














Page 1. Benzodiazepine Survey Two - Withdrawal completed

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?	% of Respondents	Number of Respondents
alprazolam (Xanax)	23.94%	17
bromazepam (Lexotan, Lexomil)	0.00%	0
chlordiazepoxide (Librium, Nova-Pam)	1.41%	1
clonazepam (Klonopin, Rivotril)	43.66%	31
clorazepate (Tranxene)	0.00%	0
diazepam (Valium, D-Pam, Pro-Pam)	5.63%	4
estazolam (ProSom)	0.00%	0
flunitrazepam (Rohypnol)	0.00%	0
flurazepam (Dalmene)	0.00%	0
halazepam (Paxipam)	0.00%	0
ketazolam (Anxon)	0.00%	0
loprazolam (Dormonoct)	0.00%	0
lorazepam (Ativan)	16.90%	12
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)	1.41%	1
triazolam (Halcion, Hypam, Tricam)	0.00%	0
Zaleplon (Sonata)	0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)	2.82%	2
Zopiclone (Zimovane, Imovane)	1.41%	1
Eszopiclone (Lunesta)	1.41%	1
Details Other (Specify)	1.41%	1
Number of respondents		65
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		1.54%	1
1 - 3 months		7.69%	5
3 - 6 months		9.23%	6
6 - 9 months		1.54%	1
9 - 12 months		4.62%	3
1 - 2 years		10.77%	7
2 - 3 years		7.69%	5
3 - 4 years		7.69%	5
4 - 5 years		6.15%	4
5 -10 years		20.00%	13
10 -15 years		10.77%	7
15 - 20 years		9.23%	6
over 20 years		3.08%	2
		Number of respondents	65
		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.






[Details](#)

Number of Respondents	62
Number of respondents who skipped this question	3

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.

[Details](#)

Number of Respondents	5
Number of respondents who skipped this question	60

5. Why were you prescribed benzodiazepines or Z-drugs?		% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)		53.49%	46
Hypnotic (tending to make you sleepy)		24.42%	21
Anti-seizure (tending to reduce the probability of having seizures and convulsions)		3.49%	3
Muscle relaxant (tending to reduce muscle tension and associated pain)		5.81%	5
Amnesic (tending to disrupt both long and short term memory)		0.00%	0
Details	Other (Specify) 	12.79%	11
		Number of respondents	65
		Number of respondents who skipped this question	0

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	66.67%	40
They were mild	15.00%	9
They were moderate	11.67%	7
They were severe	6.67%	4
Number of respondents		60
Number of respondents who skipped this question		5

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	63.33%	38
They were mild	21.67%	13
They were moderate	10.00%	6
They were severe	5.00%	3
Number of respondents		60
Number of respondents who skipped this question		5

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	58.33%	35
They were mild	20.00%	12
They were moderate	16.67%	10
They were severe	5.00%	3
Number of respondents		60
Number of respondents who skipped this question		5





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	51.67%	31
They were mild	20.00%	12
They were moderate	16.67%	10
They were severe	11.67%	7
Number of respondents		60
Number of respondents who skipped this question		5

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	60.00%	36
They were mild	13.33%	8
They were moderate	18.33%	11
They were severe	8.33%	5
Number of respondents	60	
Number of respondents who skipped this question	5	

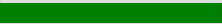



11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms	73.33%	44
They were mild	11.67%	7
They were moderate	8.33%	5
They were severe	6.67%	4
Number of respondents	60	
Number of respondents who skipped this question	5	

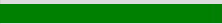



12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	25.00%	15
They were mild	21.67%	13
They were moderate	23.33%	14
They were severe	30.00%	18
Number of respondents	60	
Number of respondents who skipped this question	5	





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	23.33%	14
They were mild	30.00%	18
They were moderate	23.33%	14
They were severe	23.33%	14
Number of respondents	60	
Number of respondents who skipped this question	5	





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 	60.00%	36
They were mild 	23.33%	14
They were moderate 	15.00%	9
They were severe 	1.67%	1
Number of respondents		60
Number of respondents who skipped this question		5





