




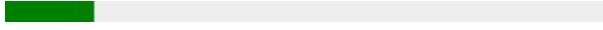

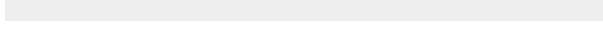
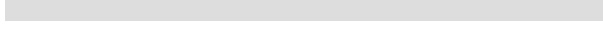
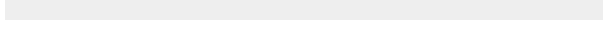
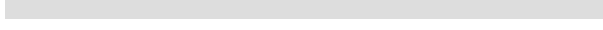
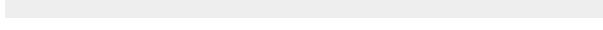
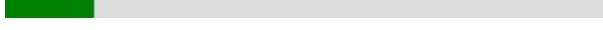


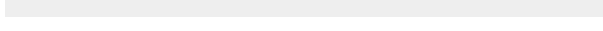

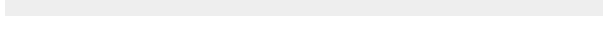

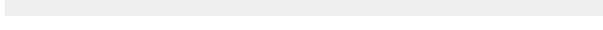

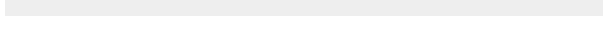

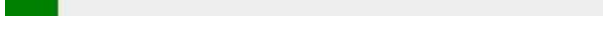


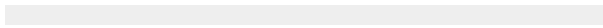







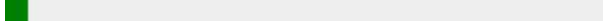

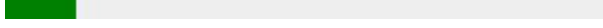
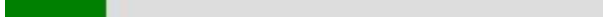


Page 1. Benzodiazepine Survey Five - 24 months off and not recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax) 	24.24%	8
bromazepam (Lexotan, Lexomil) 	0.00%	0
chlordiazepoxide (Librium, Nova-Pam) 	0.00%	0
clonazepam (Klonopin, Rivotril) 	30.30%	10
clorazepate (Tranxene) 	3.03%	1
diazepam (Valium, D-Pam, Pro-Pam) 	15.15%	5
estazolam (ProSom) 	0.00%	0
flunitrazepam (Rohypnol) 	0.00%	0
flurazepam (Dalmane) 	0.00%	0
halazepam (Paxipam) 	0.00%	0
ketazolam (Anxon) 	0.00%	0
loprazolam (Dormonoct) 	0.00%	0
lorazepam (Ativan) 	15.15%	5
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) 	0.00%	0
triazolam (Halcion, Hypam, Tricam) 	0.00%	0
Zaleplon (Sonata) 	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox) 	3.03%	1
Zopiclone (Zimovane, Imovane) 	9.09%	3
Eszopiclone (Lunesta) 	0.00%	0
Number of respondents		24
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?

		% of Respondents	Number of Respondents
Under a month		8.33%	2
1- 3 months		0.00%	0
3 - 6 months		4.17%	1
6 - 9 months		4.17%	1
9 - 12 months		8.33%	2
1 - 2 years		4.17%	1
2 - 3 years		0.00%	0
3 - 4 years		12.50%	3
4 - 5 years		12.50%	3
5 -10 years		4.17%	1
10 -15 years		12.50%	3
15 - 20 years		12.50%	3
over 20 years		16.67%	4

Number of respondents 24

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 20

Number of respondents who skipped this question 4

4. If you were taking more than one benzodiazepine or Z-drug at the time of deciding to withdraw, enter the name of each of the drugs that you were taking, followed by the number of milligrams you were taking, e.g. Valium 30, Klonopin 2.

Number of Respondents 6

Number of respondents who skipped this question 18

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

	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	54.84%	17
Hypnotic (tending to make you sleepy)	19.35%	6
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	0.00%	0
Muscle relaxant (tending to reduce muscle tension and associated pain)	9.68%	3
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	16.13%	5
Number of respondents		24
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	81.82%	18
They were mild	13.64%	3
They were moderate	0.00%	0
They were severe	4.55%	1
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	95.45%	21
They were mild	0.00%	0
They were moderate	4.55%	1
They were severe	0.00%	0
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	68.18%	15
They were mild	18.18%	4
They were moderate	4.55%	1
They were severe	9.09%	2
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	81.82%	18
They were mild	4.55%	1
They were moderate	4.55%	1
They were severe	9.09%	2
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	86.36%	19
They were mild	0.00%	0
They were moderate	9.09%	2
They were severe	4.55%	1
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	86.36%	19
They were mild	9.09%	2
They were moderate	4.55%	1
They were severe	0.00%	0
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	59.09%	13
They were mild	13.64%	3
They were moderate	9.09%	2
They were severe	18.18%	4
Number of respondents		22
Number of respondents who skipped this question		2

