

Page 1. Benzodiazepine Survey Three - Recovered

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?		% of Respondents	Number of Respondents
alprazolam (Xanax)		20.00%	5
bromazepam (Lexotan, Lexomil)		0.00%	0
chlordiazepoxide (Librium, Nova-Pam)		0.00%	0
clonazepam (Klonopin, Rivotril)		20.00%	5
clorazepate (Tranxene)		8.00%	2
diazepam (Valium, D-Pam, Pro-Pam)		20.00%	5
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 (Dormonoc)		0.00%	0
lorazepam (Ativan)		8.00%	2
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)		4.00%	1
quazepam (Doral)		0.00%	0
temazepam (Restoril, Euhypnos, Normison, Sompam)		0.00%	0
triazolam (Halcion, Hypam, Tricam)		0.00%	0
Zaleplon (Sonata)		0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)		8.00%	2
Zopiclone (Zimovane, Imovane)		0.00%	0
Eszopiclone (Lunesta)		4.00%	1
Details Other (Specify)		8.00%	2
Number of respondents			14
Number of respondents who skipped this question			1

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	7.14%	1
3 - 6 months	28.57%	4
6 - 9 months	0.00%	0
9 - 12 months	0.00%	0
1 - 2 years	7.14%	1
2 - 3 years	14.29%	2
3 - 4 years	14.29%	2
4 - 5 years	0.00%	0
5 -10 years	14.29%	2
10 -15 years	7.14%	1
15 - 20 years	7.14%	1
over 20 years	0.00%	0
Number of respondents		14
Number of respondents who skipped this question		1













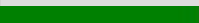
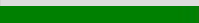

3. If you were only taking one benzodiazepine or Z-drug at the time you decided to withdraw, enter the number of milligrams per day you were taking.

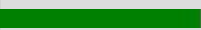
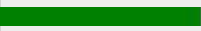


Details	Number of Respondents	11
Number of respondents who skipped this question		4

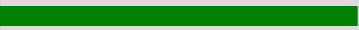

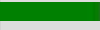
4. If you were taking more than one benzodiazepine or Z-drug at the time of deciding to withdraw, enter the name of each of the drugs that you were taking, followed by the number of milligrams you were taking, e.g. Valium 30, Klonopin 2.

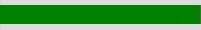


Details	Number of Respondents	5
Number of respondents who skipped this question		10





5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	56.25%	9
Hypnotic (tending to make you sleepy)	18.75%	3
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	0.00%	0
Muscle relaxant (tending to reduce muscle tension and associated pain)	6.25%	1
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Details Other (Specify)	18.75%	3
Number of respondents		14
Number of respondents who skipped this question		1





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 	27.27%	3
They were mild 	18.18%	2
They were moderate 	36.36%	4
They were severe 	18.18%	2
Number of respondents		11
Number of respondents who skipped this question		4
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 	36.36%	4
They were mild 	18.18%	2
They were moderate 	27.27%	3
They were severe 	18.18%	2
Number of respondents		11
Number of respondents who skipped this question		4
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 	45.45%	5
They were mild 	18.18%	2
They were moderate 	9.09%	1
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4
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 	36.36%	4
They were mild	0.00%	0
They were moderate 	36.36%	4
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4

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 	36.36%	4
They were mild 	36.36%	4
They were moderate 	9.09%	1
They were severe 	18.18%	2
Number of respondents		11
Number of respondents who skipped this question		4



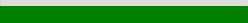

11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	63.64%	7
They were mild 	18.18%	2
They were moderate 	18.18%	2
They were severe	0.00%	0
Number of respondents		11
Number of respondents who skipped this question		4

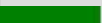

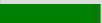

12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	36.36%	4
They were mild	0.00%	0
They were moderate 	36.36%	4
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4





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 	36.36%	4
They were mild 	9.09%	1
They were moderate 	27.27%	3
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4

