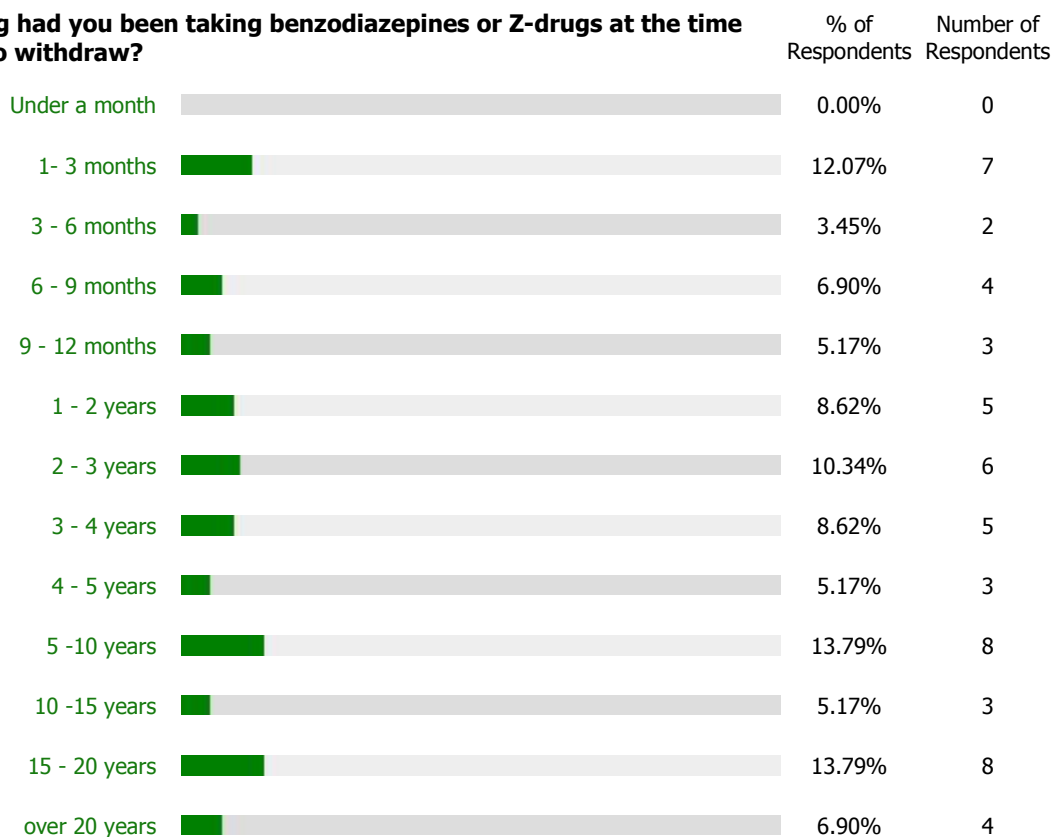


Page 1. Benzodiazepine Survey Four - 12 months off and not recovered

| 1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw? | % of Respondents | Number of Respondents |
|--|--|------------------------------|
| alprazolam (Xanax) | 21.92% | 16 |
| bromazepam (Lexotan, Lexomil) | 0.00% | 0 |
| chlordiazepoxide (Librium, Nova-Pam) | 1.37% | 1 |
| clonazepam (Klonopin, Rivotril) | 39.73% | 29 |
| clorazepate (Tranxene) | 1.37% | 1 |
| diazepam (Valium, D-Pam, Pro-Pam) | 16.44% | 12 |
| 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) | 8.22% | 6 |
| 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) | 0.00% | 0 |
| quazepam (Doral) | 0.00% | 0 |
| temazepam (Restoril, Euhypnos, Normison, Sompam) | 2.74% | 2 |
| triazolam (Halcion, Hypam, Tricam) | 0.00% | 0 |
| Zaleplon (Sonata) | 0.00% | 0 |
| Zolpidem (Ambien, Stilnoct, Stilnox) | 2.74% | 2 |
| Zopiclone (Zimovane, Imovane) | 0.00% | 0 |
| Eszopiclone (Lunesta) | 2.74% | 2 |
| Other (Specify) | 2.74% | 2 |
| | Number of respondents | 58 |
| | Number of respondents who skipped this question | 0 |

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



Number of respondents 58

Number of respondents who skipped this question 0

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

Number of Respondents 48

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 44

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

| | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| Anxiolytic (tending to reduce anxiety/produce relaxation) | 52.94% | 36 |
| Hypnotic (tending to make you sleepy) | 16.18% | 11 |
| Anti-seizure (tending to reduce the probability of having seizures and convulsions) | 4.41% | 3 |
| Muscle relaxant (tending to reduce muscle tension and associated pain) | 7.35% | 5 |
| Amnesic (tending to disrupt both long and short term memory) | 0.00% | 0 |
| Other (Specify) | 19.12% | 13 |
| Number of respondents | | 58 |
| Number of respondents who skipped this question | | 0 |