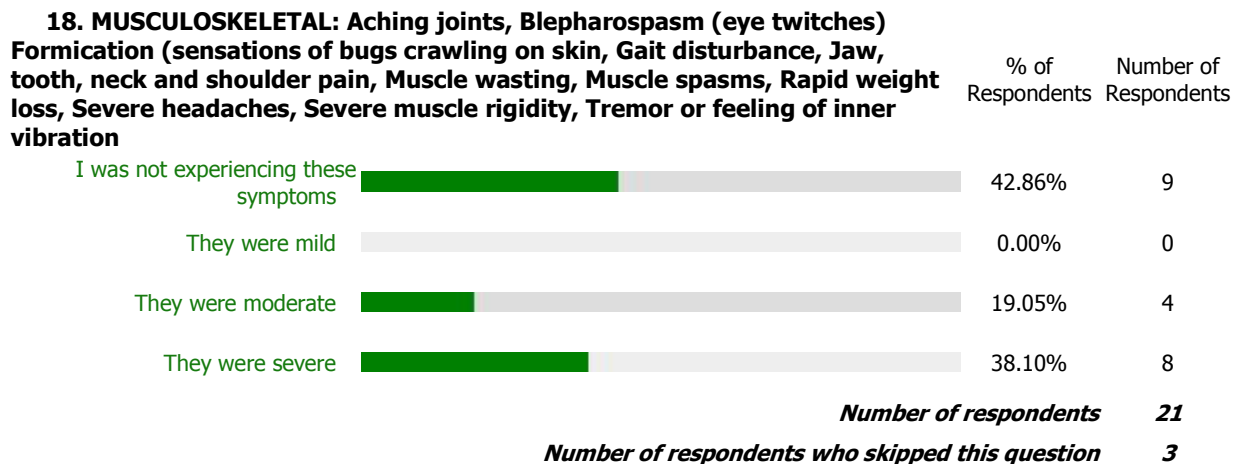
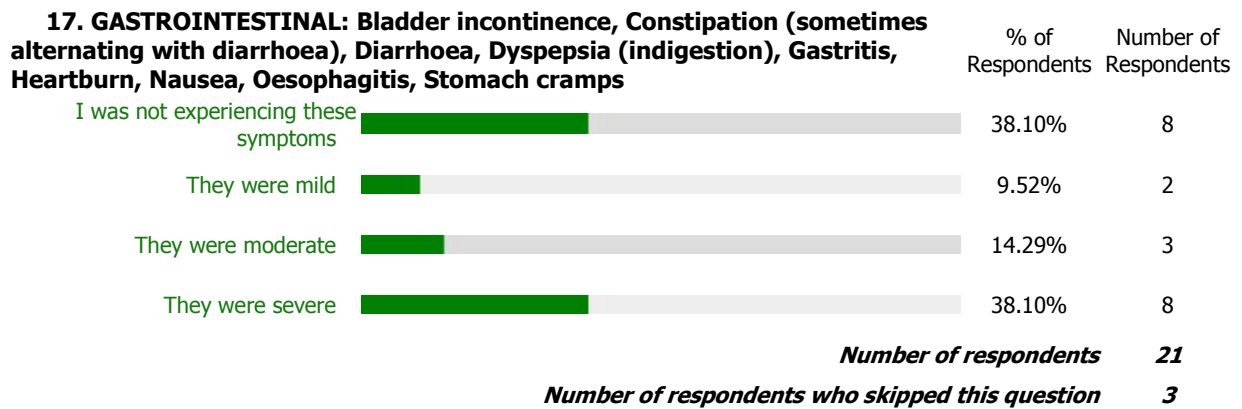
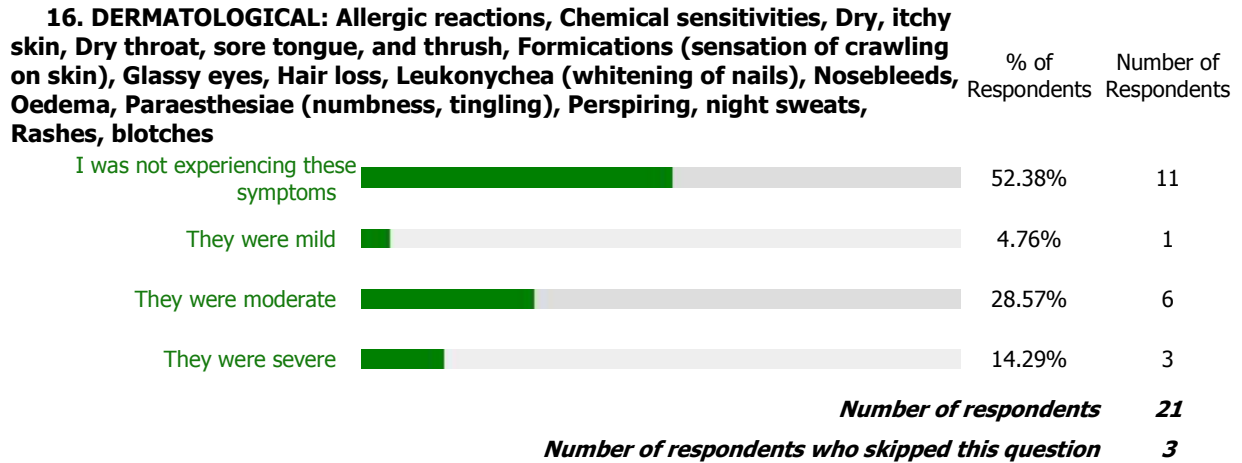
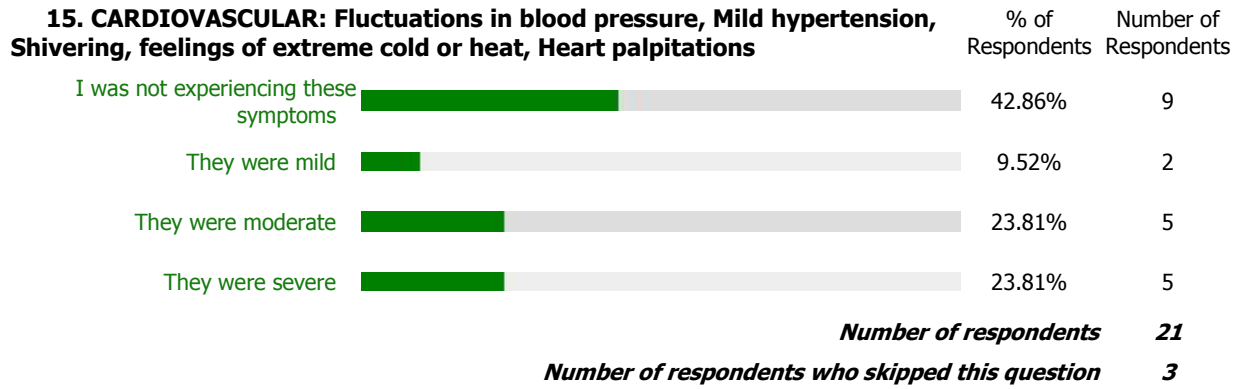
13. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares,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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	50.00%	11
They were mild	13.64%	3
They were moderate	9.09%	2
They were severe	27.27%	6
Number of respondents		22
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	81.82%	18
They were mild	13.64%	3
They were moderate	4.55%	1
They were severe	0.00%	0
Number of respondents		22
Number of respondents who skipped this question		2

