63
Number of respondents who skipped this question		16

18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensation of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	30.16%	19
They were mild	17.46%	11
They were moderate	23.81%	15
They were severe	28.57%	18
Number of respondents		63
Number of respondents who skipped this question		16

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	31.75%	20
They were mild	9.52%	6
They were moderate	23.81%	15
They were severe	34.92%	22

Number of respondents 63

Number of respondents who skipped this question 16

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	49.21%	31
They were mild	19.05%	12
They were moderate	20.63%	13
They were severe	11.11%	7

Number of respondents 63

Number of respondents who skipped this question 16

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	7.94%	5
They were mild	14.29%	9
They were moderate	22.22%	14
They were severe	55.56%	35

Number of respondents 63

Number of respondents who skipped this question 16

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	9.52%	6
They were mild	9.52%	6
They were moderate	26.98%	17
They were severe	53.97%	34

Number of respondents 63

Number of respondents who skipped this question 16

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	49.21%	31
They were mild	19.05%	12
They were moderate	20.63%	13
They were severe	11.11%	7

Number of respondents 63

Number of respondents who skipped this question 16

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	12.44%	54
Cooking	11.29%	49
Housework and home care	11.52%	50
Shopping	10.83%	47
Socializing	10.60%	46
Driving	10.37%	45
Working	10.37%	45
Exercise	10.60%	46
Intellectual	11.52%	50
None of the above	0.46%	2

Number of respondents 59

Number of respondents who skipped this question 20

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	19.69%	38
Cooking	11.40%	22
Housework and home care	10.36%	20
Shopping	9.84%	19
Socializing	6.74%	13
Driving	11.40%	22
Working	7.25%	14
Exercise	7.25%	14
Intellectual	6.22%	12
None of the Above	9.84%	19

Number of respondents 59

Number of respondents who skipped this question 20

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	14.49%	10
Antiseizure medication	0.00%	0
Antipsychotic medication	8.70%	6
Antidepressant medication	31.88%	22
Prescription Sleep Aids	5.80%	4
Other (Specify)	39.13%	27