Page 2. Symptoms Prior to starting either benzodiazepines or Z-drugs

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 75.00% | 39 |
| They were mild | 13.46% | 7 |
| They were moderate | 7.69% | 4 |
| They were severe | 3.85% | 2 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 78.85% | 41 |
| They were mild | 9.62% | 5 |
| They were moderate | 9.62% | 5 |
| They were severe | 1.92% | 1 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 67.31% | 35 |
| They were mild | 9.62% | 5 |
| They were moderate | 19.23% | 10 |
| They were severe | 3.85% | 2 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 71.15% | 37 |
| They were mild | 9.62% | 5 |
| They were moderate | 7.69% | 4 |
| They were severe | 11.54% | 6 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 71.15% | 37 |
| They were mild | 7.69% | 4 |
| They were moderate | 7.69% | 4 |
| They were severe | 13.46% | 7 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 82.69% | 43 |
| They were mild | 9.62% | 5 |
| They were moderate | 3.85% | 2 |
| They were severe | 3.85% | 2 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 50.00% | 26 |
| They were mild | 21.15% | 11 |
| They were moderate | 15.38% | 8 |
| They were severe | 13.46% | 7 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 44.23% | 23 |
| They were mild | 15.38% | 8 |
| They were moderate | 19.23% | 10 |
| They were severe | 21.15% | 11 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 75.00% | 39 |
| They were mild | 11.54% | 6 |
| They were moderate | 11.54% | 6 |
| They were severe | 1.92% | 1 |
| Number of respondents | | 52 |
| Number of respondents who skipped this question | | 6 |

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 | 45.83% | 22 |
| They were mild | 12.50% | 6 |
| They were moderate | 20.83% | 10 |
| They were severe | 20.83% | 10 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

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 | 39.58% | 19 |
| They were mild | 16.67% | 8 |
| They were moderate | 20.83% | 10 |
| They were severe | 22.92% | 11 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

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 | 39.58% | 19 |
| They were mild | 14.58% | 7 |
| They were moderate | 20.83% | 10 |
| They were severe | 25.00% | 12 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

18. 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 | 29.17% | 14 |
| They were mild | 10.42% | 5 |
| They were moderate | 29.17% | 14 |
| They were severe | 31.25% | 15 |
| Number of respondents | | 48 |
| Number of respondents who skipped 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 | 25.00% | 12 |
| They were mild | 18.75% | 9 |
| They were moderate | 22.92% | 11 |
| They were severe | 33.33% | 16 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

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 | 56.25% | 27 |
| They were mild | 16.67% | 8 |
| They were moderate | 14.58% | 7 |
| They were severe | 12.50% | 6 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

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 | 20.83% | 10 |
| They were mild | 12.50% | 6 |
| They were moderate | 29.17% | 14 |
| They were severe | 37.50% | 18 |
| Number of respondents | | 48 |
| Number of respondents who skipped this question | | 10 |

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 | 18.75% | 9 |
| They were mild | 14.58% | 7 |
| They were moderate | 27.08% | 13 |
| They were severe | 39.58% | 19 |

Number of respondents 48

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

| | % of Respondents | Number of Respondents |
|---------------------------------------|------------------|-----------------------|
| I was not experiencing these symptoms | 41.67% | 20 |
| They were mild | 18.75% | 9 |
| They were moderate | 22.92% | 11 |
| They were severe | 16.67% | 8 |

Number of respondents 48

Number of respondents who skipped this question 10

Page 4. Functionality and Activities

24. Prior to taking benzodiazepines or Z-drugs which of the following activities were you able to participate in with ease?

| | % of Respondents | Number of Respondents |
|---------------------------------|------------------|-----------------------|
| Self care - showering, dressing | 11.97% | 45 |
| Cooking | 11.70% | 44 |
| Housework and home care | 11.44% | 43 |
| Shopping | 11.70% | 44 |
| Socializing | 10.11% | 38 |
| Driving | 10.90% | 41 |
| Working | 9.84% | 37 |
| Exercise | 10.64% | 40 |
| Intellectual | 11.44% | 43 |
| None of the above | 0.27% | 1 |

Number of respondents 47

Number of respondents who skipped this question 11

25. What activities were you able to participate in with ease at the time you decided to withdraw from benzodiazepines or Z-drugs?

| | % of Respondents | Number of Respondents |
|---------------------------------|------------------|-----------------------|
| Self care - showering, dressing | 16.47% | 28 |
| Cooking | 11.76% | 20 |
| Housework and home care | 12.94% | 22 |
| Shopping | 11.18% | 19 |
| Socializing | 5.88% | 10 |
| Driving | 8.82% | 15 |
| Working | 7.06% | 12 |
| Exercise | 7.65% | 13 |
| Intellectual | 8.24% | 14 |
| None of the Above | 10.00% | 17 |

Number of respondents 47

Number of respondents who skipped this question 11

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 | 2.13% | 1 |
| Antiseizure medication | 10.64% | 5 |
| Antipsychotic medication | 6.38% | 3 |
| Antidepressant medication | 29.79% | 14 |
| Prescription Sleep Aids | 10.64% | 5 |
| Other (Specify) | 40.43% | 19 |