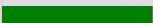



14. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	72.73%	8
They were mild 	9.09%	1
They were moderate 	9.09%	1
They were severe 	9.09%	1
Number of respondents		11
Number of respondents who skipped this question		4





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



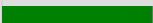

15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	36.36%	4
They were mild 	9.09%	1
They were moderate 	45.45%	5
They were severe 	9.09%	1
Number of respondents		11
Number of respondents who skipped this question		4





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 	18.18%	2
They were mild 	45.45%	5
They were moderate 	18.18%	2
They were severe 	18.18%	2
Number of respondents		11
Number of respondents who skipped this question		4





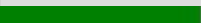



17. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	27.27%	3
They were mild 	27.27%	3
They were moderate 	9.09%	1
They were severe 	36.36%	4
Number of respondents		11
Number of respondents who skipped this question		4

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 	27.27%	3
They were mild 	27.27%	3
They were moderate 	18.18%	2
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4










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 	45.45%	5
They were mild 	9.09%	1
They were moderate 	18.18%	2
They were severe 	27.27%	3
Number of respondents		11
Number of respondents who skipped this question		4

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 	54.55%	6
They were mild 	9.09%	1
They were moderate 	27.27%	3
They were severe 	9.09%	1
Number of respondents		11
Number of respondents who skipped this question		4

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 	9.09%	1
They were mild 	27.27%	3
They were moderate 	27.27%	3
They were severe 	36.36%	4
Number of respondents		11
Number of respondents who skipped this question		4

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 	27.27%	3
They were mild 	18.18%	2
They were moderate 	18.18%	2
They were severe 	36.36%	4
Number of respondents		11
Number of respondents who skipped this question		4
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 	36.36%	4
They were mild 	45.45%	5
They were moderate 	9.09%	1
They were severe 	9.09%	1
Number of respondents		11
Number of respondents who skipped this question		4

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 	15.25%	9
Cooking 	11.86%	7
Housework and home care 	11.86%	7
Shopping 	10.17%	6
Socializing 	11.86%	7
Driving 	10.17%	6
Working 	8.47%	5
Exercise 	10.17%	6
Intellectual 	10.17%	6
None of the above	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		6















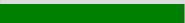

25. What activities were you able to participate in with ease at the time you decided to withdraw from benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Self care - showering, dressing	20.00%	6
Cooking	10.00%	3
Housework and home care	6.67%	2
Shopping	10.00%	3
Socializing	10.00%	3
Driving	16.67%	5
Working	6.67%	2
Exercise	6.67%	2
Intellectual	3.33%	1
None of the Above	10.00%	3
Number of respondents		9
Number of respondents who skipped this question		6

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	9.09%	1
Antiseizure medication	0.00%	0
Antipsychotic medication	18.18%	2
Antidepressant medication	36.36%	4
Prescription Sleep Aids	9.09%	1
Details Other (Specify)	27.27%	3
Number of respondents		6
Number of respondents who skipped this question		9

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

Details	Number of Respondents	6
Number of respondents who skipped this question		9

28. Why did you decide to come off benzodiazepines or Z-drugs?		% of Respondents	Number of Respondents
I no longer needed them		0.00%	0
They stopped working		6.25%	1
There were too many side effects		25.00%	4
Didn't wish to rely on drugs anymore		18.75%	3
Doctor would no longer prescribe them		6.25%	1
They were making me sick		25.00%	4
I could no longer afford the drugs - my insurance ran out		0.00%	0
Details Other (Specify)		18.75%	3
Number of respondents			9
Number of respondents who skipped this question			6
29. How many unsuccessful attempts have you made to get off benzodiazepines?		% of Respondents	Number of Respondents
This is my first time		55.56%	5
One previous attempt		22.22%	2
Two previous attempts		11.11%	1
Three previous attempts		0.00%	0
More than three previous attempts		11.11%	1
Number of respondents			9
Number of respondents who skipped this question			6
30. How old are you?		% of Respondents	Number of Respondents
under 20		0.00%	0
20 - 29		33.33%	3
30 - 39		11.11%	1
40 - 49		33.33%	3
50 - 59		22.22%	2
60 - 69		0.00%	0
70 - 79		0.00%	0
80 and over		0.00%	0
Number of respondents			9
Number of respondents who skipped this question			6
31. Indicate your gender.		% of Respondents	Number of Respondents
Male		33.33%	3
Female		66.67%	6
Number of respondents			9
Number of respondents who skipped this question			6

