

Page 1. Benzodiazepine Survey Six - 36 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)	18.18%	2
bromazepam (Lexotan, Lexomil)	9.09%	1
chlordiazepoxide (Librium, Nova-Pam)	0.00%	0
clonazepam (Klonopin, Rivotril)	63.64%	7
clorazepate (Tranxene)	0.00%	0
diazepam (Valium, D-Pam, Pro-Pam)	0.00%	0
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)	0.00%	0
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)	9.09%	1
Zopiclone (Zimovane, Imovane)	0.00%	0
Eszopiclone (Lunesta)	0.00%	0
	Number of respondents	11
	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		0.00%	0
1 - 3 months		0.00%	0
3 - 6 months		9.09%	1
6 - 9 months		9.09%	1
9 - 12 months		9.09%	1
1 - 2 years		0.00%	0
2 - 3 years		27.27%	3
3 - 4 years		9.09%	1
4 - 5 years		0.00%	0
5 -10 years		9.09%	1
10 -15 years		18.18%	2
15 - 20 years		0.00%	0
over 20 years		9.09%	1

Number of respondents 11

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 11

Number of respondents who skipped this question 0

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 0

Number of respondents who skipped this question 11

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

	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	61.54%	8
Hypnotic (tending to make you sleepy)	15.38%	2
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	7.69%	1
Muscle relaxant (tending to reduce muscle tension and associated pain)	0.00%	0
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Other (Specify)	15.38%	2
Number of respondents		11
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	70.00%	7
They were mild	30.00%	3
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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	80.00%	8
They were mild	20.00%	2
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	70.00%	7
They were mild	10.00%	1
They were moderate	20.00%	2
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	80.00%	8
They were mild	10.00%	1
They were moderate	0.00%	0
They were severe	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	80.00%	8
They were mild	10.00%	1
They were moderate	10.00%	1
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	90.00%	9
They were mild	0.00%	0
They were moderate	10.00%	1
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	60.00%	6
They were mild	20.00%	2
They were moderate	10.00%	1
They were severe	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	10.00%	1
They were mild	40.00%	4
They were moderate	40.00%	4
They were severe	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	90.00%	9
They were mild	10.00%	1
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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	40.00%	4
They were mild	10.00%	1
They were moderate	30.00%	3
They were severe	20.00%	2
Number of respondents		10
Number of respondents who skipped this question		1

16. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, 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	40.00%	4
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	40.00%	4
They were mild	10.00%	1
They were moderate	30.00%	3
They were severe	20.00%	2
Number of respondents		10
Number of respondents who skipped this question		1

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	50.00%	5
They were mild	30.00%	3
They were moderate	0.00%	0
They were severe	20.00%	2
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	40.00%	4
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	10.00%	1

Number of respondents 10

Number of respondents who skipped this question 1

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	60.00%	6
They were mild	10.00%	1
They were moderate	10.00%	1
They were severe	20.00%	2

Number of respondents 10

Number of respondents who skipped this question 1

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	20.00%	2
They were mild	0.00%	0
They were moderate	30.00%	3
They were severe	50.00%	5

Number of respondents 10

Number of respondents who skipped this question 1

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	10.00%	1
They were mild	20.00%	2
They were moderate	30.00%	3
They were severe	40.00%	4
Number of respondents		10
Number of respondents who skipped this question		1

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	60.00%	6
They were mild	30.00%	3
They were moderate	0.00%	0
They were severe	10.00%	1
Number of respondents		10
Number of respondents who skipped this question		1

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	11.36%	10
Cooking	10.23%	9
Housework and home care	11.36%	10
Shopping	11.36%	10
Socializing	11.36%	10
Driving	11.36%	10
Working	11.36%	10
Exercise	10.23%	9
Intellectual	11.36%	10
None of the above	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
Self care - showering, dressing	19.35%	6
Cooking	12.90%	4
Housework and home care	9.68%	3
Shopping	12.90%	4
Socializing	3.23%	1
Driving	9.68%	3
Working	6.45%	2
Exercise	6.45%	2
Intellectual	6.45%	2
None of the Above	12.90%	4