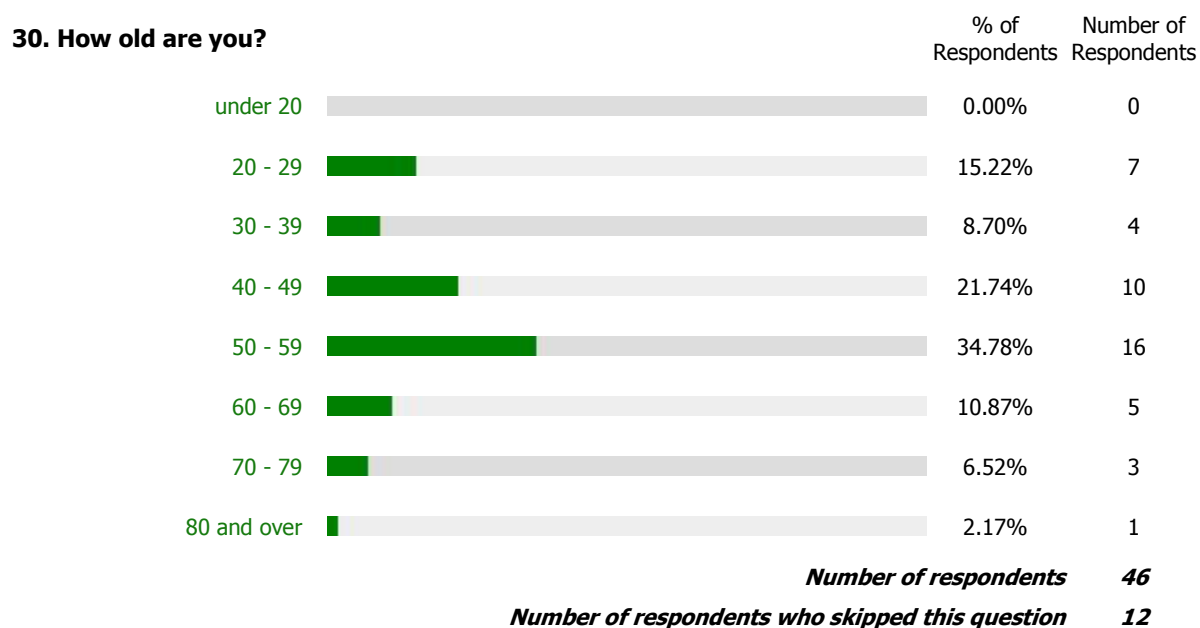
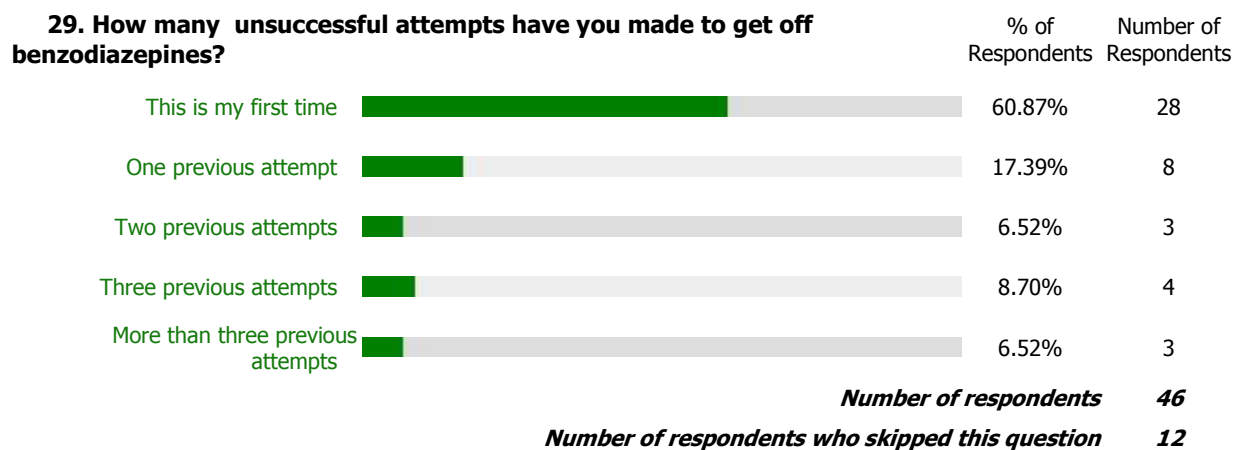
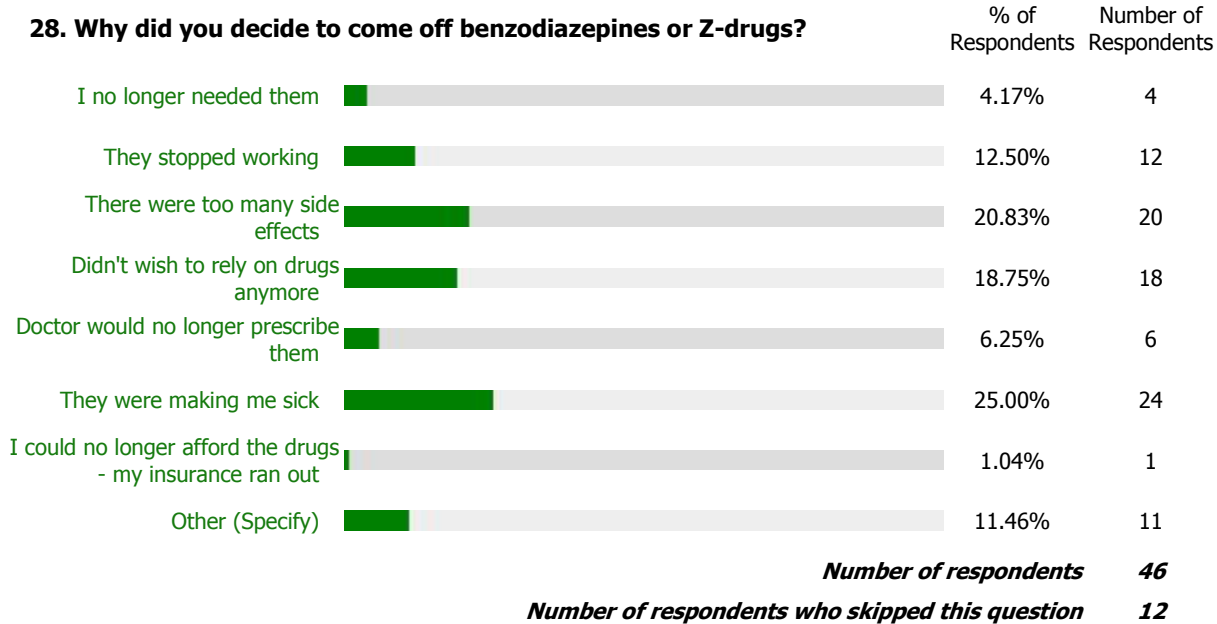
Number of respondents 34