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



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	42.86%	9
They were mild	9.52%	2
They were moderate	9.52%	2
They were severe	38.10%	8

Number of respondents 21

Number of respondents who skipped this question 3

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	61.90%	13
They were mild	9.52%	2
They were moderate	19.05%	4
They were severe	9.52%	2

Number of respondents 21

Number of respondents who skipped this question 3

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	23.81%	5
They were mild	19.05%	4
They were moderate	9.52%	2
They were severe	47.62%	10

Number of respondents 21

Number of respondents who skipped this question 3

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	14.29%	3
They were mild	28.57%	6
They were moderate	9.52%	2
They were severe	47.62%	10
Number of respondents		21
Number of respondents who skipped this question		3

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	47.62%	10
They were mild	23.81%	5
They were moderate	9.52%	2
They were severe	19.05%	4
Number of respondents		21
Number of respondents who skipped this question		3

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	11.76%	18
Cooking	11.76%	18
Housework and home care	11.76%	18
Shopping	11.76%	18
Socializing	11.11%	17
Driving	9.80%	15
Working	8.50%	13
Exercise	11.11%	17
Intellectual	11.76%	18
None of the above	0.65%	1
Number of respondents		20
Number of respondents who skipped this question		4

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	22.54%	16
Cooking	12.68%	9
Housework and home care	14.08%	10
Shopping	11.27%	8
Socializing	5.63%	4
Driving	8.45%	6
Working	5.63%	4
Exercise	5.63%	4
Intellectual	8.45%	6
None of the Above	5.63%	4

Number of respondents 20

Number of respondents who skipped this question 4

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	10.00%	2
Antiseizure medication	10.00%	2
Antipsychotic medication	5.00%	1
Antidepressant medication	30.00%	6
Prescription Sleep Aids	0.00%	0
Other (Specify)	45.00%	9

