

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

1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw?		% of Respondents	Number of Respondents
alprazolam (Xanax)		29.41%	5
bromazepam (Lexotan, Lexomil)		0.00%	0
chlordiazepoxide (Librium, Nova-Pam)		0.00%	0
clonazepam (Klonopin, Rivotril)		23.53%	4
clorazepate (Tranxene)		0.00%	0
diazepam (Valium, D-Pam, Pro-Pam)		23.53%	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 (Dormonoc)		0.00%	0
lorazepam (Ativan)		5.88%	1
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)		5.88%	1
triazolam (Halcion, Hypam, Tricam)		0.00%	0
Zaleplon (Sonata)		0.00%	0
Zolpidem (Ambien, Stilnoct, Stilnox)		0.00%	0
Zopiclone (Zimovane, Imovane)		0.00%	0
Eszopiclone (Lunesta)		0.00%	0
Details Other (Specify)		11.76%	2
Number of respondents			13
Number of respondents who skipped this question			0

2. How long had you been taking benzodiazepines or Z-drugs at the time you decided to withdraw?	% of Respondents	Number of Respondents
Under a month	0.00%	0
1 - 3 months	0.00%	0
3 - 6 months	15.38%	2
6 - 9 months	7.69%	1
9 - 12 months	0.00%	0
1 - 2 years	7.69%	1
2 - 3 years	15.38%	2
3 - 4 years	7.69%	1
4 - 5 years	0.00%	0
5 -10 years	15.38%	2
10 -15 years	7.69%	1
15 - 20 years	15.38%	2
over 20 years	7.69%	1
Number of respondents		13
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	11
Number of respondents who skipped this question		2

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		8

5. Why were you prescribed benzodiazepines or Z-drugs?	% of Respondents	Number of Respondents
Anxiolytic (tending to reduce anxiety/produce relaxation)	53.85%	7
Hypnotic (tending to make you sleepy)	7.69%	1
Anti-seizure (tending to reduce the probability of having seizures and convulsions)	7.69%	1
Muscle relaxant (tending to reduce muscle tension and associated pain)	7.69%	1
Amnesic (tending to disrupt both long and short term memory)	0.00%	0
Details Other (Specify)	23.08%	3
Number of respondents		13
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 	84.62%	11
They were mild 	15.38%	2
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0
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 	92.31%	12
They were mild 	7.69%	1
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0
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 	69.23%	9
They were mild 	15.38%	2
They were moderate 	15.38%	2
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0
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 	84.62%	11
They were mild 	7.69%	1
They were moderate 	7.69%	1
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0

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	92.31%	12
They were mild	7.69%	1
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0

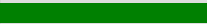



11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms	76.92%	10
They were mild	23.08%	3
They were moderate	0.00%	0
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0

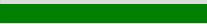



12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms	53.85%	7
They were mild	30.77%	4
They were moderate	15.38%	2
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0





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	46.15%	6
They were mild	23.08%	3
They were moderate	15.38%	2
They were severe	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0





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 	76.92%	10
They were mild 	7.69%	1
They were moderate 	7.69%	1
They were severe 	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		0





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

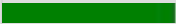



15. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.46%	5
They were mild 	7.69%	1
They were moderate 	38.46%	5
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0




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 	38.46%	5
They were mild 	15.38%	2
They were moderate 	23.08%	3
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0







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 	46.15%	6
They were mild 	7.69%	1
They were moderate 	7.69%	1
They were severe 	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		0

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 	30.77%	4
They were mild 	7.69%	1
They were moderate 	30.77%	4
They were severe 	30.77%	4
Number of respondents		13
Number of respondents who skipped this question		0











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 	23.08%	3
They were mild 	7.69%	1
They were moderate 	38.46%	5
They were severe 	30.77%	4
Number of respondents		13
Number of respondents who skipped this question		0











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 	30.77%	4
They were mild 	23.08%	3
They were moderate 	30.77%	4
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0

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 	15.38%	2
They were mild	0.00%	0
They were moderate 	46.15%	6
They were severe 	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		0