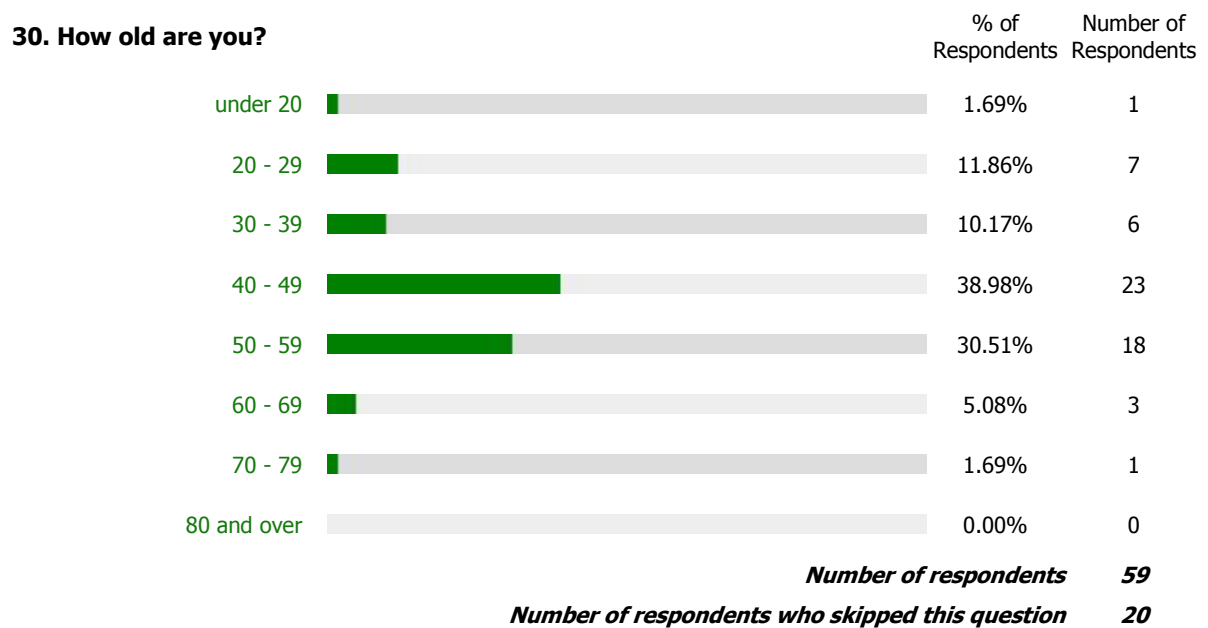
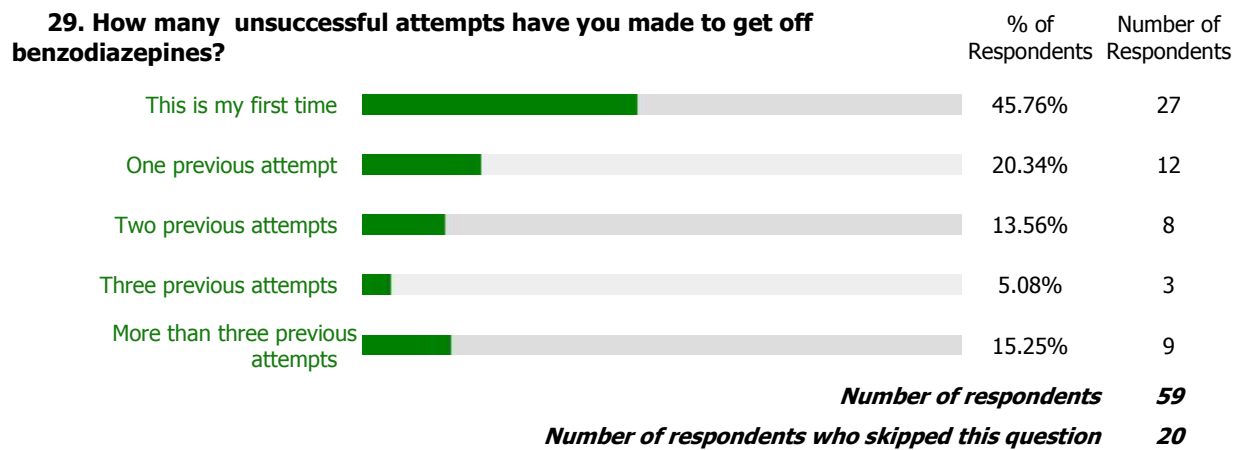
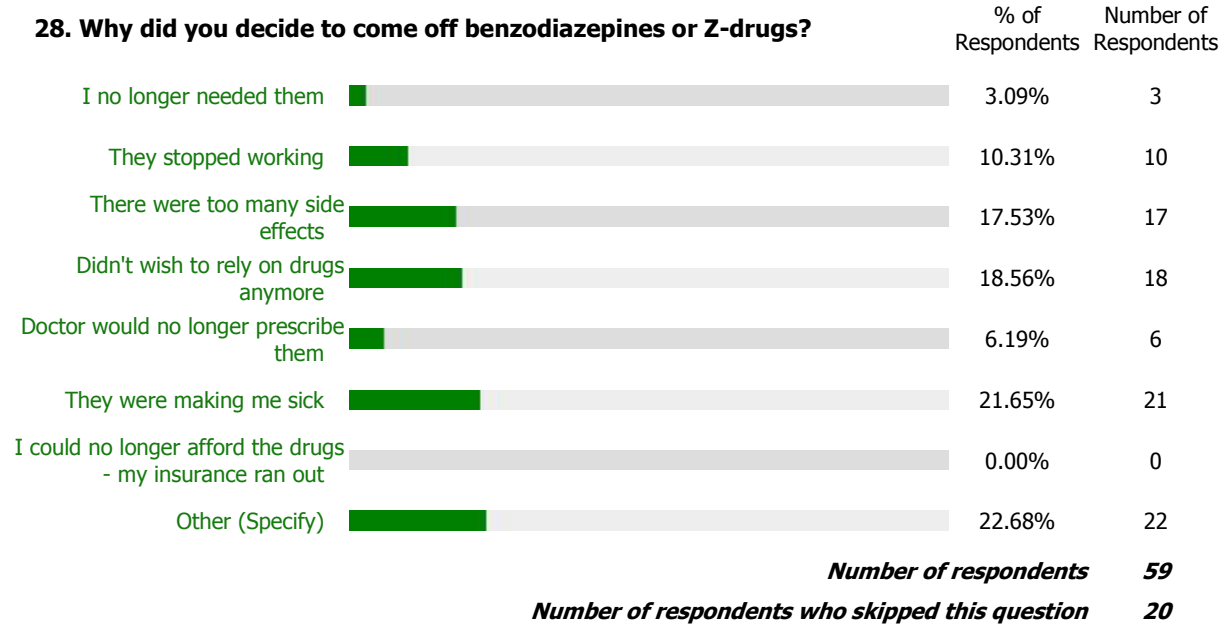
Number of respondents 46

Number of respondents who skipped this question 33

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 32

Number of respondents who skipped this question 47



31. Indicate your gender.

		% of Respondents	Number of Respondents
Male		23.73%	14
Female		76.27%	45
Number of respondents			59
Number of respondents who skipped this question			20

Page 6. Withdrawal Methods

32. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs?

		% of Respondents	Number of Respondents
Cold Turkey		29.00%	29
Inpatient detox		8.00%	8
Outpatient detox		7.00%	7
Valium crossover and Ashton style taper		12.00%	12
Rapid direct taper using dry cutting of pills		17.00%	17
Slow (cuts of 10% or less) direct taper using dry cutting of pills		11.00%	11
Water Titration		5.00%	5
Other (Specify)		11.00%	11
Number of respondents			59
Number of respondents who skipped this question			20

33. Please rate any experience you had with a cold turkey from benzodiazepines or Z-drugs.

		% of Respondents	Number of Respondents
I never tried this method		33.90%	20
I tried this method and it was impossible		37.29%	22
I tried this method and it was difficult		25.42%	15
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		3.39%	2
Number of respondents			59
Number of respondents who skipped this question			20

34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.

	% of Respondents	Number of Respondents
I never tried this method	79.66%	47
I tried this method and is was impossible	10.17%	6
I tried this method and it was difficult	6.78%	4
I tried this method and it was bearable	3.39%	2
I tried this method and it was easy to do	0.00%	0
Number of respondents		59
Number of respondents who skipped this question		20

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	74.58%	44
I tried this method and is was impossible	6.78%	4
I tried this method and it was difficult	13.56%	8
I tried this method and it was bearable	3.39%	2
I tried this method and it was easy to do	1.69%	1
Number of respondents		59
Number of respondents who skipped this question		20

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	72.88%	43
I tried this method and is was impossible	6.78%	4
I tried this method and it was difficult	8.47%	5
I tried this method and it was bearable	10.17%	6
I tried this method and it was easy to do	1.69%	1
Number of respondents		59
Number of respondents who skipped this question		20

37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.