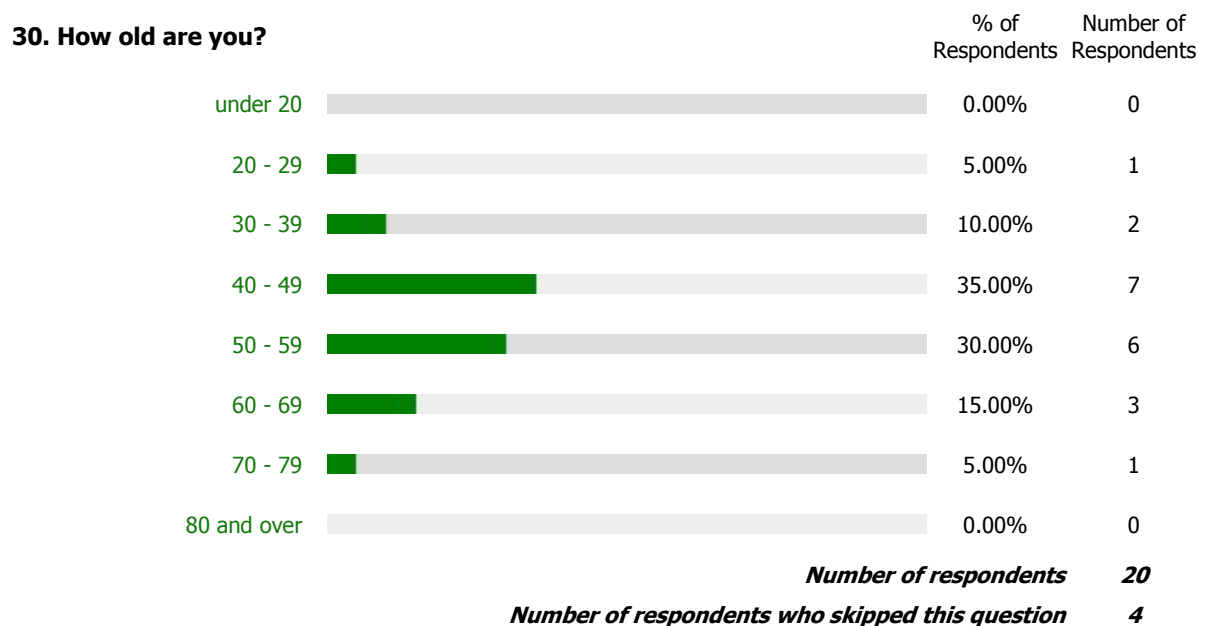
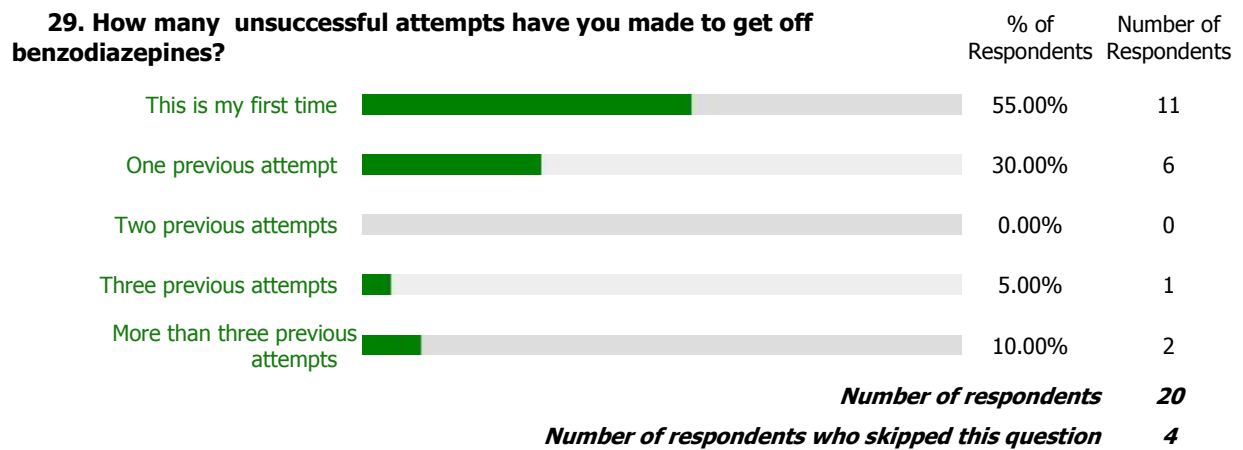
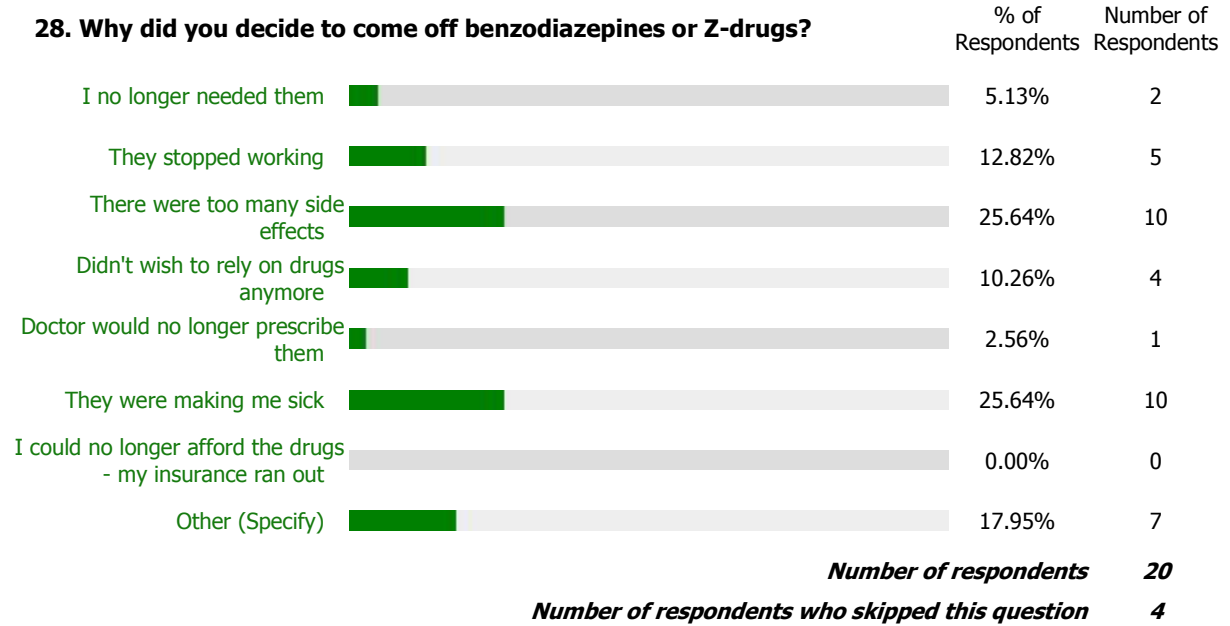
Number of respondents 15