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

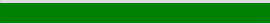

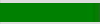

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	40.35%	23
They were mild 	17.54%	10
They were moderate 	28.07%	16
They were severe 	14.04%	8
Number of respondents		57
Number of respondents who skipped this question		8





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, 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 	40.35%	23
They were mild 	26.32%	15
They were moderate 	22.81%	13
They were severe 	10.53%	6
Number of respondents		57
Number of respondents who skipped this question		8





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 	36.84%	21
They were mild 	19.30%	11
They were moderate 	29.82%	17
They were severe 	14.04%	8
Number of respondents		57
Number of respondents who skipped this question		8





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 	22.81%	13
They were mild 	17.54%	10
They were moderate 	43.86%	25
They were severe 	15.79%	9
Number of respondents		57
Number of respondents who skipped this question		8

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 	22.81%	13
They were mild 	22.81%	13
They were moderate 	24.56%	14
They were severe 	29.82%	17
Number of respondents		57
Number of respondents who skipped this question		8










20. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	49.12%	28
They were mild 	24.56%	14
They were moderate 	17.54%	10
They were severe 	8.77%	5
Number of respondents		57
Number of respondents who skipped this question		8










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 	24.56%	14
They were mild 	14.04%	8
They were moderate 	17.54%	10
They were severe 	43.86%	25
Number of respondents		57
Number of respondents who skipped this question		8

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 	15.79%	9
They were mild 	21.05%	12
They were moderate 	19.30%	11
They were severe 	43.86%	25
Number of respondents		57
Number of respondents who skipped this question		8







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 	47.37%	27
They were mild 	14.04%	8
They were moderate 	28.07%	16
They were severe 	10.53%	6
Number of respondents		57
Number of respondents who skipped this question		8

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 	11.58%	52
Cooking 	10.69%	48
Housework and home care 	11.36%	51
Shopping 	11.36%	51
Socializing 	10.47%	47
Driving 	10.91%	49
Working 	10.91%	49
Exercise 	10.91%	49
Intellectual 	11.36%	51
None of the above	0.45%	2
Number of respondents		55
Number of respondents who skipped this question		10

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		14.41%	34
Cooking		12.71%	30
Housework and home care		11.02%	26
Shopping		9.32%	22
Socializing		7.20%	17
Driving		10.59%	25
Working		8.05%	19
Exercise		9.32%	22
Intellectual		9.32%	22
None of the Above		8.05%	19
		Number of respondents	55
		Number of respondents who skipped this question	10

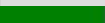


Page 5. General Questions






26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.		% of Respondents	Number of Respondents
Beta Blockers		10.61%	7
Antiseizure medication		15.15%	10
Antipsychotic medication		10.61%	7
Antidepressant medication		31.82%	21
Prescription Sleep Aids		7.58%	5
Details	Other (Specify) 	24.24%	16
		Number of respondents	43
		Number of respondents who skipped this question	22

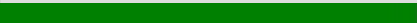


27. Please list the supplements and vitamins you were taking at the time you decided to withdraw from benzodiazepines or Z-drugs		Number of Respondents
Details		34
		Number of respondents who skipped this question 31




28. Why did you decide to come off benzodiazepines or Z-drugs?		% of Respondents	Number of Respondents
I no longer needed them		3.67%	4
They stopped working		13.76%	15
There were too many side effects		19.27%	21
Didn't wish to rely on drugs anymore		22.94%	25
Doctor would no longer prescribe them		3.67%	4
They were making me sick		21.10%	23
I could no longer afford the drugs - my insurance ran out		0.92%	1
Details Other (Specify)		14.68%	16
		Number of respondents	54
		Number of respondents who skipped this question	11
29. How many unsuccessful attempts have you made to get off benzodiazepines?		% of Respondents	Number of Respondents
This is my first time		50.00%	27
One previous attempt		16.67%	9
Two previous attempts		9.26%	5
Three previous attempts		11.11%	6
More than three previous attempts		12.96%	7
		Number of respondents	54
		Number of respondents who skipped this question	11
30. How old are you?		% of Respondents	Number of Respondents
under 20		0.00%	0
20 - 29		9.26%	5
30 - 39		25.93%	14
40 - 49		18.52%	10
50 - 59		33.33%	18
60 - 69		11.11%	6
70 - 79		1.85%	1
80 and over		0.00%	0
		Number of respondents	54
		Number of respondents who skipped this question	11
31. Indicate your gender.		% of Respondents	Number of Respondents
Male		44.44%	24
Female		55.56%	30
		Number of respondents	54
		Number of respondents who skipped this question	11




