Number of respondents 10

Number of respondents who skipped this question 1

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	22.22%	2
Antiseizure medication	0.00%	0
Antipsychotic medication	0.00%	0
Antidepressant medication	55.56%	5
Prescription Sleep Aids	11.11%	1
Other (Specify)	11.11%	1

Number of respondents 8

Number of respondents who skipped this question 3

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 4

Number of respondents who skipped this question 7

28. Why did you decide to come off benzodiazepines or Z-drugs?

	% of Respondents	Number of Respondents
I no longer needed them	3.70%	1
They stopped working	18.52%	5
There were too many side effects	25.93%	7
Didn't wish to rely on drugs anymore	18.52%	5
Doctor would no longer prescribe them	0.00%	0
They were making me sick	29.63%	8
I could no longer afford the drugs - my insurance ran out	0.00%	0
Other (Specify)	3.70%	1

Number of respondents 10

Number of respondents who skipped this question 1

29. How many unsuccessful attempts have you made to get off benzodiazepines?

	% of Respondents	Number of Respondents
This is my first time	60.00%	6
One previous attempt	0.00%	0
Two previous attempts	20.00%	2
Three previous attempts	10.00%	1
More than three previous attempts	10.00%	1

Number of respondents 10

Number of respondents who skipped this question 1



30. How old are you?

	% of Respondents	Number of Respondents
under 20	0.00%	0
20 - 29	10.00%	1
30 - 39	10.00%	1
40 - 49	60.00%	6
50 - 59	20.00%	2
60 - 69	0.00%	0
70 - 79	0.00%	0
80 and over	0.00%	0

Number of respondents 10


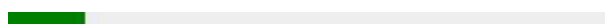

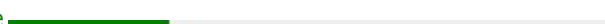




Number of respondents who skipped this question 1

31. Indicate your gender.






		% of Respondents	Number of Respondents
Male		50.00%	5
Female		50.00%	5
Number of respondents			10
Number of respondents who skipped this question			1

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		20.00%	3
Inpatient detox		13.33%	2
Outpatient detox		0.00%	0
Valium crossover and Ashton style taper		26.67%	4
Rapid direct taper using dry cutting of pills		20.00%	3
Slow (cuts of 10% or less) direct taper using dry cutting of pills		6.67%	1
Water Titration		0.00%	0
Other (Specify)		13.33%	2
Number of respondents			10
Number of respondents who skipped this question			1

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%	3
I tried this method and it was impossible		50.00%	5
I tried this method and it was difficult		20.00%	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			10
Number of respondents who skipped this question			1

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	70.00%	7
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	30.00%	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		10
Number of respondents who skipped this question		1

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	90.00%	9
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	10.00%	1
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		10
Number of respondents who skipped this question		1

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	50.00%	5
I tried this method and is was impossible	20.00%	2
I tried this method and it was difficult	20.00%	2
I tried this method and it was bearable	10.00%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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%	5
I tried this method and is was impossible	20.00%	2
I tried this method and it was difficult	30.00%	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		10
Number of respondents who skipped this question		1

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	50.00%	5
I tried this method and is was impossible	20.00%	2
I tried this method and it was difficult	30.00%	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		10
Number of respondents who skipped this question		1

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	80.00%	8
I tried this method and is was impossible	0.00%	0
I tried this method and it was difficult	10.00%	1
I tried this method and it was bearable	10.00%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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	70.00%	7
I tried this method and is was impossible	10.00%	1
I tried this method and it was difficult	20.00%	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		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
Cold Turkey	30.00%	3
Inpatient detox	10.00%	1
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper	30.00%	3
Rapid direct taper using dry cutting of pills	10.00%	1
Slow (cuts of 10% or less) direct taper using dry cutting of pills	20.00%	2
Water Titration	0.00%	0
Number of respondents		10
Number of respondents who skipped this question		1