Number of respondents who skipped this question 24



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 27

Number of respondents who skipped this question 31

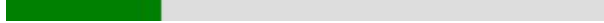
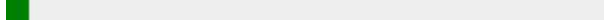
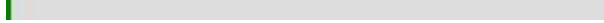
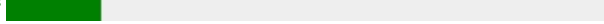






31. Indicate your gender.

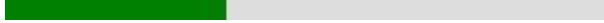
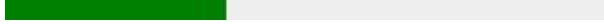
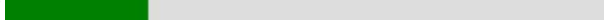


| | | % of Respondents | Number of Respondents |
|--|--|------------------|-----------------------|
| Male |  | 41.30% | 19 |
| Female |  | 58.70% | 27 |
| Number of respondents | | | 46 |
| Number of respondents who skipped this question | | | 12 |

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 |  | 26.47% | 18 |
| Inpatient detox |  | 4.41% | 3 |
| Outpatient detox |  | 1.47% | 1 |
| Valium crossover and Ashton style taper |  | 16.18% | 11 |
| Rapid direct taper using dry cutting of pills |  | 19.12% | 13 |
| Slow (cuts of 10% or less) direct taper using dry cutting of pills |  | 16.18% | 11 |
| Water Titration |  | 5.88% | 4 |
| Other (Specify) |  | 10.29% | 7 |
| Number of respondents | | | 46 |
| Number of respondents who skipped this question | | | 12 |

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 |  | 36.96% | 17 |
| I tried this method and is was impossible |  | 36.96% | 17 |
| I tried this method and it was difficult |  | 23.91% | 11 |
| I tried this method and it was bearable |  | 0.00% | 0 |
| I tried this method and it was easy to do |  | 2.17% | 1 |
| Number of respondents | | | 46 |
| Number of respondents who skipped this question | | | 12 |

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 | 86.96% | 40 |
| I tried this method and is was impossible | 2.17% | 1 |
| I tried this method and it was difficult | 6.52% | 3 |
| I tried this method and it was bearable | 4.35% | 2 |
| I tried this method and it was easy to do | 0.00% | 0 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 78.26% | 36 |
| I tried this method and is was impossible | 4.35% | 2 |
| I tried this method and it was difficult | 15.22% | 7 |
| I tried this method and it was bearable | 2.17% | 1 |
| I tried this method and it was easy to do | 0.00% | 0 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 67.39% | 31 |
| I tried this method and is was impossible | 0.00% | 0 |
| I tried this method and it was difficult | 23.91% | 11 |
| I tried this method and it was bearable | 6.52% | 3 |
| I tried this method and it was easy to do | 2.17% | 1 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 50.00% | 23 |
| I tried this method and is was impossible | 17.39% | 8 |
| I tried this method and it was difficult | 26.09% | 12 |
| I tried this method and it was bearable | 4.35% | 2 |
| I tried this method and it was easy to do | 2.17% | 1 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 65.22% | 30 |
| I tried this method and is was impossible | 0.00% | 0 |
| I tried this method and it was difficult | 26.09% | 12 |
| I tried this method and it was bearable | 8.70% | 4 |
| I tried this method and it was easy to do | 0.00% | 0 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 86.96% | 40 |
| I tried this method and is was impossible | 0.00% | 0 |
| I tried this method and it was difficult | 6.52% | 3 |
| I tried this method and it was bearable | 6.52% | 3 |
| I tried this method and it was easy to do | 0.00% | 0 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 86.96% | 40 |
| I tried this method and it was impossible | 2.17% | 1 |
| I tried this method and it was difficult | 8.70% | 4 |
| I tried this method and it was bearable | 2.17% | 1 |
| I tried this method and it was easy to do | 0.00% | 0 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| Cold Turkey | 26.09% | 12 |
| Inpatient detox | 6.52% | 3 |
| Outpatient detox | 2.17% | 1 |
| Valium crossover and Ashton style taper | 21.74% | 10 |
| Rapid direct taper using dry cutting of pills | 19.57% | 9 |
| Slow (cuts of 10% or less) direct taper using dry cutting of pills | 13.04% | 6 |
| Water Titration | 4.35% | 2 |
| Other (Specify) | 6.52% | 3 |
| Number of respondents | | 46 |
| Number of respondents who skipped this question | | 12 |