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		33.33%	5
Inpatient detox		0.00%	0
Outpatient detox		13.33%	2
Valium crossover and Ashton style taper		6.67%	1
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		6.67%	1
Details Other (Specify)		13.33%	2
		Number of respondents	9
		Number of respondents who skipped this question	6

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		22.22%	2
I tried this method and it was impossible		55.56%	5
I tried this method and it was difficult		22.22%	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	9
		Number of respondents who skipped this question	6

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		100.00%	9
I tried this method and it was impossible		0.00%	0
I tried this method and it was difficult		0.00%	0
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
		Number of respondents	9
		Number of respondents who skipped this question	6

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		77.78%	7
I tried this method and it was impossible		0.00%	0
I tried this method and it was difficult		22.22%	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	9
		Number of respondents who skipped this question	6

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		77.78%	7
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		11.11%	1
I tried this method and it was bearable		11.11%	1
I tried this method and it was easy to do		0.00%	0
Number of respondents			9
Number of respondents who skipped this question			6
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		22.22%	2
I tried this method and is was impossible		11.11%	1
I tried this method and it was difficult		66.67%	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			9
Number of respondents who skipped this question			6
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		77.78%	7
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		22.22%	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			9
Number of respondents who skipped this question			6
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		88.89%	8
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		0.00%	0
I tried this method and it was bearable		11.11%	1
I tried this method and it was easy to do		0.00%	0
Number of respondents			9
Number of respondents who skipped this question			6

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	100.00%	9
I tried this method and it was impossible	0.00%	0
I tried this method and it was difficult	0.00%	0
I tried this method and it was bearable	0.00%	0
I tried this method and it was easy to do	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		6

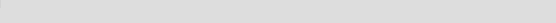
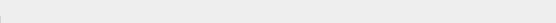
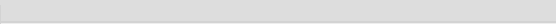

41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey	33.33%	3
Inpatient detox	0.00%	0
Outpatient detox	0.00%	0
Valium crossover and Ashton style taper	11.11%	1
Rapid direct taper using dry cutting of pills	33.33%	3
Slow (cuts of 10% or less) direct taper using dry cutting of pills	22.22%	2
Water Titration	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		6

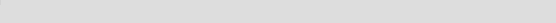
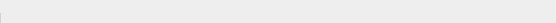
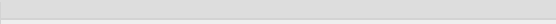

Page 7. Symptoms at the worst point during Withdrawal





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	11.11%	1
They were mild	0.00%	0
They were moderate	33.33%	3
They were severe	55.56%	5
Number of respondents		9
Number of respondents who skipped this question		6

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	11.11%	1
They were mild	11.11%	1
They were moderate	11.11%	1
They were severe	66.67%	6
Number of respondents		9
Number of respondents who skipped this question		6





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	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		6
45. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	22.22%	2
They were severe	77.78%	7
Number of respondents		9
Number of respondents who skipped this question		6
46. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe	100.00%	9
Number of respondents		9
Number of respondents who skipped this question		6
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	11.11%	1
They were mild	11.11%	1
They were moderate	55.56%	5
They were severe	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		6



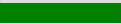

48. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness		% of Respondents	Number of Respondents
I was not experiencing these symptoms		0.00%	0
They were mild		0.00%	0
They were moderate		0.00%	0
They were severe		100.00%	9
Number of respondents			9
Number of respondents who skipped this question			6





49. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment		% of Respondents	Number of Respondents
I was not experiencing these symptoms		0.00%	0
They were mild		0.00%	0
They were moderate		0.00%	0
They were severe		100.00%	9
Number of respondents			9
Number of respondents who skipped this question			6





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		11.11%	1
They were mild		22.22%	2
They were moderate		44.44%	4
They were severe		22.22%	2
Number of respondents			9
Number of respondents who skipped this question			6

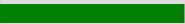


Page 8. Symptoms at the end of Withdrawal




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		55.56%	5
They were mild		11.11%	1
They were moderate		11.11%	1
They were severe		22.22%	2
Number of respondents			9
Number of respondents who skipped this question			6


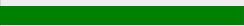

52. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychia (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	33.33%	3
They were mild 	22.22%	2
They were moderate 	22.22%	2
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		6





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 	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		6

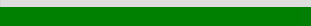


54. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	33.33%	3
They were mild 	11.11%	1
They were moderate 	22.22%	2
They were severe 	33.33%	3
Number of respondents		9
Number of respondents who skipped this question		6

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 	33.33%	3
They were mild 	22.22%	2
They were moderate	0.00%	0
They were severe 	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		6

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 	33.33%	3
They were mild 	55.56%	5
They were moderate 	11.11%	1
They were severe	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		6

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 	11.11%	1
They were mild 	44.44%	4
They were moderate	0.00%	0
They were severe 	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		6

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 	33.33%	3
They were mild 	11.11%	1
They were moderate 	11.11%	1
They were severe 	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		6

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 	55.56%	5
They were mild 	33.33%	3
They were moderate	0.00%	0
They were severe 	11.11%	1
Number of respondents		9
Number of respondents who skipped this question		6

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		11.11%	1
It wasn't easy but not too difficult		0.00%	0
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			6
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		23.08%	3
Cooking		0.00%	0
Housework and home care		0.00%	0
Shopping		0.00%	0
Socializing		7.69%	1
Driving		23.08%	3
Working		7.69%	1
Exercise		0.00%	0
Intellectual		0.00%	0
None of the above		38.46%	5
Number of respondents			9
Number of respondents who skipped this question			6
62. What activities were you able to participate in with ease at the end of your withdrawal?		% of Respondents	Number of Respondents
Self care - showering, dressing		15.56%	7
Cooking		8.89%	4
Housework and home care		11.11%	5
Shopping		8.89%	4
Socializing		8.89%	4
Driving		13.33%	6
Working		8.89%	4
Exercise		11.11%	5
Intellectual		8.89%	4
None of the above		4.44%	2
Number of respondents			9
Number of respondents who skipped this question			6

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

	% of Respondents	Number of Respondents
Beta Blockers	14.29%	1
Antiseizure medication	14.29%	1
Antipsychotic medication	0.00%	0
Antidepressant medication	28.57%	2
Prescription Sleep Aids	14.29%	1
Details Other (Specify)	28.57%	2
Number of respondents		5
Number of respondents who skipped this question		10

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	66.67%	2
They neither helped nor hurt my withdrawal from benzodiazepines	0.00%	0
They made my withdrawal from benzodiazepines worse	33.33%	1
Number of respondents		3
Number of respondents who skipped this question		12

65. What additional supplements did you take during withdrawal?

Details	Number of Respondents	5
Number of respondents who skipped this question		10

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	66.67%	2
They neither helped nor hurt my withdrawal from benzodiazepines	33.33%	1
They made my withdrawal from benzodiazepines worse	0.00%	0
Number of respondents		3
Number of respondents who skipped this question		12

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.

Details	Number of Respondents	9
Number of respondents who skipped this question		6

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.