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	0.00%	0
They were mild	0.00%	0
They were moderate	40.00%	4
They were severe	60.00%	6
Number of respondents		10
Number of respondents who skipped this question		1

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	30.00%	3
They were moderate	30.00%	3
They were severe	40.00%	4
Number of respondents		10
Number of respondents who skipped this question		1

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	20.00%	2
They were moderate	20.00%	2
They were severe	60.00%	6
Number of respondents		10
Number of respondents who skipped this question		1

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	20.00%	2
They were moderate	30.00%	3
They were severe	50.00%	5
Number of respondents		10
Number of respondents who skipped this question		1

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	10.00%	1
They were moderate	30.00%	3
They were severe	60.00%	6

Number of respondents 10

Number of respondents who skipped this question 1

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	10.00%	1
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	40.00%	4

Number of respondents 10

Number of respondents who skipped this question 1

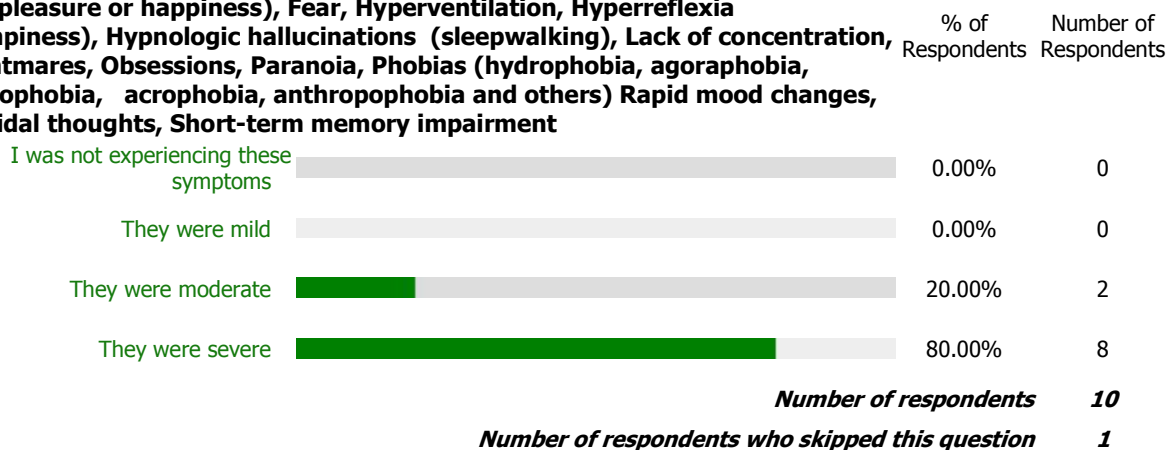
48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	10.00%	1
They were severe	90.00%	9