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 | 13.64% | 6 |
| They were mild | 4.55% | 2 |
| They were moderate | 25.00% | 11 |
| They were severe | 56.82% | 25 |
| Number of respondents | | 44 |
| 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), 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 | 9.09% | 4 |
| They were mild | 11.36% | 5 |
| They were moderate | 25.00% | 11 |
| They were severe | 54.55% | 24 |
| Number of respondents | | 44 |
| 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 | 9.09% | 4 |
| They were mild | 22.73% | 10 |
| They were moderate | 20.45% | 9 |
| They were severe | 47.73% | 21 |
| Number of respondents | | 44 |
| 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 | 2.27% | 1 |
| They were mild | 9.09% | 4 |
| They were moderate | 15.91% | 7 |
| They were severe | 72.73% | 32 |
| Number of respondents | | 44 |
| 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 | 4.55% | 2 |
| They were mild | 2.27% | 1 |
| They were moderate | 11.36% | 5 |
| They were severe | 81.82% | 36 |

Number of respondents 44

Number of respondents who skipped this question 14

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

| | % of Respondents | Number of Respondents |
|---------------------------------------|------------------|-----------------------|
| I was not experiencing these symptoms | 27.27% | 12 |
| They were mild | 18.18% | 8 |
| They were moderate | 18.18% | 8 |
| They were severe | 36.36% | 16 |

Number of respondents 44

Number of respondents who skipped this question 14

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 | 4.55% | 2 |
| They were mild | 4.55% | 2 |
| They were moderate | 13.64% | 6 |
| They were severe | 77.27% | 34 |

Number of respondents 44

Number of respondents who skipped this question 14

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 2.27% | 1 |
| They were mild | 6.82% | 3 |
| They were moderate | 9.09% | 4 |
| They were severe | 81.82% | 36 |
| Number of respondents | | 44 |
| Number of respondents who skipped this question | | 14 |

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 | 20.45% | 9 |
| They were mild | 18.18% | 8 |
| They were moderate | 29.55% | 13 |
| They were severe | 31.82% | 14 |
| Number of respondents | | 44 |
| Number of respondents who skipped this question | | 14 |

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 | 20.45% | 9 |
| They were mild | 25.00% | 11 |
| They were moderate | 25.00% | 11 |
| They were severe | 29.55% | 13 |
| Number of respondents | | 44 |
| Number of respondents who skipped this question | | 14 |

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 | 15.91% | 7 |
| They were mild | 25.00% | 11 |
| They were moderate | 31.82% | 14 |
| They were severe | 27.27% | 12 |
| Number of respondents | | 44 |
| 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 | 18.18% | 8 |
| They were mild | 25.00% | 11 |
| They were moderate | 25.00% | 11 |
| They were severe | 31.82% | 14 |
| Number of respondents | | 44 |
| 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 | 4.55% | 2 |
| They were mild | 22.73% | 10 |
| They were moderate | 25.00% | 11 |
| They were severe | 47.73% | 21 |
| Number of respondents | | 44 |
| 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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 4.55% | 2 |
| They were mild | 18.18% | 8 |
| They were moderate | 25.00% | 11 |
| They were severe | 52.27% | 23 |
| Number of respondents | | 44 |
| 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 | 38.64% | 17 |
| They were mild | 27.27% | 12 |
| They were moderate | 9.09% | 4 |
| They were severe | 25.00% | 11 |
| Number of respondents | | 44 |
| 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 | 4.55% | 2 |
| They were mild | 25.00% | 11 |
| They were moderate | 22.73% | 10 |
| They were severe | 47.73% | 21 |
| Number of respondents | | 44 |
| 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 | 6.82% | 3 |
| They were mild | 20.45% | 9 |
| They were moderate | 25.00% | 11 |
| They were severe | 47.73% | 21 |
| Number of respondents | | 44 |
| Number of respondents who skipped this question | | 14 |

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


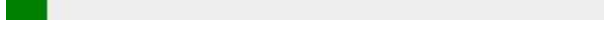
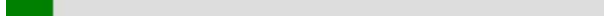
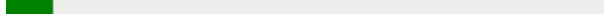

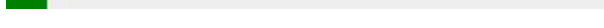




| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 18.18% | 8 |
| They were mild | 43.18% | 19 |
| They were moderate | 18.18% | 8 |
| They were severe | 20.45% | 9 |
| Number of respondents | | 44 |
| Number of respondents who skipped this question | | 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 | 0.00% | 0 |
| It wasn't easy but not too difficult | 12.20% | 5 |
| I found it difficult | 4.88% | 2 |
| I found it extremely difficult | 82.93% | 34 |
| Number of respondents | | 41 |
| Number of respondents who skipped this question | | 17 |


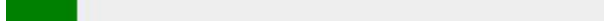
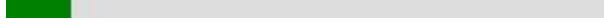
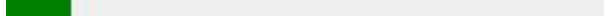
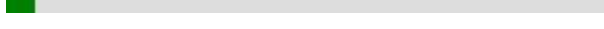
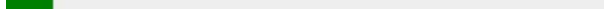