	% of Respondents	Number of Respondents
I never tried this method	49.15%	29
I tried this method and is was impossible	15.25%	9
I tried this method and it was difficult	35.59%	21
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		59
Number of respondents who skipped this question		20

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	67.80%	40
I tried this method and is was impossible	3.39%	2
I tried this method and it was difficult	16.95%	10
I tried this method and it was bearable	10.17%	6
I tried this method and it was easy to do	1.69%	1
Number of respondents		59
Number of respondents who skipped this question		20

39. Please rate any experience you had with Water Titration from benzodiazepines or Z-drugs.

	% of Respondents	Number of Respondents
I never tried this method	89.83%	53
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	3.39%	2
I tried this method and it was bearable	5.08%	3
I tried this method and it was easy to do	1.69%	1
Number of respondents		59
Number of respondents who skipped this question		20

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	88.14%	52
I tried this method and is was impossible	3.39%	2
I tried this method and it was difficult	3.39%	2
I tried this method and it was bearable	1.69%	1
I tried this method and it was easy to do	3.39%	2
Number of respondents		59
Number of respondents who skipped this question		20

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

	% of Respondents	Number of Respondents
Cold Turkey	28.81%	17
Inpatient detox	6.78%	4
Outpatient detox	1.69%	1
Valium crossover and Ashton style taper	15.25%	9
Rapid direct taper using dry cutting of pills	18.64%	11
Slow (cuts of 10% or less) direct taper using dry cutting of pills	10.17%	6
Water Titration	5.08%	3
Other (Specify)	13.56%	8
Number of respondents		59
Number of respondents who skipped this question		20

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	14.04%	8
They were mild	10.53%	6
They were moderate	17.54%	10
They were severe	57.89%	33
Number of respondents		57
Number of respondents who skipped this question		22

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	26.32%	15
They were mild	10.53%	6
They were moderate	22.81%	13
They were severe	40.35%	23
Number of respondents		57
Number of respondents who skipped this question		22

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	17.54%	10
They were mild	8.77%	5
They were moderate	31.58%	18
They were severe	42.11%	24
Number of respondents		57
Number of respondents who skipped this question		22

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	10.53%	6
They were mild	5.26%	3
They were moderate	17.54%	10
They were severe	66.67%	38
Number of respondents		57
Number of respondents who skipped this question		22

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	3.51%	2
They were mild	5.26%	3
They were moderate	19.30%	11
They were severe	71.93%	41

Number of respondents 57

Number of respondents who skipped this question 22

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	38.60%	22
They were mild	10.53%	6
They were moderate	31.58%	18
They were severe	19.30%	11

Number of respondents 57

Number of respondents who skipped this question 22

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	1.75%	1
They were mild	5.26%	3
They were moderate	17.54%	10
They were severe	75.44%	43

Number of respondents 57

Number of respondents who skipped this question 22

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	3.51%	2
They were mild	1.75%	1
They were moderate	12.28%	7
They were severe	82.46%	47
Number of respondents		57
Number of respondents who skipped this question		22

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	22.81%	13
They were mild	24.56%	14
They were moderate	28.07%	16
They were severe	24.56%	14
Number of respondents		57
Number of respondents who skipped this question		22

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	42.11%	24
They were mild	26.32%	15
They were moderate	14.04%	8
They were severe	17.54%	10
Number of respondents		57
Number of respondents who skipped this question		22

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	49.12%	28
They were mild	22.81%	13
They were moderate	14.04%	8
They were severe	14.04%	8
Number of respondents		57
Number of respondents who skipped this question		22

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	49.12%	28
They were mild	17.54%	10
They were moderate	12.28%	7
They were severe	21.05%	12
Number of respondents		57
Number of respondents who skipped this question		22

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	28.07%	16
They were mild	31.58%	18
They were moderate	15.79%	9
They were severe	24.56%	14
Number of respondents		57
Number of respondents who skipped this question		22

55. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	26.32%	15
They were mild	26.32%	15
They were moderate	24.56%	14
They were severe	22.81%	13

Number of respondents 57

Number of respondents who skipped this question 22

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	54.39%	31
They were mild	24.56%	14
They were moderate	12.28%	7
They were severe	8.77%	5

Number of respondents 57

Number of respondents who skipped this question 22

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	17.54%	10
They were mild	31.58%	18
They were moderate	24.56%	14
They were severe	26.32%	15

Number of respondents 57

Number of respondents who skipped this question 22

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	17.54%	10
They were mild	29.82%	17
They were moderate	29.82%	17
They were severe	22.81%	13
Number of respondents		57
Number of respondents who skipped this question		22

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


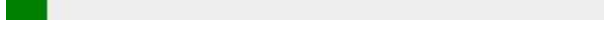
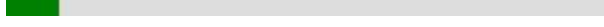
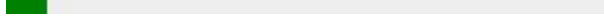

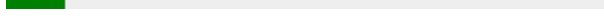




	% of Respondents	Number of Respondents
I was not experiencing these symptoms	59.65%	34
They were mild	17.54%	10
They were moderate	14.04%	8
They were severe	8.77%	5
Number of respondents		57
Number of respondents who skipped this question		22

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	8.93%	5
It wasn't easy but not too difficult	5.36%	3
I found it difficult	8.93%	5
I found it extremely difficult	76.79%	43
Number of respondents		56
Number of respondents who skipped this question		23