Number of respondents who skipped this question 9

27. Please list the supplements and vitamins you were taking at the time you decided to withdraw from benzodiazepines or Z-drugs

Number of Respondents 16

Number of respondents who skipped this question 8



31. Indicate your gender.

		% of Respondents	Number of Respondents
Male		30.00%	6
Female		70.00%	14
Number of respondents			20
Number of respondents who skipped this question			4

Page 6. Withdrawal Methods


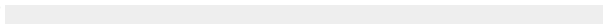

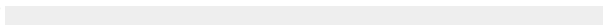

32. Which of the following methods did you use to try and withdraw from benzodiazepines or Z-drugs?

		% of Respondents	Number of Respondents
Cold Turkey		28.57%	8
Inpatient detox		0.00%	0
Outpatient detox		3.57%	1
Valium crossover and Ashton style taper		14.29%	4
Rapid direct taper using dry cutting of pills		14.29%	4
Slow (cuts of 10% or less) direct taper using dry cutting of pills		21.43%	6
Water Titration		14.29%	4
Other (Specify)		3.57%	1
Number of respondents			20
Number of respondents who skipped this question			4


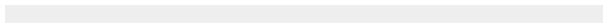

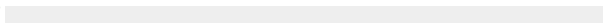

33. Please rate any experience you had with a cold turkey from benzodiazepines or Z-drugs.

		% of Respondents	Number of Respondents
I never tried this method		30.00%	6
I tried this method and it was impossible		25.00%	5
I tried this method and it was difficult		45.00%	9
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			20
Number of respondents who skipped this question			4


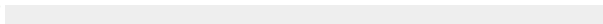

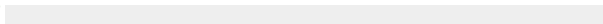

34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.

	% of Respondents	Number of Respondents
I never tried this method 	90.00%	18
I tried this method and is was impossible 	0.00%	0
I tried this method and it was difficult 	10.00%	2
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		20
Number of respondents who skipped this question		4

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 	85.00%	17
I tried this method and is was impossible 	0.00%	0
I tried this method and it was difficult 	15.00%	3
I tried this method and it was bearable 	0.00%	0
I tried this method and it was easy to do 	0.00%	0
Number of respondents		20
Number of respondents who skipped this question		4

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 	80.00%	16
I tried this method and is was impossible 	0.00%	0
I tried this method and it was difficult 	20.00%	4
I tried this method and it was bearable 	0.00%	0
I tried this method and it was easy to do 	0.00%	0
Number of respondents		20
Number of respondents who skipped this question		4

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	60.00%	12
I tried this method and is was impossible	15.00%	3
I tried this method and it was difficult	25.00%	5
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		20
Number of respondents who skipped this question		4

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	70.00%	14
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	30.00%	6
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		20
Number of respondents who skipped this question		4

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	75.00%	15
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	25.00%	5
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		20
Number of respondents who skipped this question		4

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	95.00%	19
I tried this method and it was impossible	5.00%	1
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		20
Number of respondents who skipped this question		4

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

	% of Respondents	Number of Respondents
Cold Turkey	40.00%	8
Inpatient detox	0.00%	0
Outpatient detox	5.00%	1
Valium crossover and Ashton style taper	15.00%	3
Rapid direct taper using dry cutting of pills	15.00%	3
Slow (cuts of 10% or less) direct taper using dry cutting of pills	10.00%	2
Water Titration	5.00%	1
Other (Specify)	10.00%	2
Number of respondents		20
Number of respondents who skipped this question		4

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	15.00%	3
They were mild	0.00%	0
They were moderate	20.00%	4
They were severe	65.00%	13
Number of respondents		20
Number of respondents who skipped this question		4

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	10.00%	2
They were mild	20.00%	4
They were moderate	10.00%	2
They were severe	60.00%	12
Number of respondents		20
Number of respondents who skipped this question		4

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	0.00%	0
They were mild	15.00%	3
They were moderate	25.00%	5
They were severe	60.00%	12
Number of respondents		20
Number of respondents who skipped this question		4

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	0.00%	0
They were mild	0.00%	0
They were moderate	30.00%	6
They were severe	70.00%	14
Number of respondents		20
Number of respondents who skipped this question		4

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	10.00%	2
They were severe	90.00%	18

Number of respondents 20

Number of respondents who skipped this question 4

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	25.00%	5
They were mild	10.00%	2
They were moderate	30.00%	6
They were severe	35.00%	7