61. What activities were you able to participate in with ease at the worst time during your withdrawal?

| | | % of Respondents | Number of Respondents |
|---------------------------------|--|------------------|-----------------------|
| Self care - showering, dressing |  | 17.81% | 13 |
| Cooking |  | 6.85% | 5 |
| Housework and home care |  | 8.22% | 6 |
| Shopping |  | 8.22% | 6 |
| Socializing |  | 1.37% | 1 |
| Driving |  | 6.85% | 5 |
| Working |  | 4.11% | 3 |
| Exercise |  | 4.11% | 3 |
| Intellectual |  | 4.11% | 3 |
| None of the above |  | 38.36% | 28 |

Number of respondents 41

Number of respondents who skipped this question 17

62. What activities were you able to participate in with ease at the end of your withdrawal?

| | | % of Respondents | Number of Respondents |
|---------------------------------|--|------------------|-----------------------|
| Self care - showering, dressing |  | 21.93% | 25 |
| Cooking |  | 12.28% | 14 |
| Housework and home care |  | 10.53% | 12 |
| Shopping |  | 10.53% | 12 |
| Socializing |  | 5.26% | 6 |
| Driving |  | 7.89% | 9 |
| Working |  | 4.39% | 5 |
| Exercise |  | 6.14% | 7 |
| Intellectual |  | 8.77% | 10 |
| None of the above |  | 12.28% | 14 |

Number of respondents 41

Number of respondents who skipped this question 17

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

| | % of Respondents | Number of Respondents |
|---------------------------|------------------|-----------------------|
| Beta Blockers | 12.50% | 5 |
| Antiseizure medication | 5.00% | 2 |
| Antipsychotic medication | 7.50% | 3 |
| Antidepressant medication | 22.50% | 9 |
| Prescription Sleep Aids | 7.50% | 3 |
| Other (Specify) | 45.00% | 18 |

Number of respondents 27

Number of respondents who skipped this question 31

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 | 27.27% | 6 |
| They neither helped nor hurt my withdrawal from benzodiazepines | 31.82% | 7 |
| They made my withdrawal from benzodiazepines worse | 40.91% | 9 |

Number of respondents 22

Number of respondents who skipped this question 36

65. What additional supplements did you take during withdrawal?

Number of Respondents 19

Number of respondents who skipped this question 39

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 | 25.00% | 5 |
| They neither helped nor hurt my withdrawal from benzodiazepines | 50.00% | 10 |
| They made my withdrawal from benzodiazepines worse | 25.00% | 5 |

Number of respondents 20

Number of respondents who skipped this question 38

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 41

Number of respondents who skipped this question 17

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 41

Number of respondents who skipped this question 17

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 | 7.14% | 9 |
| I had adequate support from my family | 17.46% | 22 |
| I had adequate support from a therapist | 4.76% | 6 |
| I had adequate support from friends | 8.73% | 11 |
| I had enough knowledge to withdrawal in a way that was appropriate for me | 13.49% | 17 |
| I had to work to support myself | 11.11% | 14 |
| I had to care for others, children, parents | 3.97% | 5 |
| I smoked | 7.14% | 9 |
| I lived alone | 5.56% | 7 |
| I have always been an anxious person even before benzodiazepines and withdrawal | 11.90% | 15 |
| I had some other health problems in addition to withdrawal | 6.35% | 8 |
| I had many other health problems in addition to withdrawal | 0.00% | 0 |
| None of the above | 2.38% | 3 |

Number of respondents 41

Number of respondents who skipped this question 17

Page 10. About Reinstatement




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

| | % of Respondents | Number of Respondents |
|-----|------------------|-----------------------|
| Yes | 22.50% | 9 |
| No | 77.50% | 31 |





Number of respondents 40

Number of respondents who skipped this question 18

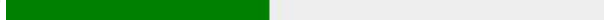
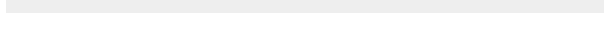
71. Indicate to what benzodiazepine you reinstated.

| | | % of Respondents | Number of Respondents |
|--|--|------------------|-----------------------|
| I reinstated to Valium |  | 22.22% | 2 |
| I reinstated to the benzodiazepine I was on |  | 33.33% | 3 |
| I reinstated to another benzodiazepine |  | 44.44% | 4 |
| Number of respondents | | | 9 |
| Number of respondents who skipped this question | | | 49 |


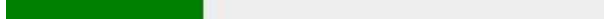

72. If you reinstated at some point during your withdrawal - indicate which of the following statements best describes the amount you needed to take to become stable.