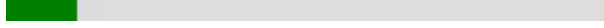
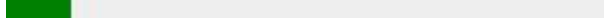

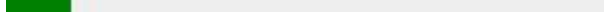

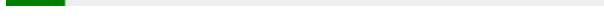
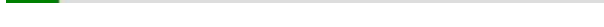

61. What activities were you able to participate in with ease at the worst time during your withdrawal?

		% of Respondents	Number of Respondents
Self care - showering, dressing		22.77%	23
Cooking		6.93%	7
Housework and home care		8.91%	9
Shopping		6.93%	7
Socializing		2.97%	3
Driving		9.90%	10
Working		3.96%	4
Exercise		2.97%	3
Intellectual		4.95%	5
None of the above		29.70%	30

Number of respondents 56

Number of respondents who skipped this question 23

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		15.10%	45
Cooking		10.40%	31
Housework and home care		11.74%	35
Shopping		11.41%	34
Socializing		8.72%	26
Driving		11.41%	34
Working		8.05%	24
Exercise		10.07%	30
Intellectual		9.06%	27
None of the above		4.03%	12

Number of respondents 56

Number of respondents who skipped this question 23

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

	% of Respondents	Number of Respondents
Beta Blockers	19.61%	10
Antiseizure medication	5.88%	3
Antipsychotic medication	9.80%	5
Antidepressant medication	29.41%	15
Prescription Sleep Aids	3.92%	2
Other (Specify)	31.37%	16

Number of respondents 35

Number of respondents who skipped this question 44

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	41.67%	10
They neither helped nor hurt my withdrawal from benzodiazepines	33.33%	8
They made my withdrawal from benzodiazepines worse	25.00%	6

Number of respondents 24

Number of respondents who skipped this question 55

65. What additional supplements did you take during withdrawal?

Number of Respondents 26

Number of respondents who skipped this question 53

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	31.25%	5
They neither helped nor hurt my withdrawal from benzodiazepines	50.00%	8
They made my withdrawal from benzodiazepines worse	18.75%	3

Number of respondents 16

Number of respondents who skipped this question 63

67. How long did it take for you to complete your taper from benzodiazepines or Z-drugs. Please enter the number of months from the beginning of your taper until you took your last dose.

Number of Respondents 56

Number of respondents who skipped this question 23

68. What was the total amount of time you were on benzodiazepines or Z-drugs? Please enter the number of months - this should be the number of months you took the drug for plus the number of months it took to taper them.

Number of Respondents 54

Number of respondents who skipped this question 25

69. Please indicate which of the following statements applied to you during your withdrawal.

	% of Respondents	Number of Respondents
I had adequate support from my doctor	8.60%	16
I had adequate support from my family	13.44%	25
I had adequate support from a therapist	4.84%	9
I had adequate support from friends	9.14%	17
I had enough knowledge to withdrawal in a way that was appropriate for me	11.29%	21
I had to work to support myself	12.90%	24
I had to care for others, children, parents	9.14%	17
I smoked	9.68%	18
I lived alone	5.91%	11
I have always been an anxious person even before benzodiazepines and withdrawal	7.53%	14
I had some other health problems in addition to withdrawal	5.91%	11
I had many other health problems in addition to withdrawal	1.08%	2
None of the above	0.54%	1

Number of respondents **56**

Number of respondents who skipped this question **23**

Page 10. About Reinstatement

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

	% of Respondents	Number of Respondents
Yes	16.36%	9
No	83.64%	46

Number of respondents **55**

Number of respondents who skipped this question **24**

71. Indicate to what benzodiazepine you reinstated.

	% of Respondents	Number of Respondents
I reinstated to Valium	23.08%	3
I reinstated to the benzodiazepine I was on	69.23%	9
I reinstated to another benzodiazepine	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		66

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

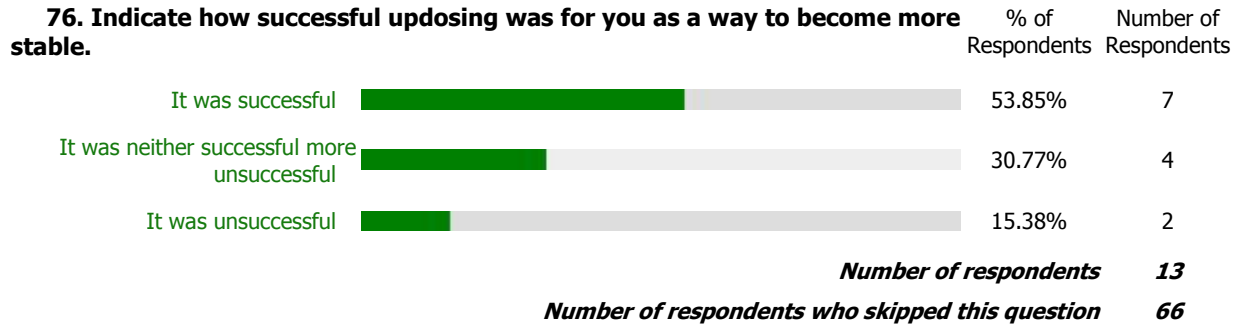
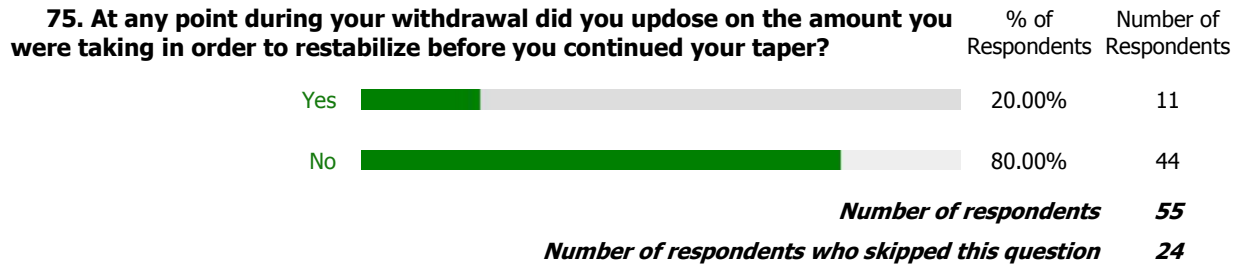
	% of Respondents	Number of Respondents
I needed more than my original amount to become stable	0.00%	0
I needed the same as my original amount to be stable	33.33%	4
I needed less than my original amount to become stable	41.67%	5
I never became stable	25.00%	3
Number of respondents		12
Number of respondents who skipped this question		67