Number of respondents 20

Number of respondents who skipped this question 4

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe	100.00%	20

Number of respondents 20

Number of respondents who skipped this question 4

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	5.00%	1
They were moderate	0.00%	0
They were severe	95.00%	19
Number of respondents		20
Number of respondents who skipped this question		4

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	10.00%	2
They were mild	20.00%	4
They were moderate	20.00%	4
They were severe	50.00%	10
Number of respondents		20
Number of respondents who skipped this question		4

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	15.79%	3
They were mild	31.58%	6
They were moderate	26.32%	5
They were severe	26.32%	5
Number of respondents		19
Number of respondents who skipped this question		5

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	10.53%	2
They were mild	31.58%	6
They were moderate	31.58%	6
They were severe	26.32%	5
Number of respondents		19
Number of respondents who skipped this question		5

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	10.53%	2
They were mild	31.58%	6
They were moderate	21.05%	4
They were severe	36.84%	7
Number of respondents		19
Number of respondents who skipped this question		5

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	5.26%	1
They were mild	10.53%	2
They were moderate	36.84%	7
They were severe	47.37%	9
Number of respondents		19
Number of respondents who skipped this question		5

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	5.26%	1
They were mild	15.79%	3
They were moderate	36.84%	7
They were severe	42.11%	8

Number of respondents 19

Number of respondents who skipped this question 5

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	42.11%	8
They were mild	26.32%	5
They were moderate	15.79%	3
They were severe	15.79%	3

Number of respondents 19

Number of respondents who skipped this question 5

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	31.58%	6
They were moderate	15.79%	3
They were severe	52.63%	10

Number of respondents 19

Number of respondents who skipped this question 5

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	21.05%	4
They were moderate	21.05%	4
They were severe	57.89%	11
Number of respondents		19
Number of respondents who skipped this question		5

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


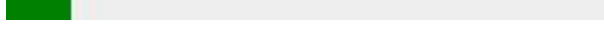
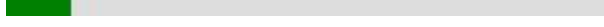
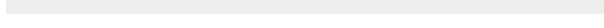

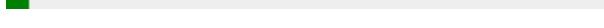




	% of Respondents	Number of Respondents
I was not experiencing these symptoms	21.05%	4
They were mild	36.84%	7
They were moderate	15.79%	3
They were severe	26.32%	5
Number of respondents		19
Number of respondents who skipped this question		5

Page 9. General Withdrawal Questions

60. Please rate how difficult you found it to withdraw from benzodiazepines.

	% of Respondents	Number of Respondents
I found it easy	0.00%	0
It wasn't easy but not too difficult	0.00%	0
I found it difficult	0.00%	0
I found it extremely difficult	100.00%	17
Number of respondents		17
Number of respondents who skipped this question		7


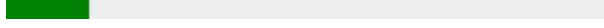

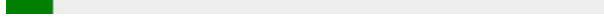

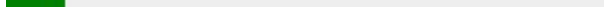




61. What activities were you able to participate in with ease at the worst time during your withdrawal?

		% of Respondents	Number of Respondents
Self care - showering, dressing		29.63%	8
Cooking		11.11%	3
Housework and home care		11.11%	3
Shopping		0.00%	0
Socializing		0.00%	0
Driving		3.70%	1
Working		3.70%	1
Exercise		3.70%	1
Intellectual		3.70%	1
None of the above		33.33%	9

Number of respondents 17

Number of respondents who skipped this question 7

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		21.57%	11
Cooking		13.73%	7
Housework and home care		9.80%	5
Shopping		7.84%	4
Socializing		3.92%	2
Driving		9.80%	5
Working		7.84%	4
Exercise		7.84%	4
Intellectual		5.88%	3
None of the above		11.76%	6

Number of respondents 17

Number of respondents who skipped this question 7

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

	% of Respondents	Number of Respondents
Beta Blockers	12.50%	2
Antiseizure medication	12.50%	2
Antipsychotic medication	6.25%	1
Antidepressant medication	31.25%	5
Prescription Sleep Aids	6.25%	1
Other (Specify)	31.25%	5

Number of respondents 13

Number of respondents who skipped this question 11

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	20.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	50.00%	5
They made my withdrawal from benzodiazepines worse	30.00%	3

Number of respondents 10

Number of respondents who skipped this question 14

65. What additional supplements did you take during withdrawal?

Number of Respondents 12

Number of respondents who skipped this question 12

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	44.44%	4
They neither helped nor hurt my withdrawal from benzodiazepines	44.44%	4
They made my withdrawal from benzodiazepines worse	11.11%	1

Number of respondents 9

Number of respondents who skipped this question 15

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.