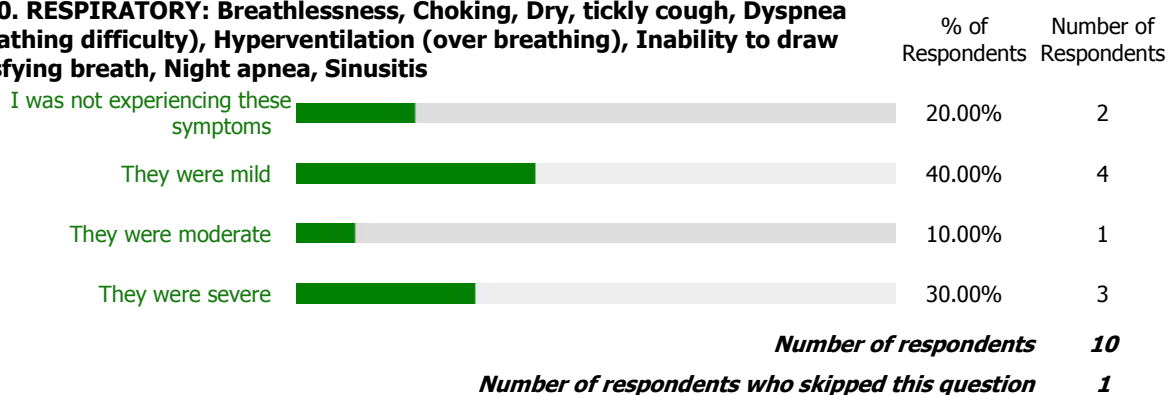
Number of respondents 10

Number of respondents who skipped this question 1

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

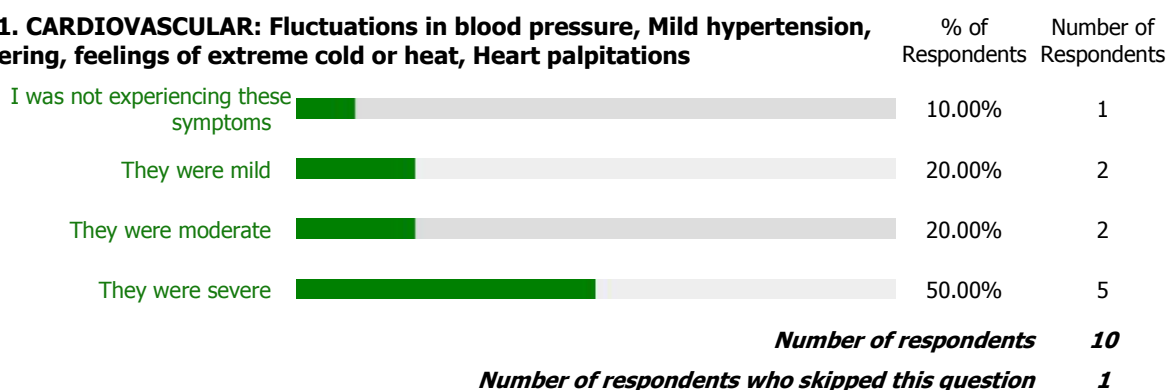


50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis



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



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	10.00%	1
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	40.00%	4
Number of respondents		10
Number of respondents who skipped this question		1

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	10.00%	1
They were mild	10.00%	1
They were moderate	50.00%	5
They were severe	30.00%	3
Number of respondents		10
Number of respondents who skipped this question		1

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	20.00%	2
They were mild	10.00%	1
They were moderate	20.00%	2
They were severe	50.00%	5
Number of respondents		10
Number of respondents who skipped this question		1

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	0.00%	0
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	50.00%	5

Number of respondents 10

Number of respondents who skipped this question 1

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	20.00%	2
They were mild	30.00%	3
They were moderate	30.00%	3
They were severe	20.00%	2

Number of respondents 10

Number of respondents who skipped this question 1

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	20.00%	2
They were moderate	40.00%	4
They were severe	40.00%	4

Number of respondents 10

Number of respondents who skipped this question 1

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	10.00%	1
They were moderate	20.00%	2
They were severe	70.00%	7

Number of respondents 10

Number of respondents who skipped this question 1

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	20.00%	2
They were mild	30.00%	3
They were moderate	20.00%	2
They were severe	30.00%	3

Number of respondents 10

Number of respondents who skipped this question 1

Page 9. General Withdrawal Questions


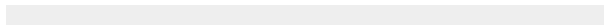

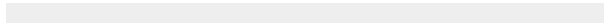



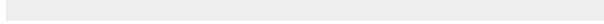
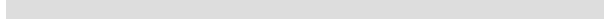

60. Please rate how difficult you found it to withdraw from benzodiazepines.

	% of Respondents	Number of Respondents
I found it easy	0.00%	0
It wasn't easy but not too difficult	11.11%	1
I found it difficult	0.00%	0
I found it extremely difficult	88.89%	8

Number of respondents 9

Number of respondents who skipped this question 2


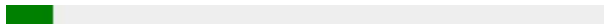

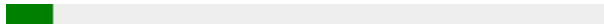
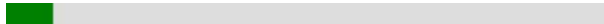



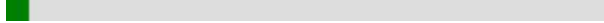
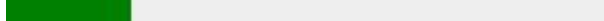
61. What activities were you able to participate in with ease at the worst time during your withdrawal?