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	0.00%	0
They were mild 	7.69%	1
They were moderate 	30.77%	4
They were severe 	61.54%	8
Number of respondents		13
Number of respondents who skipped this question		0
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 	30.77%	4
They were mild	0.00%	0
They were moderate 	53.85%	7
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0

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 	11.21%	12
Cooking 	11.21%	12
Housework and home care 	11.21%	12
Shopping 	12.15%	13
Socializing 	12.15%	13
Driving 	9.35%	10
Working 	10.28%	11
Exercise 	10.28%	11
Intellectual 	11.21%	12
None of the above 	0.93%	1
Number of respondents		13
Number of respondents who skipped this question		0

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		13.04%	6
Cooking		13.04%	6
Housework and home care		15.22%	7
Shopping		13.04%	6
Socializing		4.35%	2
Driving		6.52%	3
Working		6.52%	3
Exercise		6.52%	3
Intellectual		8.70%	4
None of the Above		13.04%	6
Number of respondents			13
Number of respondents who skipped this question			0





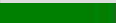



Page 5. General Questions






26. Indicate what other medications you were taking at the time you decided to withdraw from benzodiazepines.		% of Respondents	Number of Respondents
Beta Blockers		0.00%	0
Antiseizure medication		10.53%	2
Antipsychotic medication		10.53%	2
Antidepressant medication		26.32%	5
Prescription Sleep Aids		10.53%	2
Details Other (Specify)		42.11%	8
Number of respondents			11
Number of respondents who skipped this question			2






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		8
Number of respondents who skipped this question		5






28. Why did you decide to come off benzodiazepines or Z-drugs?		% of Respondents	Number of Respondents
I no longer needed them		6.06%	2
They stopped working		12.12%	4
There were too many side effects		27.27%	9
Didn't wish to rely on drugs anymore		12.12%	4
Doctor would no longer prescribe them		6.06%	2
They were making me sick		27.27%	9
I could no longer afford the drugs - my insurance ran out		0.00%	0
Details Other (Specify)		9.09%	3
		Number of respondents	13
		Number of respondents who skipped this question	0
29. How many unsuccessful attempts have you made to get off benzodiazepines?		% of Respondents	Number of Respondents
This is my first time		69.23%	9
One previous attempt		7.69%	1
Two previous attempts		15.38%	2
Three previous attempts		0.00%	0
More than three previous attempts		7.69%	1
		Number of respondents	13
		Number of respondents who skipped this question	0
30. How old are you?		% of Respondents	Number of Respondents
under 20		0.00%	0
20 - 29		15.38%	2
30 - 39		15.38%	2
40 - 49		23.08%	3
50 - 59		23.08%	3
60 - 69		23.08%	3
70 - 79		0.00%	0
80 and over		0.00%	0
		Number of respondents	13
		Number of respondents who skipped this question	0
31. Indicate your gender.		% of Respondents	Number of Respondents
Male		30.77%	4
Female		69.23%	9
		Number of respondents	13
		Number of respondents who skipped this question	0

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		12.50%	3
Inpatient detox		0.00%	0
Outpatient detox		4.17%	1
Valium crossover and Ashton style taper		25.00%	6
Rapid direct taper using dry cutting of pills		20.83%	5
Slow (cuts of 10% or less) direct taper using dry cutting of pills		12.50%	3
Water Titration		16.67%	4
Details Other (Specify)		8.33%	2
		Number of respondents	13
		Number of respondents who skipped this question	0

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		46.15%	6
I tried this method and it was impossible		23.08%	3
I tried this method and it was difficult		30.77%	4
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
		Number of respondents	13
		Number of respondents who skipped this question	0

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		92.31%	12
I tried this method and it was impossible		7.69%	1
I tried this method and it was difficult		0.00%	0
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
		Number of respondents	13
		Number of respondents who skipped this question	0

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		76.92%	10
I tried this method and it was impossible		15.38%	2
I tried this method and it was difficult		7.69%	1
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
		Number of respondents	13
		Number of respondents who skipped this question	0