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

	% of Respondents	Number of Respondents
Under a month	60.00%	6
Between 1 month but under 3 months	40.00%	4
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		10
Number of respondents who skipped this question		69

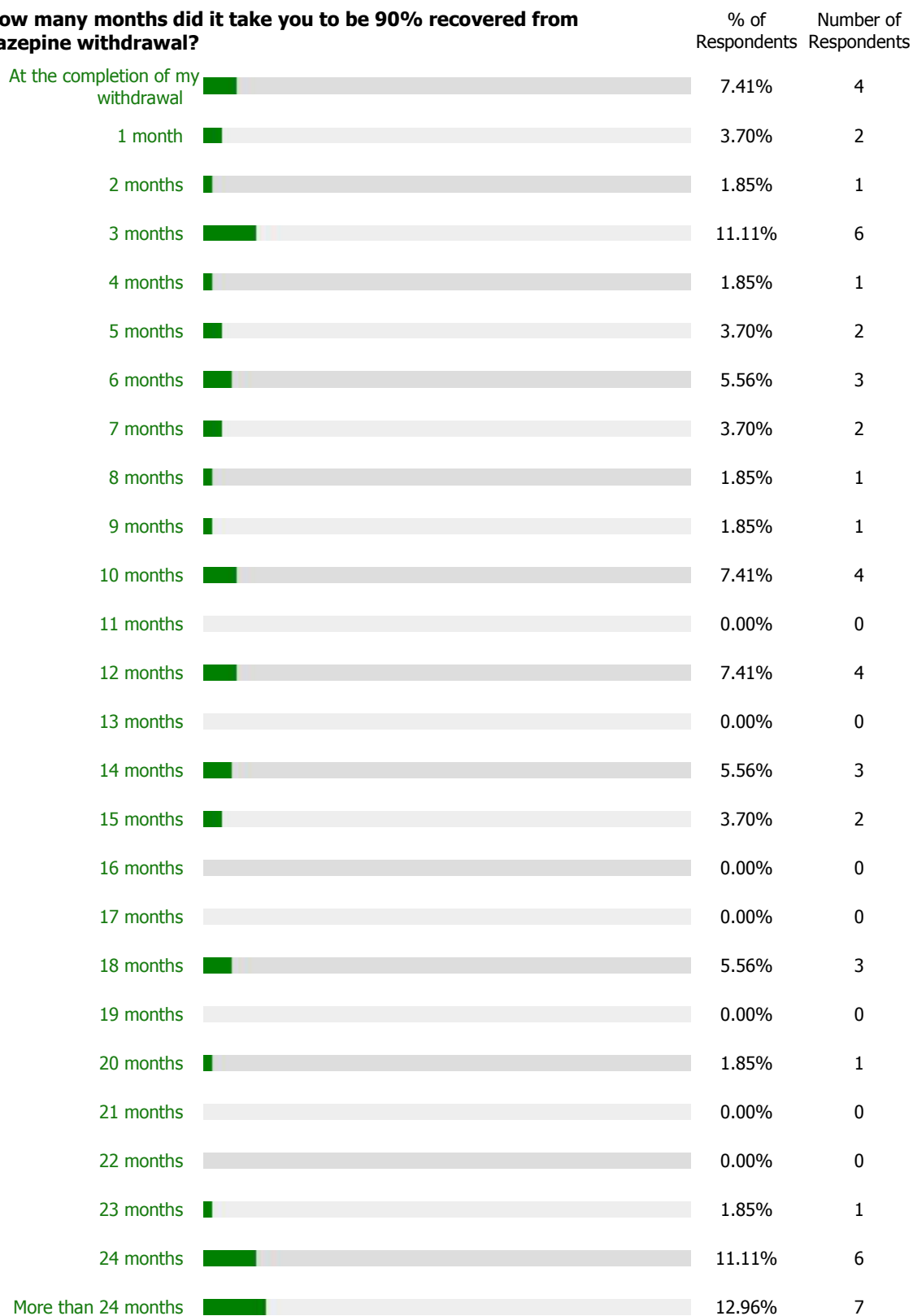
74. Indicate how successful reinstating was for you in helping you to become stable so that you could re-taper.