Details	Number of Respondents	8
Number of respondents who skipped this question		7


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	3.33%	1
I had adequate support from my family	20.00%	6
I had adequate support from a therapist	6.67%	2
I had adequate support from friends	13.33%	4
I had enough knowledge to withdrawal in a way that was appropriate for me	3.33%	1
I had to work to support myself	13.33%	4
I had to care for others, children, parents	6.67%	2
I smoked	3.33%	1
I lived alone	10.00%	3
I have always been an anxious person even before benzodiazepines and withdrawal	6.67%	2
I had some other health problems in addition to withdrawal	10.00%	3
I had many other health problems in addition to withdrawal	3.33%	1
None of the above	0.00%	0
Number of respondents		9
Number of respondents who skipped this question		6


Page 10. About Reinstatement

70. Did you reinstate at any point during your withdrawal?	% of Respondents	Number of Respondents
Yes	11.11%	1
No	88.89%	8
Number of respondents		9
Number of respondents who skipped this question		6



71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium	0.00%	0
I reinstated to the benzodiazepine I was on	100.00%	1
I reinstated to another benzodiazepine	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		14

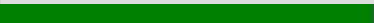

72. If you reinstated at some point during your withdrawal - indicate which of the following statements best describes the amount you needed to take to become stable.	% of Respondents	Number of Respondents
I needed more than my original amount to become stable	0.00%	0
I needed the same as my original amount to be stable	0.00%	0
I needed less than my original amount to become stable	100.00%	1
I never became stable	0.00%	0
Number of respondents		1
Number of respondents who skipped this question		14

73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?		% of Respondents	Number of Respondents
Under a month		0.00%	0
Between 1 month but under 3 months		100.00%	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			1
Number of respondents who skipped this question			14









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		100.00%	1
It was neither successful or unsuccessful		0.00%	0
It was unsuccessful		0.00%	0
Number of respondents			1
Number of respondents who skipped this question			14





Page 11. About Updosing




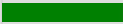




75. At any point during your withdrawal did you updose on the amount you were taking in order to restabilize before you continued your taper?		% of Respondents	Number of Respondents
Yes		33.33%	3
No		66.67%	6
Number of respondents			9
Number of respondents who skipped this question			6

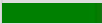









76. Indicate how successful up dosing was for you as a way to become more stable.		% of Respondents	Number of Respondents
It was successful		66.67%	2
It was neither successful more unsuccessful		0.00%	0
It was unsuccessful		33.33%	1
Number of respondents			3
Number of respondents who skipped this question			12

Page 12. General Questions about Recovery





77. How many months did it take you to be 90% recovered from benzodiazepine withdrawal?		% of Respondents	Number of Respondents
At the completion of my withdrawal		11.11%	1
1 month		11.11%	1
2 months		0.00%	0
3 months		0.00%	0
4 months		11.11%	1
5 months		0.00%	0
6 months		0.00%	0
7 months		0.00%	0
8 months		0.00%	0
9 months		0.00%	0
10 months		22.22%	2
11 months		0.00%	0
12 months		11.11%	1
13 months		0.00%	0
14 months		0.00%	0
15 months		0.00%	0
16 months		0.00%	0
17 months		0.00%	0
18 months		0.00%	0
19 months		0.00%	0
20 months		11.11%	1
21 months		0.00%	0
22 months		0.00%	0
23 months		0.00%	0
24 months		11.11%	1
More than 24 months		11.11%	1
Number of respondents			9
Number of respondents who skipped this question			6




78. At what point during your recovery were your symptoms at their worse?		% of Respondents	Number of Respondents
At the completion of my withdrawal		55.56%	5
1 month		22.22%	2
2 months		11.11%	1
3 months		0.00%	0
4 months		11.11%	1
5 months		0.00%	0
6 months		0.00%	0
7 months		0.00%	0
8 months		0.00%	0
9 months		0.00%	0
10 months		0.00%	0
11 months		0.00%	0
12 months		0.00%	0
13 months		0.00%	0
14 months		0.00%	0
15 months		0.00%	0
16 months		0.00%	0
17 months		0.00%	0
18 months		0.00%	0
19 months		0.00%	0
20 months		0.00%	0
21 months		0.00%	0
22 months		0.00%	0
23 months		0.00%	0
24 months		0.00%	0
More than 24 months		0.00%	0
		Number of respondents	9
		Number of respondents who skipped this question	6