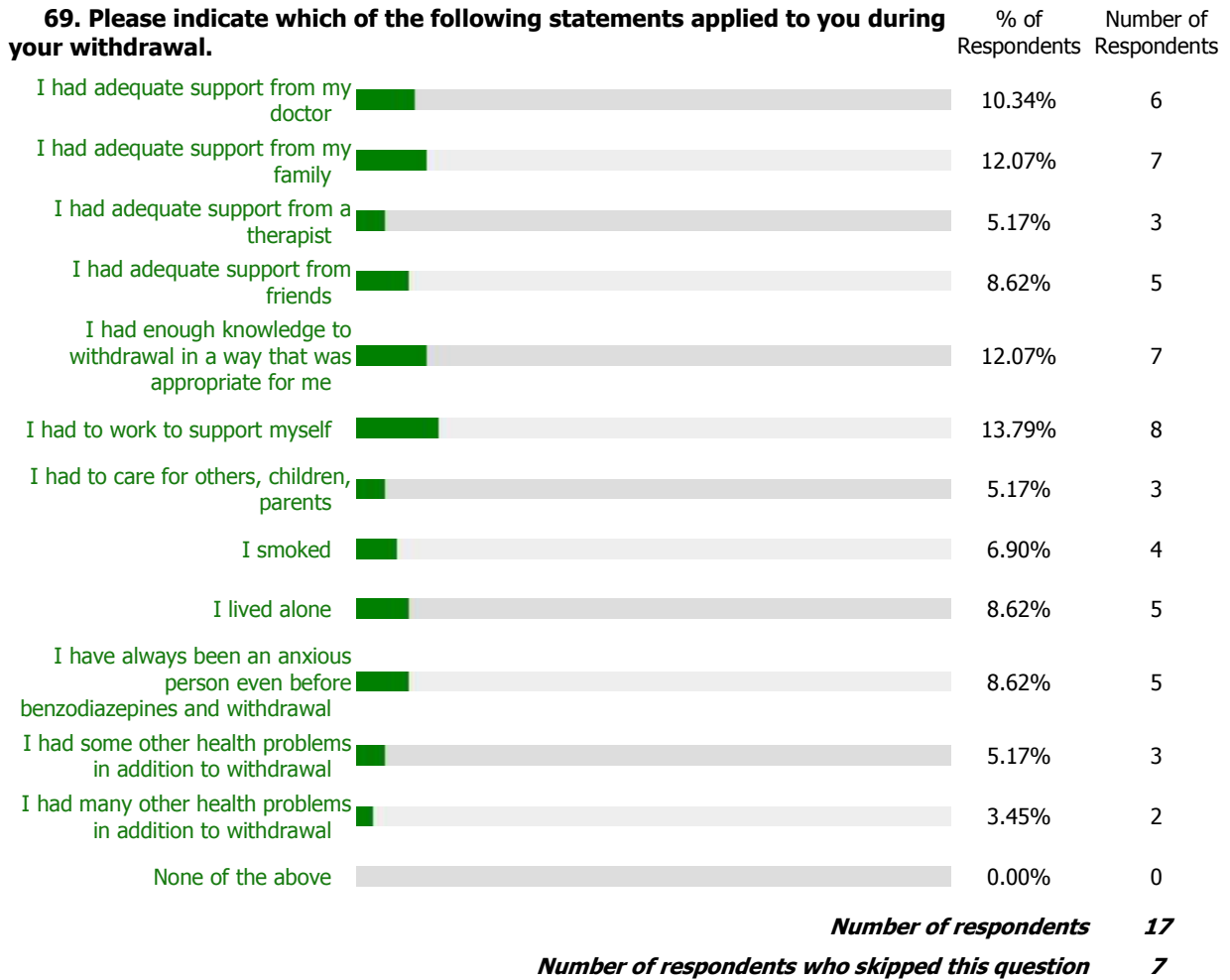
Number of Respondents 17

Number of respondents who skipped this question 7

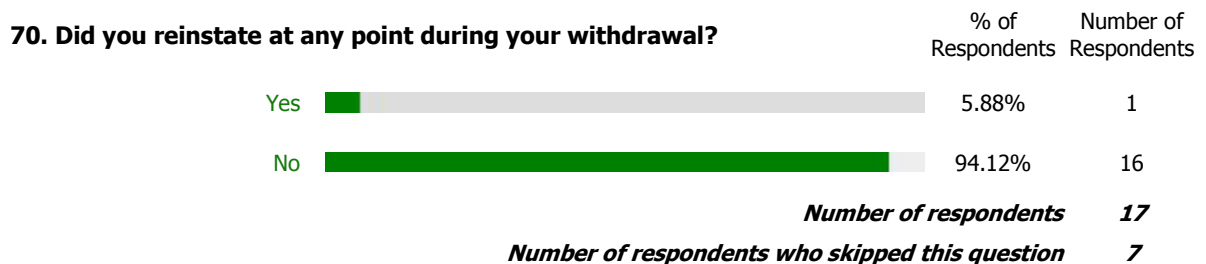
68. What was the total amount of time you were on benzodiazepines or Z-drugs? Please enter the number of months - this should be the number of months you took the drug for plus the number of months it took to taper them.