	% of Respondents	Number of Respondents
It was successful	70.00%	7
It was neither successful or unsuccessful	20.00%	2
It was unsuccessful	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		69



Page 12. General Questions about Recovery


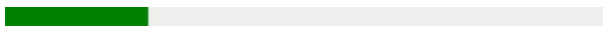

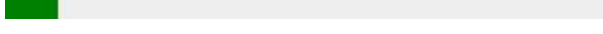

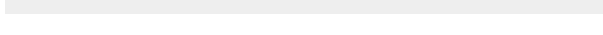

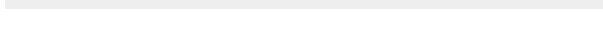








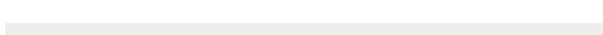

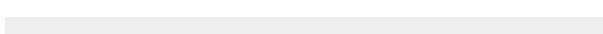

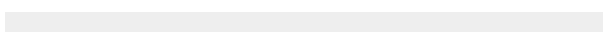

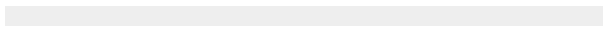

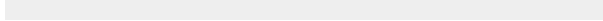

77. How many months did it take you to be 90% recovered from benzodiazepine withdrawal?



Number of respondents 54

Number of respondents who skipped this question 25

78. At what point during your recovery were your symptoms at their worse?

		% of Respondents	Number of Respondents
At the completion of my withdrawal		48.15%	26
1 month		24.07%	13
2 months		9.26%	5
3 months		9.26%	5
4 months		5.56%	3
5 months		0.00%	0
6 months		1.85%	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		1.85%	1
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 54

Number of respondents who skipped this question 25

79. How many months into your recovery did you notice significant improvement?

	% of Respondents	Number of Respondents
At the completion of my withdrawal	9.26%	5
1 month	1.85%	1
2 months	12.96%	7
3 months	11.11%	6
4 months	3.70%	2
5 months	3.70%	2
6 months	14.81%	8
7 months	0.00%	0
8 months	5.56%	3
9 months	5.56%	3
10 months	0.00%	0
11 months	3.70%	2
12 months	5.56%	3
13 months	1.85%	1
14 months	5.56%	3
15 months	1.85%	1
16 months	0.00%	0
17 months	0.00%	0
18 months	7.41%	4
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	1.85%	1
More than 24 months	3.70%	2