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 	19.10%	17
	Inpatient detox 	11.24%	10
	Outpatient detox 	2.25%	2
	Valium crossover and Ashton style taper 	17.98%	16
	Rapid direct taper using dry cutting of pills 	21.35%	19
	Slow (cuts of 10% or less) direct taper using dry cutting of pills 	7.87%	7
	Water Titration 	12.36%	11
Details	Other (Specify) 	7.87%	7
Number of respondents			53
Number of respondents who skipped this question			12

33. Please rate any experience you had with a cold turkey from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
	I never tried this method 	39.62%	21
	I tried this method and it was impossible 	35.85%	19
	I tried this method and it was difficult 	15.09%	8
	I tried this method and it was bearable 	3.77%	2
	I tried this method and it was easy to do 	5.66%	3
Number of respondents			53
Number of respondents who skipped this question			12

34. Please rate any experience you had with an inpatient detox from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
	I never tried this method 	75.47%	40
	I tried this method and it was impossible 	13.21%	7
	I tried this method and it was difficult 	11.32%	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			53
Number of respondents who skipped this question			12

35. Please rate any experience you had with an outpatient detox from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
	I never tried this method 	84.91%	45
	I tried this method and it was impossible 	9.43%	5
	I tried this method and it was difficult 	5.66%	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			53
Number of respondents who skipped this question			12

36. Please rate any experience you had with a Valium crossover and Ashton style taper from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
I never tried this method		66.04%	35
I tried this method and it was impossible		5.66%	3
I tried this method and it was difficult		13.21%	7
I tried this method and it was bearable		11.32%	6
I tried this method and it was easy to do		3.77%	2
Number of respondents			53
Number of respondents who skipped this question			12
37. Please rate any experience you had with a rapid taper using dry cutting of pills from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
I never tried this method		45.28%	24
I tried this method and it was impossible		18.87%	10
I tried this method and it was difficult		24.53%	13
I tried this method and it was bearable		9.43%	5
I tried this method and it was easy to do		1.89%	1
Number of respondents			53
Number of respondents who skipped this question			12
38. Please rate any experience you had with a slow (cuts of 10% or less) taper using dry cutting of pills from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
I never tried this method		60.38%	32
I tried this method and it was impossible		9.43%	5
I tried this method and it was difficult		16.98%	9
I tried this method and it was bearable		13.21%	7
I tried this method and it was easy to do		0.00%	0
Number of respondents			53
Number of respondents who skipped this question			12
39. Please rate any experience you had with Water Titration from benzodiazepines or Z-drugs.		% of Respondents	Number of Respondents
I never tried this method		75.47%	40
I tried this method and it was impossible		3.77%	2
I tried this method and it was difficult		9.43%	5
I tried this method and it was bearable		5.66%	3
I tried this method and it was easy to do		5.66%	3
Number of respondents			53
Number of respondents who skipped this question			12

















40. Please rate any experience you had with any other method of getting off benzodiazepines or Z-drugs.	% of Respondents	Number of Respondents
I never tried this method	81.13%	43
I tried this method and it was impossible	3.77%	2
I tried this method and it was difficult	7.55%	4
I tried this method and it was bearable	3.77%	2
I tried this method and it was easy to do	3.77%	2
Number of respondents		53
Number of respondents who skipped this question		12





41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey	13.21%	7
Inpatient detox	7.55%	4
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper	22.64%	12
Rapid direct taper using dry cutting of pills	24.53%	13
Slow (cuts of 10% or less) direct taper using dry cutting of pills	9.43%	5
Water Titration	15.09%	8
Details Other (Specify)	7.55%	4
Number of respondents		53
Number of respondents who skipped this question		12





Page 7. Symptoms at the worst point during Withdrawal

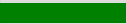

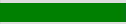

42. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	22.64%	12
They were mild	22.64%	12
They were moderate	16.98%	9
They were severe	37.74%	20
Number of respondents		53
Number of respondents who skipped this question		12