79. How many months into your recovery did you notice significant improvement?		% of Respondents	Number of Respondents
At the completion of my withdrawal		0.00%	0
1 month		11.11%	1
2 months		11.11%	1
3 months		0.00%	0
4 months		11.11%	1
5 months		0.00%	0
6 months		22.22%	2
7 months		0.00%	0
8 months		0.00%	0
9 months		11.11%	1
10 months		0.00%	0
11 months		0.00%	0
12 months		11.11%	1
13 months		0.00%	0
14 months		11.11%	1
15 months		0.00%	0
16 months		0.00%	0
17 months		0.00%	0
18 months		11.11%	1
19 months		0.00%	0
20 months		0.00%	0
21 months		0.00%	0
22 months		0.00%	0
23 months		0.00%	0
24 months		0.00%	0
More than 24 months		0.00%	0
Number of respondents			9
Number of respondents who skipped this question			6



80. When did you have significant setbacks in your recovery?	% of Respondents	Number of Respondents
I had no significant setbacks in my recovery 	17.65%	3
1 month 	17.65%	3
2 months	0.00%	0
3 months 	11.76%	2
4 months 	11.76%	2
5 months 	5.88%	1
6 months 	5.88%	1
7 months	0.00%	0
8 months 	5.88%	1
9 months	0.00%	0
10 months	0.00%	0
11 months	0.00%	0
12 months 	11.76%	2
13 months	0.00%	0
14 months	0.00%	0
15 months 	5.88%	1
16 months	0.00%	0
17 months	0.00%	0
18 months	0.00%	0
19 months	0.00%	0
20 months	0.00%	0
21 months	0.00%	0
22 months	0.00%	0
23 months	0.00%	0
24 months	0.00%	0
Some setbacks after 2 years 	5.88%	1
Number of respondents		9
Number of respondents who skipped this question		6



Page 13. Symptoms at the worst point in recovery





81. 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 	11.11%	1
They were moderate 	33.33%	3
They were severe 	44.44%	4
Number of respondents		9
Number of respondents who skipped this question		6


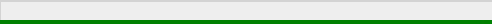
82. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	1
They were mild	0.00%	0
They were moderate 	33.33%	3
They were severe 	55.56%	5
Number of respondents		9
Number of respondents who skipped this question		6



83. 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 	22.22%	2
They were moderate	0.00%	0
They were severe 	77.78%	7
Number of respondents		9
Number of respondents who skipped this question		6





84. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	22.22%	2
They were severe 	77.78%	7
Number of respondents		9
Number of respondents who skipped this question		6

85. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	11.11%	1
They were moderate	0.00%	0
They were severe 	88.89%	8
Number of respondents		9
Number of respondents who skipped this question		6







86. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	22.22%	2
They were mild 	22.22%	2
They were moderate 	33.33%	3
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		6






87. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	1
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe 	88.89%	8
Number of respondents		9
Number of respondents who skipped this question		6

88. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild	0.00%	0
They were moderate 	11.11%	1
They were severe 	88.89%	8
Number of respondents		9
Number of respondents who skipped this question		6

89. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	11.11%	1
They were mild 	22.22%	2
They were moderate 	44.44%	4
They were severe 	22.22%	2
Number of respondents		9
Number of respondents who skipped this question		6

Page 14. Getting Better

90. What was the first set of symptoms to disappear?	% of Respondents	Number of Respondents
CARDIOVASCULAR 	12.50%	1
DERMATOLOGICAL 	12.50%	1
GASTROINTESTINAL	0.00%	0
NEUROLOGICAL	0.00%	0
GENITOURINARY 	12.50%	1
MUSCULOSKELETAL 	12.50%	1
PARADOXICAL	0.00%	0
RESPIRATORY	0.00%	0
PSYCHIATRIC 	37.50%	3
Details Other (Specify) 	12.50%	1
Number of respondents		8
Number of respondents who skipped this question		7