		% of Respondents	Number of Respondents
Self care - showering, dressing		11.11%	1
Cooking		0.00%	0
Housework and home care		0.00%	0
Shopping		0.00%	0
Socializing		0.00%	0
Driving		0.00%	0
Working		0.00%	0
Exercise		0.00%	0
Intellectual		0.00%	0
None of the above		88.89%	8

Number of respondents 9

Number of respondents who skipped this question 2

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		16.67%	4
Cooking		8.33%	2
Housework and home care		12.50%	3
Shopping		8.33%	2
Socializing		8.33%	2
Driving		12.50%	3
Working		4.17%	1
Exercise		4.17%	1
Intellectual		4.17%	1
None of the above		20.83%	5

Number of respondents 9

Number of respondents who skipped this question 2

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

	% of Respondents	Number of Respondents
Beta Blockers	33.33%	3
Antiseizure medication	11.11%	1
Antipsychotic medication	0.00%	0
Antidepressant medication	33.33%	3
Prescription Sleep Aids	11.11%	1
Other (Specify)	11.11%	1

Number of respondents 6

Number of respondents who skipped this question 5

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	33.33%	2
They neither helped nor hurt my withdrawal from benzodiazepines	33.33%	2
They made my withdrawal from benzodiazepines worse	33.33%	2

Number of respondents 6

Number of respondents who skipped this question 5

65. What additional supplements did you take during withdrawal?

Number of Respondents 5

Number of respondents who skipped this question 6

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	0.00%	0
They neither helped nor hurt my withdrawal from benzodiazepines	50.00%	2
They made my withdrawal from benzodiazepines worse	50.00%	2

Number of respondents 4

Number of respondents who skipped this question 7

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 9

Number of respondents who skipped this question 2

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 9

Number of respondents who skipped this question 2

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	11.76%	4
I had adequate support from my family	14.71%	5
I had adequate support from a therapist	8.82%	3
I had adequate support from friends	5.88%	2
I had enough knowledge to withdrawal in a way that was appropriate for me	11.76%	4
I had to work to support myself	2.94%	1
I had to care for others, children, parents	2.94%	1
I smoked	11.76%	4
I lived alone	14.71%	5
I have always been an anxious person even before benzodiazepines and withdrawal	5.88%	2
I had some other health problems in addition to withdrawal	5.88%	2
I had many other health problems in addition to withdrawal	0.00%	0
None of the above	2.94%	1

Number of respondents 9

Number of respondents who skipped this question 2

Page 10. About Reinstatement

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

	% of Respondents	Number of Respondents
Yes	33.33%	3
No	66.67%	6

Number of respondents 9

Number of respondents who skipped this question 2

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%	3
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		3
Number of respondents who skipped this question		8