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	13.21%	7
They were mild	24.53%	13
They were moderate	30.19%	16
They were severe	32.08%	17
Number of respondents		53
Number of respondents who skipped this question		12





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 	15.09%	8
They were mild 	28.30%	15
They were moderate 	20.75%	11
They were severe 	35.85%	19
Number of respondents	53	
Number of respondents who skipped this question	12	
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 	7.55%	4
They were mild 	13.21%	7
They were moderate 	30.19%	16
They were severe 	49.06%	26
Number of respondents	53	
Number of respondents who skipped this question	12	
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 	1.89%	1
They were mild 	11.32%	6
They were moderate 	35.85%	19
They were severe 	50.94%	27
Number of respondents	53	
Number of respondents who skipped this question	12	
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 	28.30%	15
They were mild 	35.85%	19
They were moderate 	20.75%	11
They were severe 	15.09%	8
Number of respondents	53	
Number of respondents who skipped this question	12	





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 	5.66%	3
They were mild 	11.32%	6
They were moderate 	24.53%	13
They were severe 	58.49%	31
Number of respondents		53
Number of respondents who skipped this question		12





49. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	3.77%	2
They were mild 	7.55%	4
They were moderate 	24.53%	13
They were severe 	64.15%	34
Number of respondents		53
Number of respondents who skipped this question		12





50. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	22.64%	12
They were mild 	32.08%	17
They were moderate 	22.64%	12
They were severe 	22.64%	12
Number of respondents		53
Number of respondents who skipped this question		12





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 	31.37%	16
They were mild 	31.37%	16
They were moderate 	23.53%	12
They were severe 	13.73%	7
Number of respondents		51
Number of respondents who skipped this question		14





52. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, 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 	19.61%	10
They were mild 	39.22%	20
They were moderate 	25.49%	13
They were severe 	15.69%	8
Number of respondents		51
Number of respondents who skipped this question		14



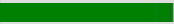

53. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.53%	12
They were mild 	39.22%	20
They were moderate 	17.65%	9
They were severe 	19.61%	10
Number of respondents		51
Number of respondents who skipped this question		14





54. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	9.80%	5
They were mild 	29.41%	15
They were moderate 	25.49%	13
They were severe 	35.29%	18
Number of respondents		51
Number of respondents who skipped this question		14

55. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	3.92%	2
They were mild 	21.57%	11
They were moderate 	31.37%	16
They were severe 	43.14%	22
Number of respondents		51
Number of respondents who skipped this question		14
























56. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	39.22%	20
They were mild 	33.33%	17
They were moderate 	15.69%	8
They were severe 	11.76%	6
Number of respondents		51
Number of respondents who skipped this question		14






57. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	7.84%	4
They were mild 	19.61%	10
They were moderate 	29.41%	15
They were severe 	43.14%	22
Number of respondents		51
Number of respondents who skipped this question		14

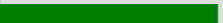


58. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	1.96%	1
They were mild 	21.57%	11
They were moderate 	31.37%	16
They were severe 	45.10%	23
Number of respondents		51
Number of respondents who skipped this question		14

59. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	29.41%	15
They were mild 	39.22%	20
They were moderate 	11.76%	6
They were severe 	19.61%	10
Number of respondents		51
Number of respondents who skipped this question		14

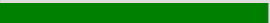

Page 9. General Withdrawal Questions

60. Please rate how difficult you found it to withdraw from benzodiazepines.		% of Respondents	Number of Respondents
I found it easy		0.00%	0
It wasn't easy but not too difficult		20.83%	10
I found it difficult		18.75%	9
I found it extremely difficult		60.42%	29
Number of respondents			48
Number of respondents who skipped this question			17
61. What activities were you able to participate in with ease at the worst time during your withdrawal?		% of Respondents	Number of Respondents
Self care - showering, dressing		17.04%	23
Cooking		11.11%	15
Housework and home care		9.63%	13
Shopping		8.15%	11
Socializing		4.44%	6
Driving		10.37%	14
Working		5.93%	8
Exercise		9.63%	13
Intellectual		8.15%	11
None of the above		15.56%	21
Number of respondents			48
Number of respondents who skipped this question			17
62. What activities were you able to participate in with ease at the end of your withdrawal?		% of Respondents	Number of Respondents
Self care - showering, dressing		18.44%	33
Cooking		9.50%	17
Housework and home care		11.73%	21
Shopping		11.17%	20
Socializing		4.47%	8
Driving		11.17%	20
Working		5.59%	10
Exercise		10.61%	19
Intellectual		10.06%	18
None of the above		7.26%	13
Number of respondents			48
Number of respondents who skipped this question			17