Number of respondents 54

Number of respondents who skipped this question 25

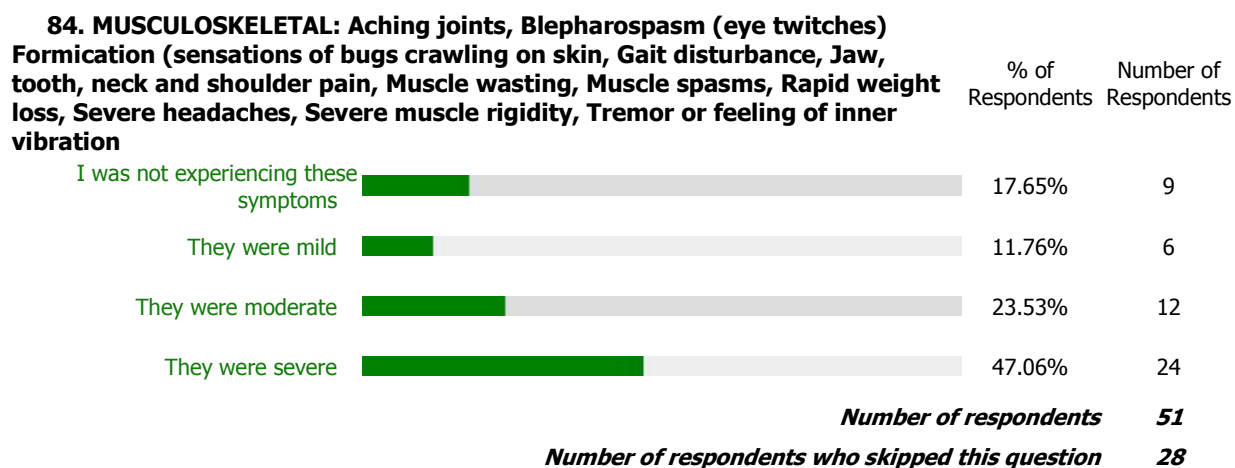
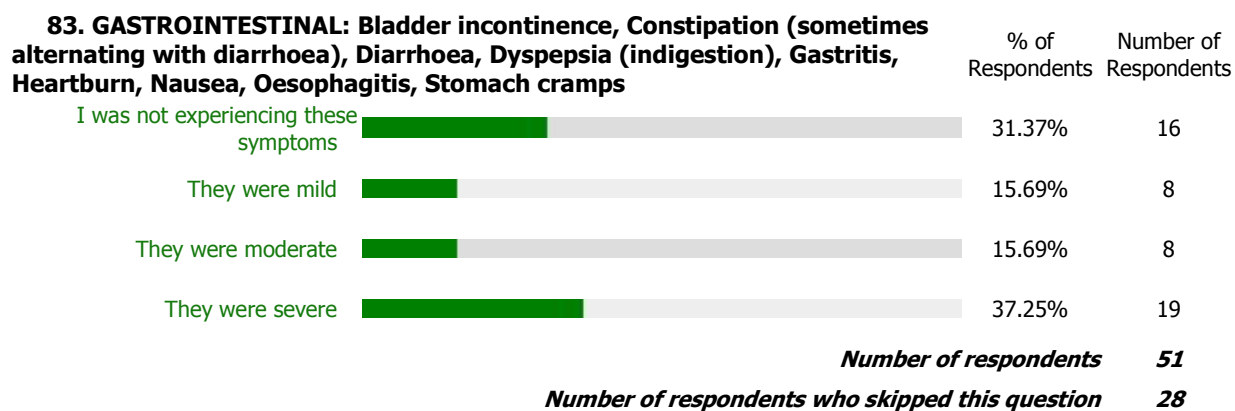
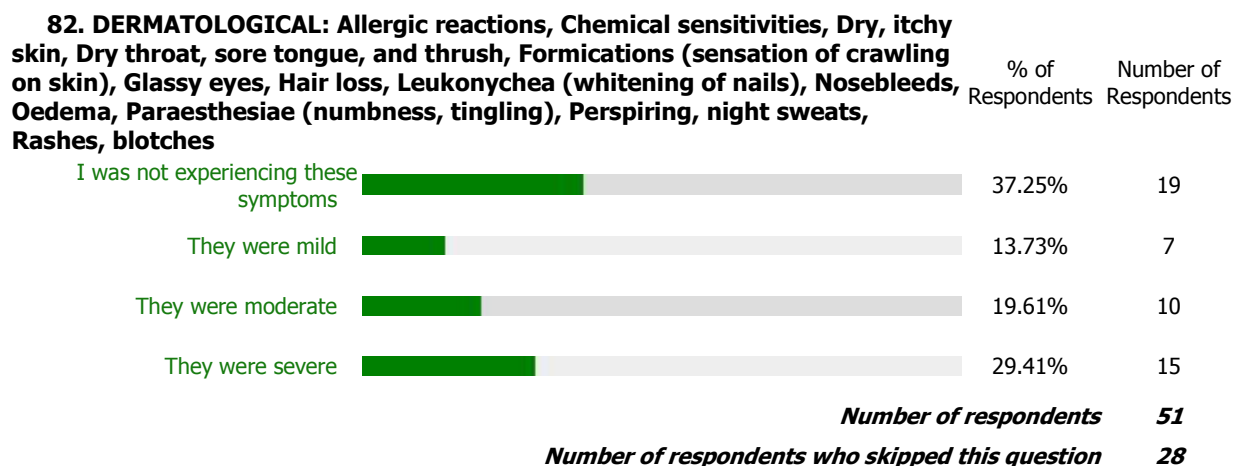
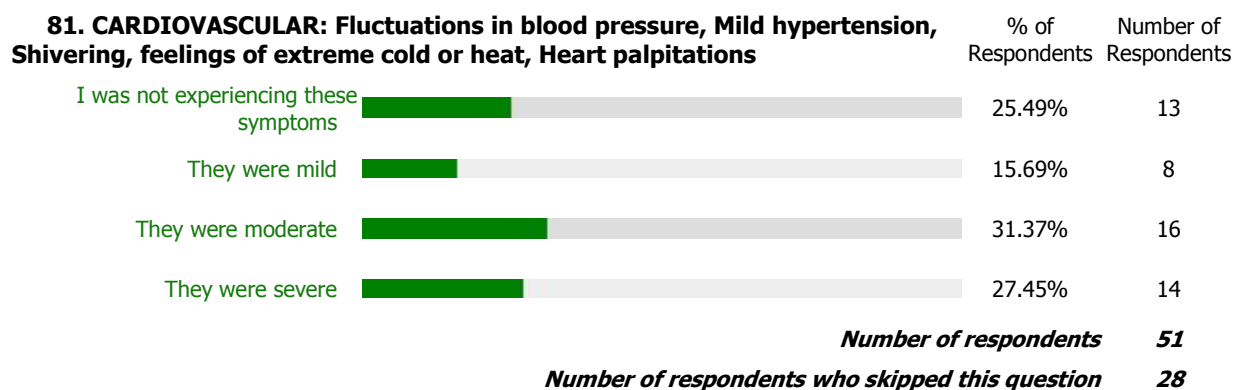
80. When did you have significant setbacks in your recovery?

	% of Respondents	Number of Respondents
I had no significant setbacks in my recovery	42.47%	31
1 month	8.22%	6
2 months	2.74%	2
3 months	8.22%	6
4 months	6.85%	5
5 months	4.11%	3
6 months	5.48%	4
7 months	5.48%	4
8 months	1.37%	1
9 months	0.00%	0
10 months	1.37%	1
11 months	0.00%	0
12 months	5.48%	4
13 months	0.00%	0
14 months	1.37%	1
15 months	1.37%	1
16 months	0.00%	0
17 months	0.00%	0
18 months	1.37%	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	4.11%	3

Number of respondents 54

Number of respondents who skipped this question 25

Page 13. Symptoms at the worst point in recovery



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	17.65%	9
They were mild	15.69%	8
They were moderate	19.61%	10
They were severe	47.06%	24

Number of respondents 51

Number of respondents who skipped this question 28

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	47.06%	24
They were mild	17.65%	9
They were moderate	17.65%	9
They were severe	17.65%	9

Number of respondents 51

Number of respondents who skipped this question 28

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	17.65%	9
They were mild	7.84%	4
They were moderate	19.61%	10
They were severe	54.90%	28

Number of respondents 51

Number of respondents who skipped this question 28

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	7.84%	4
They were mild	11.76%	6
They were moderate	19.61%	10
They were severe	60.78%	31
Number of respondents		51
Number of respondents who skipped this question		28