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

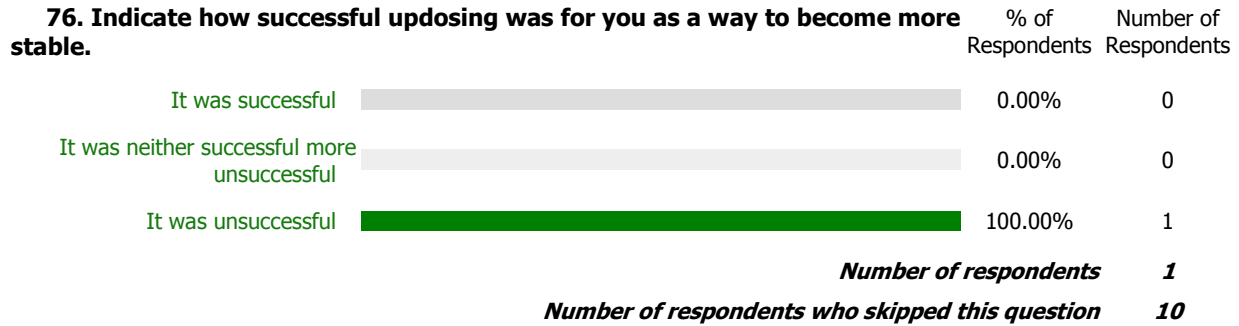
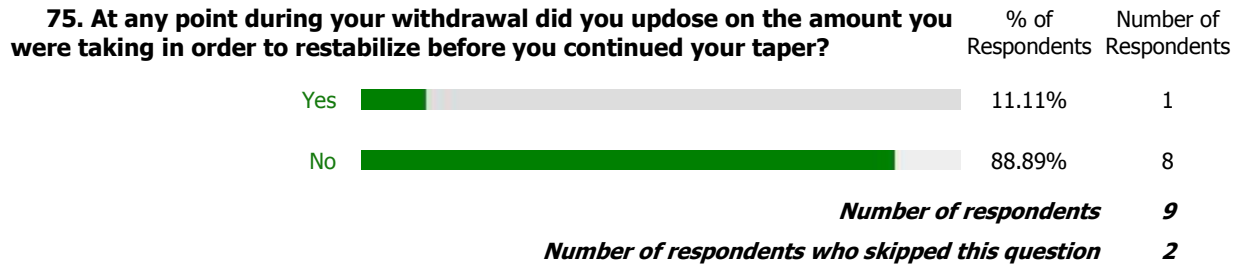
	% of Respondents	Number of Respondents
I needed more than my original amount to become stable	0.00%	0
I needed the same as my original amount to be stable	33.33%	1
I needed less than my original amount to become stable	0.00%	0
I never became stable	66.67%	2
Number of respondents		3
Number of respondents who skipped this question		8

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

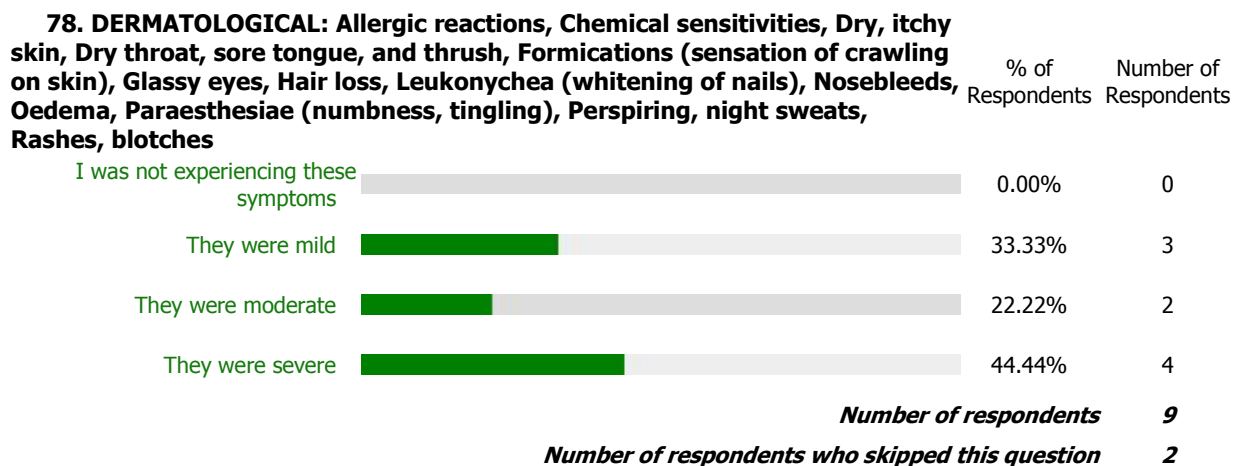
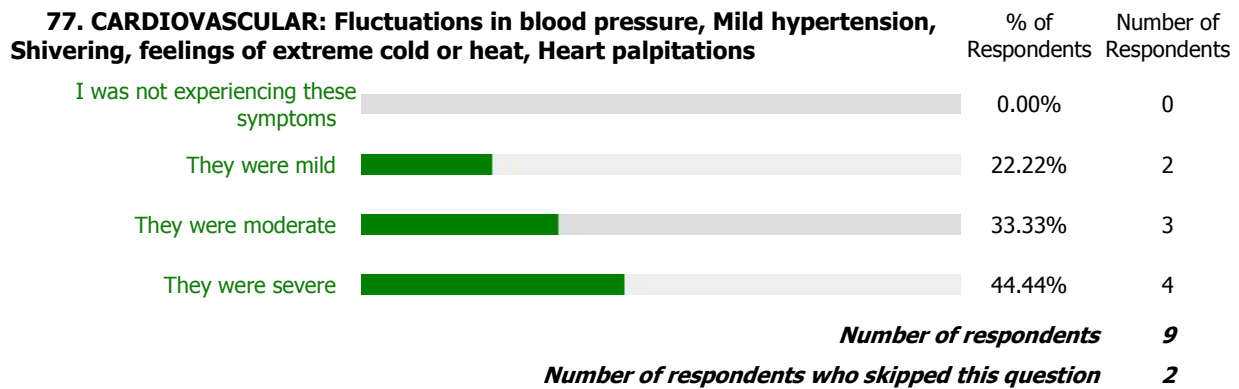
	% of Respondents	Number of Respondents
Under a month	66.67%	2
Between 1 month but under 3 months	33.33%	1
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of respondents		3
Number of respondents who skipped this question		8