63. Which of the following medication did you add in during your withdrawal from benzodiazepines?		% of Respondents	Number of Respondents
Beta Blockers		14.29%	5
Antiseizure medication		11.43%	4
Antipsychotic medication		8.57%	3
Antidepressant medication		14.29%	5
Prescription Sleep Aids		0.00%	0
Details	Other (Specify) 	51.43%	18
		Number of respondents	31
		Number of respondents who skipped this question	34














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		39.13%	9
They neither helped nor hurt my withdrawal from benzodiazepines		43.48%	10
They made my withdrawal from benzodiazepines worse		17.39%	4
		Number of respondents	23
		Number of respondents who skipped this question	42

65. What additional supplements did you take during withdrawal?		Number of Respondents
Details		24
		Number of respondents who skipped this question 41


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		47.62%	10
They neither helped nor hurt my withdrawal from benzodiazepines		52.38%	11
They made my withdrawal from benzodiazepines worse		0.00%	0
		Number of respondents	21
		Number of respondents who skipped this question	44




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
Details		48
		Number of respondents who skipped this question 17





68. What was the total amount of time you were on benzodiazepines or Z-drugs? Please enter the number of months - this should be the number of months you took the drug for plus the number of months it took to taper them.		Number of Respondents
Details		47
		Number of respondents who skipped this question 18

69. Please indicate which of the following statements applied to you during your withdrawal.	% of Respondents	Number of Respondents
I had adequate support from my doctor 	7.65%	13
I had adequate support from my family 	11.18%	19
I had adequate support from a therapist 	5.88%	10
I had adequate support from friends 	8.82%	15
I had enough knowledge to withdrawal in a way that was appropriate for me 	16.47%	28
I had to work to support myself 	7.65%	13
I had to care for others, children, parents 	3.53%	6
I smoked 	8.24%	14
I lived alone 	7.06%	12
I have always been an anxious person even before benzodiazepines and withdrawal 	11.18%	19
I had some other health problems in addition to withdrawal 	8.82%	15
I had many other health problems in addition to withdrawal 	2.94%	5
None of the above 	0.59%	1
Number of respondents		48
Number of respondents who skipped this question		17

Page 10. About Reinstatement

70. Did you reinstate at any point during your withdrawal?	% of Respondents	Number of Respondents
Yes 	25.53%	12
No 	74.47%	35
Number of respondents		47
Number of respondents who skipped this question		18

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium 	42.86%	6
I reinstated to the benzodiazepine I was on 	35.71%	5
I reinstated to another benzodiazepine 	21.43%	3
Number of respondents		14
Number of respondents who skipped this question		51

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 	14.29%	2
I needed the same as my original amount to be stable 	28.57%	4
I needed less than my original amount to become stable 	28.57%	4
I never became stable 	28.57%	4
Number of respondents		14
Number of respondents who skipped this question		51

73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month	46.15%	6
Between 1 month but under 3 months	23.08%	3
Between 3 months but under 6 months	15.38%	2
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	7.69%	1
12 months or over	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		52
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	33.33%	4
It was neither successful or unsuccessful	41.67%	5
It was unsuccessful	25.00%	3
Number of respondents		12
Number of respondents who skipped this question		53

Page 11. About Updosing

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	30.43%	14
No	69.57%	32
Number of respondents		46
Number of respondents who skipped this question		19
76. Indicate how successful up dosing was for you as a way to become more stable.	% of Respondents	Number of Respondents
It was successful	25.00%	5
It was neither successful more unsuccessful	60.00%	12
It was unsuccessful	15.00%	3
Number of respondents		20
Number of respondents who skipped this question		45