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

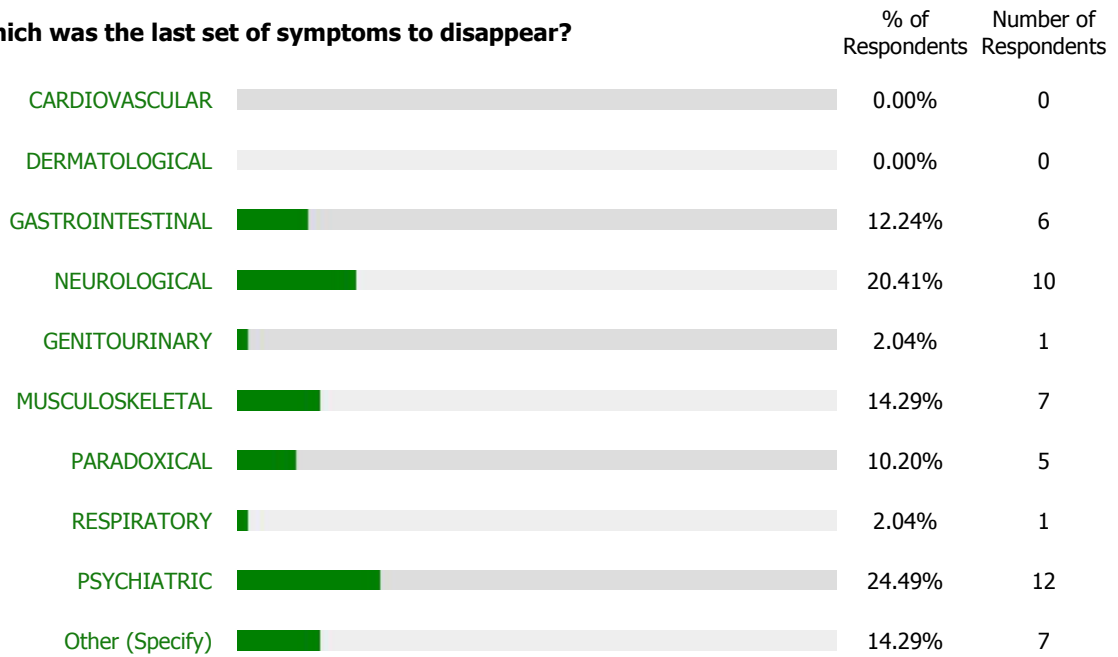
	% of Respondents	Number of Respondents
I was not experiencing these symptoms	47.06%	24
They were mild	17.65%	9
They were moderate	19.61%	10
They were severe	15.69%	8
Number of respondents		51
Number of respondents who skipped this question		28

Page 14. Getting Better

90. What was the first set of symptoms to disappear?

	% of Respondents	Number of Respondents
CARDIOVASCULAR	12.24%	6
DERMATOLOGICAL	10.20%	5
GASTROINTESTINAL	6.12%	3
NEUROLOGICAL	12.24%	6
GENITOURINARY	4.08%	2
MUSCULOSKELETAL	6.12%	3
PARADOXICAL	8.16%	4
RESPIRATORY	6.12%	3
PSYCHIATRIC	16.33%	8
Other (Specify)	18.37%	9
Number of respondents		49
Number of respondents who skipped this question		30

91. Which was the last set of symptoms to disappear?



Number of respondents 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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 49

Number of respondents who skipped this question 30

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.

Number of Respondents 49

Number of respondents who skipped this question 30

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	69.39%	34
They were mild	22.45%	11
They were moderate	4.08%	2
They were severe	4.08%	2

Number of respondents 49

Number of respondents who skipped this question 30

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	73.47%	36
They were mild	16.33%	8
They were moderate	4.08%	2
They were severe	6.12%	3
Number of respondents		49
Number of respondents who skipped this question		30

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	71.43%	35
They were mild	12.24%	6
They were moderate	10.20%	5
They were severe	6.12%	3
Number of respondents		49
Number of respondents who skipped this question		30

104. 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	55.10%	27
They were mild	24.49%	12
They were moderate	10.20%	5
They were severe	10.20%	5
Number of respondents		49
Number of respondents who skipped this question		30

105. 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	44.90%	22
They were mild	38.78%	19
They were moderate	8.16%	4
They were severe	8.16%	4

Number of respondents 49

Number of respondents who skipped this question 30

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	75.51%	37
They were mild	16.33%	8
They were moderate	6.12%	3
They were severe	2.04%	1

Number of respondents 49

Number of respondents who skipped this question 30

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	42.86%	21
They were mild	40.82%	20
They were moderate	10.20%	5
They were severe	6.12%	3

Number of respondents 49

Number of respondents who skipped this question 30

108. 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	40.82%	20
They were mild	38.78%	19
They were moderate	14.29%	7
They were severe	6.12%	3

Number of respondents 49

Number of respondents who skipped this question 30

109. 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	85.71%	42
They were mild	8.16%	4
They were moderate	2.04%	1
They were severe	4.08%	2

Number of respondents 49

Number of respondents who skipped this question 30

110. Please indicate which activities were still causing you some problems at the time you considered yourself recovered?

	% of Respondents	Number of Respondents
Self care - showering, dressing	2.00%	2
Cooking	4.00%	4
Housework and home care	7.00%	7
Shopping	7.00%	7
Socializing	14.00%	14
Driving	6.00%	6
Working	13.00%	13
Exercise	9.00%	9
Intellectual	20.00%	20
None of the above	18.00%	18

Number of respondents 49

Number of respondents who skipped this question 30