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%	3
Number of respondents		3
Number of respondents who skipped this question		8



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	11.11%	1
They were mild	11.11%	1
They were moderate	22.22%	2
They were severe	55.56%	5
Number of respondents		9
Number of respondents who skipped this question		2

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	22.22%	2
They were moderate	33.33%	3
They were severe	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	44.44%	4
They were severe	55.56%	5
Number of respondents		9
Number of respondents who skipped this question		2

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	11.11%	1
They were mild	33.33%	3
They were moderate	22.22%	2
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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	0.00%	0
They were moderate	44.44%	4
They were severe	55.56%	5
Number of respondents		9
Number of respondents who skipped this question		2

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	0.00%	0
They were moderate	33.33%	3
They were severe	66.67%	6
Number of respondents		9
Number of respondents who skipped this question		2

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	22.22%	2
They were mild	33.33%	3
They were moderate	11.11%	1
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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	23.08%	6
Cooking	15.38%	4
Housework and home care	15.38%	4
Shopping	7.69%	2
Socializing	0.00%	0
Driving	15.38%	4
Working	3.85%	1
Exercise	3.85%	1
Intellectual	3.85%	1
None of the above	11.54%	3

Number of respondents 9

Number of respondents who skipped this question 2

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	11.11%	1
They were mild	22.22%	2
They were moderate	33.33%	3
They were severe	33.33%	3

Number of respondents 9

Number of respondents who skipped this question 2

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	22.22%	2
They were mild	22.22%	2
They were moderate	22.22%	2
They were severe	33.33%	3

Number of respondents 9

Number of respondents who skipped this question 2

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	11.11%	1
They were mild	22.22%	2
They were moderate	33.33%	3
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	22.22%	2
They were moderate	44.44%	4
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	22.22%	2
They were moderate	44.44%	4
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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	22.22%	2
They were mild	33.33%	3
They were moderate	22.22%	2
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

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	0.00%	0
They were mild	22.22%	2
They were moderate	44.44%	4
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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	22.22%	2
They were moderate	33.33%	3
They were severe	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		2

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	33.33%	3
They were mild	33.33%	3
They were moderate	11.11%	1
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

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	20.00%	7
Cooking	17.14%	6
Housework and home care	17.14%	6
Shopping	8.57%	3
Socializing	2.86%	1
Driving	14.29%	5
Working	2.86%	1
Exercise	2.86%	1
Intellectual	5.71%	2
None of the above	8.57%	3