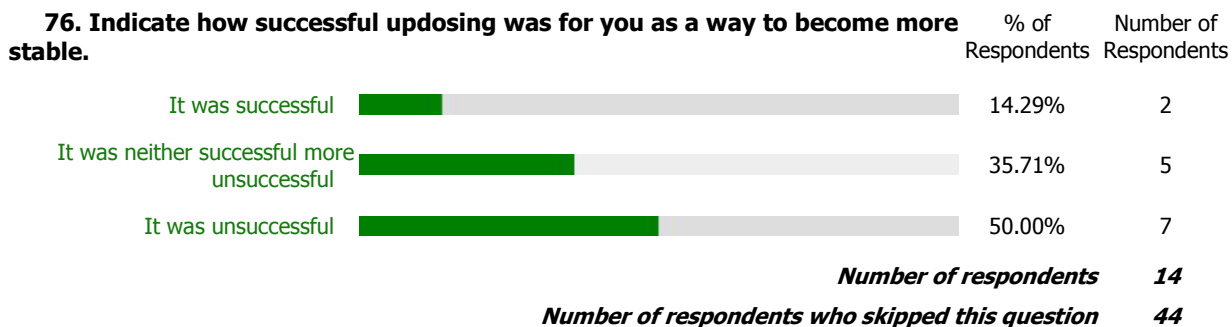
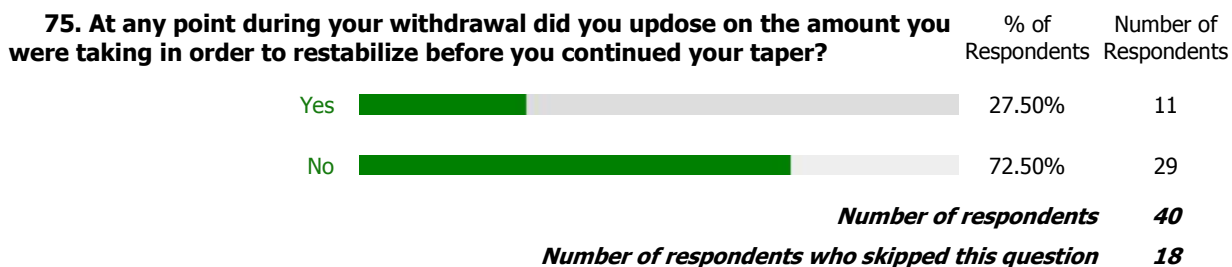
| | | % of Respondents | Number of Respondents |
|--|--|------------------|-----------------------|
| I needed more than my original amount to become stable |  | 11.11% | 1 |
| I needed the same as my original amount to be stable |  | 0.00% | 0 |
| I needed less than my original amount to become stable |  | 11.11% | 1 |
| I never became stable |  | 77.78% | 7 |
| Number of respondents | | | 9 |
| Number of respondents who skipped this question | | | 49 |

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

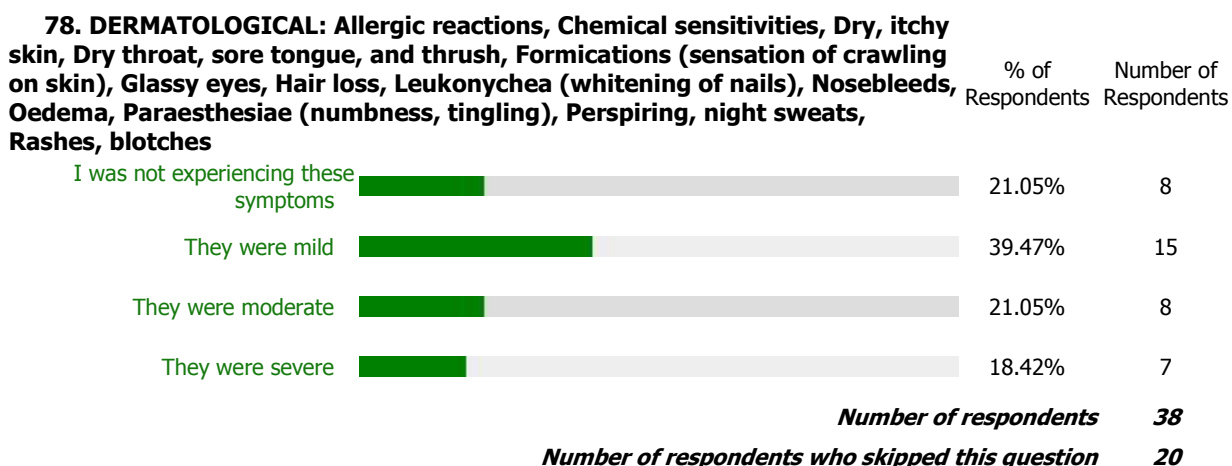
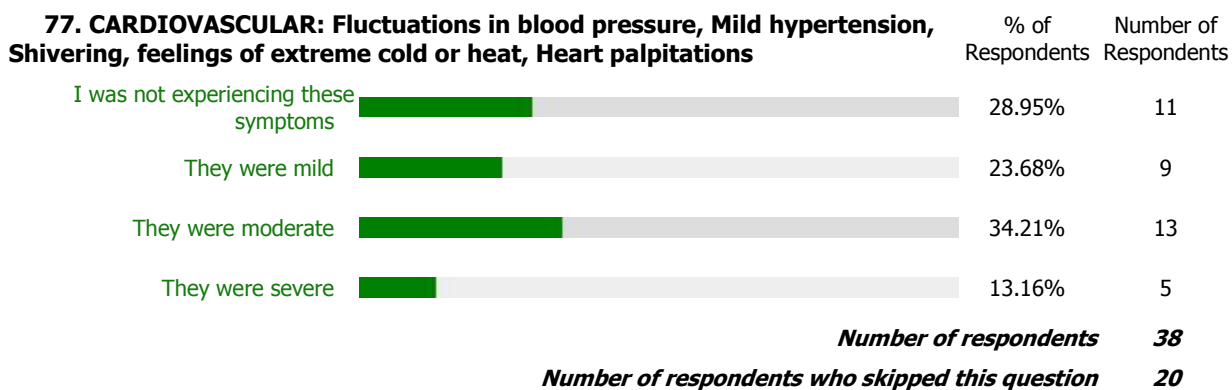
| | | % of Respondents | Number of Respondents |
|--|--|------------------|-----------------------|
| Under a month |  | 33.33% | 3 |
| Between 1 month but under 3 months |  | 44.44% | 4 |
| Between 3 months but under 6 months |  | 11.11% | 1 |
| Between 6 months but under 9 months |  | 11.11% | 1 |
| Between 9 months but under 12 months |  | 0.00% | 0 |
| 12 months or over |  | 0.00% | 0 |
| Number of respondents | | | 9 |
| Number of respondents who skipped this question | | | 49 |