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		46.15%	6
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		38.46%	5
I tried this method and it was bearable		15.38%	2
I tried this method and it was easy to do		0.00%	0
Number of respondents			13
Number of respondents who skipped this question			0
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		38.46%	5
I tried this method and is was impossible		30.77%	4
I tried this method and it was difficult		30.77%	4
I tried this method and it was bearable		0.00%	0
I tried this method and it was easy to do		0.00%	0
Number of respondents			13
Number of respondents who skipped this question			0
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		38.46%	5
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		46.15%	6
I tried this method and it was bearable		15.38%	2
I tried this method and it was easy to do		0.00%	0
Number of respondents			13
Number of respondents who skipped this question			0
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		53.85%	7
I tried this method and is was impossible		0.00%	0
I tried this method and it was difficult		23.08%	3
I tried this method and it was bearable		23.08%	3
I tried this method and it was easy to do		0.00%	0
Number of respondents			13
Number of respondents who skipped this question			0
















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	84.62%	11
I tried this method and it was impossible	0.00%	0
I tried this method and it was difficult	7.69%	1
I tried this method and it was bearable	7.69%	1
I tried this method and it was easy to do	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0



41. Which method did you use to get off the majority of your benzodiazepine or Z-drugs?	% of Respondents	Number of Respondents
Cold Turkey	15.38%	2
Inpatient detox	0.00%	0
Outpatient detox	7.69%	1
Valium crossover and Ashton style taper	30.77%	4
Rapid direct taper using dry cutting of pills	15.38%	2
Slow (cuts of 10% or less) direct taper using dry cutting of pills	7.69%	1
Water Titration	15.38%	2
Details Other (Specify)	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		0


Page 7. Symptoms at the worst point during Withdrawal





42. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms	15.38%	2
They were mild	7.69%	1
They were moderate	15.38%	2
They were severe	61.54%	8
Number of respondents		13
Number of respondents who skipped this question		0

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	15.38%	2
They were mild	15.38%	2
They were moderate	7.69%	1
They were severe	61.54%	8
Number of respondents		13
Number of respondents who skipped this question		0





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 	7.69%	1
They were mild 	30.77%	4
They were moderate 	15.38%	2
They were severe 	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		0
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 	7.69%	1
They were mild 	15.38%	2
They were moderate 	7.69%	1
They were severe 	69.23%	9
Number of respondents		13
Number of respondents who skipped this question		0
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 	7.69%	1
They were mild	0.00%	0
They were moderate 	7.69%	1
They were severe 	84.62%	11
Number of respondents		13
Number of respondents who skipped this question		0
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 	15.38%	2
They were mild 	23.08%	3
They were moderate 	23.08%	3
They were severe 	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		0





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 	7.69%	1
They were mild	0.00%	0
They were moderate	0.00%	0
They were severe 	92.31%	12
Number of respondents		13
Number of respondents who skipped this question		0





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%	13
Number of respondents		13
Number of respondents who skipped this question		0





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 	7.69%	1
They were mild 	15.38%	2
They were moderate 	53.85%	7
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0





Page 8. Symptoms at the end of Withdrawal















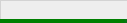
51. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	15.38%	2
They were mild 	15.38%	2
They were moderate 	46.15%	6
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0

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 	23.08%	3
They were mild 	15.38%	2
They were moderate 	38.46%	5
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0

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 	15.38%	2
They were mild 	23.08%	3
They were moderate 	23.08%	3
They were severe 	38.46%	5
Number of respondents		13
Number of respondents who skipped this question		0

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 	7.69%	1
They were mild 	15.38%	2
They were moderate 	23.08%	3
They were severe 	53.85%	7
Number of respondents		13
Number of respondents who skipped this question		0

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 	7.69%	1
They were mild 	7.69%	1
They were moderate 	30.77%	4
They were severe 	53.85%	7
Number of respondents		13
Number of respondents who skipped this question		0