Number of respondents 9

Number of respondents who skipped this question 2

Page 14. Symptoms existing at 36 months off

97. 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	11.11%	1
They were mild	55.56%	5
They were moderate	22.22%	2
They were severe	11.11%	1

Number of respondents 9

Number of respondents who skipped this question 2

98. 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	33.33%	3
They were mild	33.33%	3
They were moderate	11.11%	1
They were severe	22.22%	2

Number of respondents 9

Number of respondents who skipped this question 2

99. 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	33.33%	3
They were mild	33.33%	3
They were moderate	11.11%	1
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

100. 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	11.11%	1
They were mild	33.33%	3
They were moderate	33.33%	3
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	44.44%	4
They were moderate	22.22%	2
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	44.44%	4
They were mild	11.11%	1
They were moderate	22.22%	2
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

103. 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	44.44%	4
They were moderate	33.33%	3
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		2

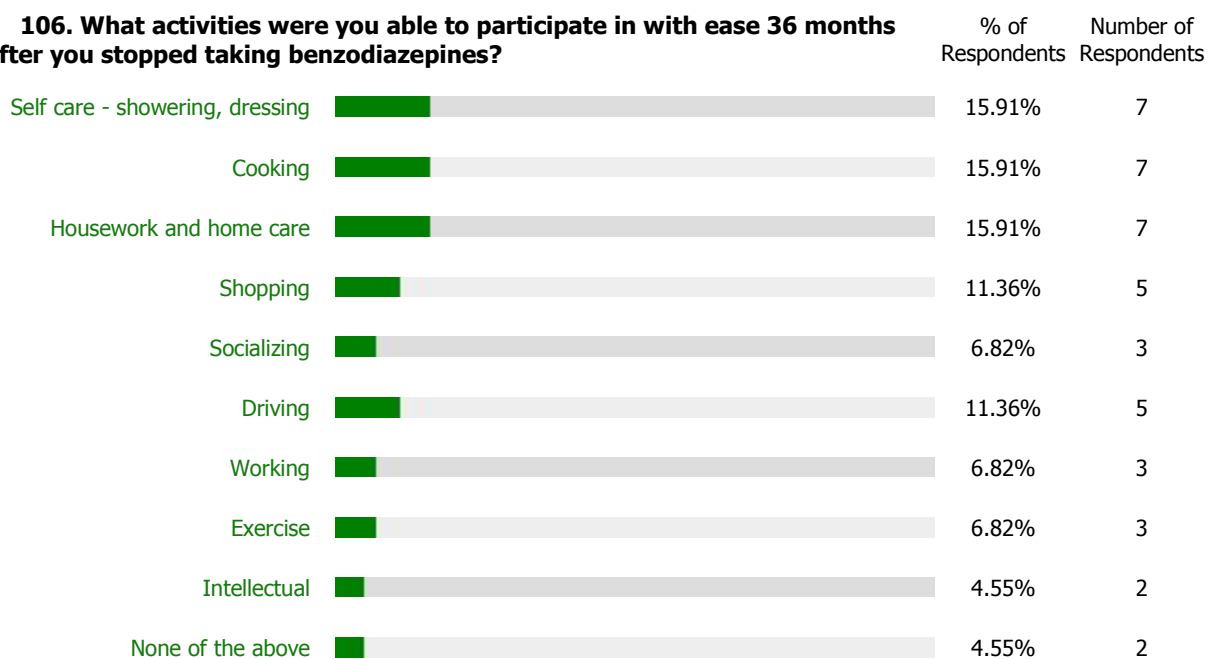
104. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, 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	44.44%	4
They were moderate	22.22%	2
They were severe	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		2

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

	% of Respondents	Number of Respondents
I was not experiencing these symptoms	44.44%	4
They were mild	22.22%	2
They were moderate	22.22%	2
They were severe	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		2

106. What activities were you able to participate in with ease 36 months after you stopped taking benzodiazepines?



Number of respondents **9**

Number of respondents who skipped this question **2**