91. Which was the last set of symptoms to disappear?	% of Respondents	Number of Respondents
CARDIOVASCULAR	0.00%	0
DERMATOLOGICAL	0.00%	0
GASTROINTESTINAL 	12.50%	1
NEUROLOGICAL 	37.50%	3
GENITOURINARY	0.00%	0
MUSCULOSKELETAL 	12.50%	1
PARADOXICAL	0.00%	0
RESPIRATORY	0.00%	0
PSYCHIATRIC 	25.00%	2
Details Other (Specify) 	12.50%	1
Number of respondents		8
Number of respondents who skipped this question		7

92. After how many months were you able to self care (showing, dressing) with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

93. After how many months were you able to cook with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

94. After how many months were you able to do housework and home care with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

95. After how many months were you able to do shopping with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

96. After how many months were you able to socialize with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

97. After how many months were you able to drive with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

98. After how many months were you able to work with ease? Enter 0 if this was not a problem for you

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

99. After how many months were you able to exercise with ease? Enter 0 if this was not a problem for you.

[Details](#)

Number of Respondents 8

Number of respondents who skipped this question 7

100. After how many months were you able to be involved in intellectual activities with ease? Enter 0 if this was not a problem for you.

Details

Number of Respondents 8

Number of respondents who skipped this question 7

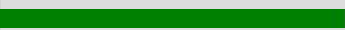


Page 15. Symptoms still lingering at the point you considered yourself recovered

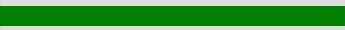
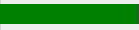

101. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	62.50%	5
They were mild	12.50%	1
They were moderate	12.50%	1
They were severe	12.50%	1
Number of respondents	8	
Number of respondents who skipped this question	7	


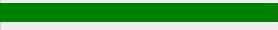

102. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms	37.50%	3
They were mild	37.50%	3
They were moderate	0.00%	0
They were severe	25.00%	2
Number of respondents	8	
Number of respondents who skipped this question	7	

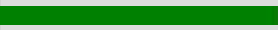



103. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms	50.00%	4
They were mild	37.50%	3
They were moderate	0.00%	0
They were severe	12.50%	1
Number of respondents	8	
Number of respondents who skipped this question	7	




104. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms	50.00%	4
They were mild	12.50%	1
They were moderate	25.00%	2
They were severe	12.50%	1
Number of respondents	8	
Number of respondents who skipped this question	7	










105. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	62.50%	5
They were mild 	12.50%	1
They were moderate	0.00%	0
They were severe 	25.00%	2
Number of respondents	8	8
Number of respondents who skipped this question		7

106. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	62.50%	5
They were mild 	25.00%	2
They were moderate 	12.50%	1
They were severe	0.00%	0
Number of respondents	8	8
Number of respondents who skipped this question		7

107. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	37.50%	3
They were mild 	50.00%	4
They were moderate	0.00%	0
They were severe 	12.50%	1
Number of respondents	8	8
Number of respondents who skipped this question		7

108. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	50.00%	4
They were mild 	25.00%	2
They were moderate 	12.50%	1
They were severe 	12.50%	1
Number of respondents	8	8
Number of respondents who skipped this question		7

109. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	75.00%	6
They were mild 	12.50%	1
They were moderate	0.00%	0
They were severe 	12.50%	1
Number of respondents		8
Number of respondents who skipped this question		7

110. Please indicate which activities were still causing you some problems at the time you considered yourself recovered?	% of Respondents	Number of Respondents
Self care - showering, dressing	0.00%	0
Cooking 	5.56%	1
Housework and home care 	5.56%	1
Shopping 	11.11%	2
Socializing 	16.67%	3
Driving 	5.56%	1
Working 	16.67%	3
Exercise 	5.56%	1
Intellectual 	16.67%	3
None of the above 	16.67%	3
Number of respondents		8
Number of respondents who skipped this question		7