Number of Respondents 17

Number of respondents who skipped this question 7



Page 10. About Reinstatement



71. Indicate to what benzodiazepine you reinstated.

	% of Respondents	Number of Respondents
I reinstated to Valium	0.00%	0
I reinstated to the benzodiazepine I was on	100.00%	1
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		23

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	100.00%	1
I needed less than my original amount to become stable	0.00%	0
I never became stable	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		23

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

	% of Respondents	Number of Respondents
Under a month	100.00%	1
Between 1 month but under 3 months	0.00%	0
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		23

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	0.00%	0
It was neither successful or unsuccessful	0.00%	0
It was unsuccessful	100.00%	1
Number of respondents		1
Number of respondents who skipped this question		23

75. At any point during your withdrawal did you updose on the amount you were taking in order to restabilize before you continued your taper?

	% of Respondents	Number of Respondents
Yes	5.88%	1
No	94.12%	16
Number of respondents		17
Number of respondents who skipped this question		7

76. Indicate how successful up dosing was for you as a way to become more stable.

	% of Respondents	Number of Respondents
It was successful	100.00%	1
It was neither successful more unsuccessful	0.00%	0
It was unsuccessful	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		23

Page 12. Symptoms existing at 12 months off

77. 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	18.75%	3
They were mild	18.75%	3
They were moderate	25.00%	4
They were severe	37.50%	6
Number of respondents		16
Number of respondents who skipped this question		8

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	6.25%	1
They were mild	37.50%	6
They were moderate	37.50%	6
They were severe	18.75%	3
Number of respondents		16
Number of respondents who skipped this question		8

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	6.25%	1
They were mild	12.50%	2
They were moderate	62.50%	10
They were severe	18.75%	3
Number of respondents		16
Number of respondents who skipped this question		8

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	25.00%	4
They were moderate	50.00%	8
They were severe	25.00%	4
Number of respondents		16
Number of respondents who skipped this question		8

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	6.25%	1
They were moderate	50.00%	8
They were severe	43.75%	7
Number of respondents		16
Number of respondents who skipped this question		8

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	37.50%	6
They were mild	25.00%	4
They were moderate	18.75%	3
They were severe	18.75%	3
Number of respondents		16
Number of respondents who skipped this question		8

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	0.00%	0
They were mild	6.25%	1
They were moderate	43.75%	7
They were severe	50.00%	8
Number of respondents		16
Number of respondents who skipped this question		8

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	0.00%	0
They were mild	12.50%	2
They were moderate	37.50%	6
They were severe	50.00%	8
Number of respondents		16
Number of respondents who skipped this question		8

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	31.25%	5
They were mild	37.50%	6
They were moderate	18.75%	3
They were severe	12.50%	2
Number of respondents		16
Number of respondents who skipped this question		8

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

	% of Respondents	Number of Respondents
Self care - showering, dressing	23.53%	12
Cooking	15.69%	8
Housework and home care	13.73%	7
Shopping	9.80%	5
Socializing	0.00%	0
Driving	9.80%	5
Working	9.80%	5
Exercise	3.92%	2
Intellectual	5.88%	3
None of the above	7.84%	4

Number of respondents 16

Number of respondents who skipped this question 8

Page 13. Symptoms existing at 24 months off

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	33.33%	5
They were mild	40.00%	6
They were moderate	20.00%	3
They were severe	6.67%	1

Number of respondents 15

Number of respondents who skipped this question 9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	26.67%	4
They were mild	40.00%	6
They were moderate	26.67%	4
They were severe	6.67%	1

Number of respondents 15

Number of respondents who skipped this question 9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	13.33%	2
They were mild	66.67%	10
They were moderate	13.33%	2
They were severe	6.67%	1
Number of respondents		15
Number of respondents who skipped this question		9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	13.33%	2
They were mild	33.33%	5
They were moderate	33.33%	5
They were severe	20.00%	3
Number of respondents		15
Number of respondents who skipped this question		9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	6.67%	1
They were mild	53.33%	8
They were moderate	20.00%	3
They were severe	20.00%	3
Number of respondents		15
Number of respondents who skipped this question		9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	53.33%	8
They were mild	20.00%	3
They were moderate	20.00%	3
They were severe	6.67%	1
Number of respondents		15
Number of respondents who skipped this question		9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	6.67%	1
They were mild	33.33%	5
They were moderate	46.67%	7
They were severe	13.33%	2
Number of respondents		15
Number of respondents who skipped this question		9








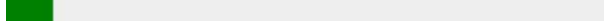
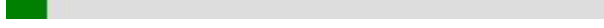
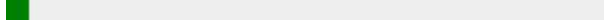
94. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares,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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	46.67%	7
They were moderate	40.00%	6
They were severe	13.33%	2
Number of respondents		15
Number of respondents who skipped this question		9

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	46.67%	7
They were mild	40.00%	6
They were moderate	6.67%	1
They were severe	6.67%	1
Number of respondents		15
Number of respondents who skipped this question		9

96. What activities were you able to participate in with ease 24 months after you stopped taking benzodiazepines?

		% of Respondents	Number of Respondents
Self care - showering, dressing		14.46%	12
Cooking		13.25%	11
Housework and home care		12.05%	10
Shopping		12.05%	10
Socializing		9.64%	8
Driving		10.84%	9
Working		8.43%	7
Exercise		8.43%	7
Intellectual		7.23%	6
None of the above		3.61%	3

Number of respondents **15**

Number of respondents who skipped this question **9**