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 |  | 11.11% | 1 |
| It was neither successful or unsuccessful |  | 33.33% | 3 |
| It was unsuccessful |  | 55.56% | 5 |
| Number of respondents | | | 9 |
| Number of respondents who skipped this question | | | 49 |



Page 12. Symptoms existing at 12 months off



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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 28.95% | 11 |
| They were mild | 28.95% | 11 |
| They were moderate | 26.32% | 10 |
| They were severe | 15.79% | 6 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 5.26% | 2 |
| They were mild | 23.68% | 9 |
| They were moderate | 28.95% | 11 |
| They were severe | 42.11% | 16 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 5.26% | 2 |
| They were mild | 18.42% | 7 |
| They were moderate | 34.21% | 13 |
| They were severe | 42.11% | 16 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

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

| | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms | 36.84% | 14 |
| They were mild | 31.58% | 12 |
| They were moderate | 15.79% | 6 |
| They were severe | 15.79% | 6 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

83. 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 | 5.26% | 2 |
| They were mild | 31.58% | 12 |
| They were moderate | 31.58% | 12 |
| They were severe | 31.58% | 12 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

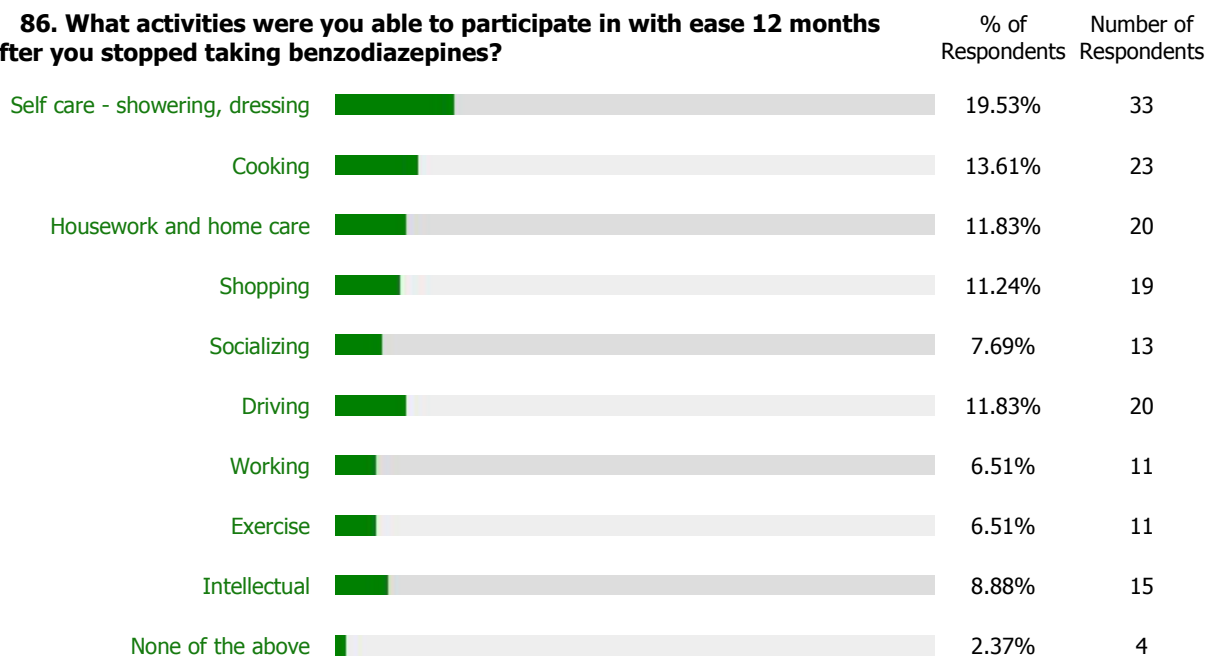
84. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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 | 5.26% | 2 |
| They were mild | 23.68% | 9 |
| They were moderate | 39.47% | 15 |
| They were severe | 31.58% | 12 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

85. 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 | 31.58% | 12 |
| They were mild | 36.84% | 14 |
| They were moderate | 21.05% | 8 |
| They were severe | 10.53% | 4 |
| Number of respondents | | 38 |
| Number of respondents who skipped this question | | 20 |

86. What activities were you able to participate in with ease 12 months after you stopped taking benzodiazepines?



Number of respondents 38

Number of respondents who skipped this question 20