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 	23.08%	3
They were mild 	38.46%	5
They were moderate 	7.69%	1
They were severe 	30.77%	4
Number of respondents		13
Number of respondents who skipped this question		0
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 	7.69%	1
They were mild 	7.69%	1
They were moderate 	38.46%	5
They were severe 	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		0
58. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms	0.00%	0
They were mild 	23.08%	3
They were moderate 	23.08%	3
They were severe 	53.85%	7
Number of respondents		13
Number of respondents who skipped this question		0
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 	7.69%	1
They were mild 	46.15%	6
They were moderate 	23.08%	3
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0

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		7.69%	1
I found it difficult		0.00%	0
I found it extremely difficult		92.31%	12
Number of respondents			13
Number of respondents who skipped this question			0
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		14.29%	2
Cooking		0.00%	0
Housework and home care		0.00%	0
Shopping		0.00%	0
Socializing		0.00%	0
Driving		0.00%	0
Working		7.14%	1
Exercise		0.00%	0
Intellectual		0.00%	0
None of the above		78.57%	11
Number of respondents			13
Number of respondents who skipped this question			0
62. What activities were you able to participate in with ease at the end of your withdrawal?		% of Respondents	Number of Respondents
Self care - showering, dressing		21.88%	7
Cooking		12.50%	4
Housework and home care		9.38%	3
Shopping		9.38%	3
Socializing		6.25%	2
Driving		6.25%	2
Working		3.13%	1
Exercise		9.38%	3
Intellectual		6.25%	2
None of the above		15.63%	5
Number of respondents			13
Number of respondents who skipped this question			0

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

	% of Respondents	Number of Respondents
Beta Blockers	6.67%	1
Antiseizure medication	6.67%	1
Antipsychotic medication	13.33%	2
Antidepressant medication	20.00%	3
Prescription Sleep Aids	0.00%	0
Details Other (Specify)	53.33%	8
Number of respondents		10
Number of respondents who skipped this question		3

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	25.00%	2
They neither helped nor hurt my withdrawal from benzodiazepines	37.50%	3
They made my withdrawal from benzodiazepines worse	37.50%	3
Number of respondents		8
Number of respondents who skipped this question		5

65. What additional supplements did you take during withdrawal?

Details	Number of Respondents	7
Number of respondents who skipped this question		6

66. If you added any supplements during your withdrawal, indicate which of the following statements best describes your experience with them.













	% of Respondents	Number of Respondents
They helped with my withdrawal from benzodiazepines	20.00%	1
They neither helped nor hurt my withdrawal from benzodiazepines	60.00%	3
They made my withdrawal from benzodiazepines worse	20.00%	1
Number of respondents		5
Number of respondents who skipped this question		8

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.

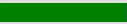

Details	Number of Respondents	13
Number of respondents who skipped this question		0




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	13
Number of respondents who skipped this question		0

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 	6.98%	3
I had adequate support from my family 	16.28%	7
I had adequate support from a therapist 	2.33%	1
I had adequate support from friends 	13.95%	6
I had enough knowledge to withdrawal in a way that was appropriate for me 	16.28%	7
I had to work to support myself 	6.98%	3
I had to care for others, children, parents 	4.65%	2
I smoked 	6.98%	3
I lived alone 	4.65%	2
I have always been an anxious person even before benzodiazepines and withdrawal 	11.63%	5
I had some other health problems in addition to withdrawal 	6.98%	3
I had many other health problems in addition to withdrawal	0.00%	0
None of the above 	2.33%	1
Number of respondents		13
Number of respondents who skipped this question		0

Page 10. About Reinstatement

70. Did you reinstate at any point during your withdrawal?	% of Respondents	Number of Respondents
Yes 	23.08%	3
No 	76.92%	10
Number of respondents		13
Number of respondents who skipped this question		0

71. Indicate to what benzodiazepine you reinstated.	% of Respondents	Number of Respondents
I reinstated to Valium 	33.33%	1
I reinstated to the benzodiazepine I was on 	33.33%	1
I reinstated to another benzodiazepine 	33.33%	1
Number of respondents		3
Number of respondents who skipped this question		10

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 	33.33%	1
I never became stable 	66.67%	2
Number of respondents		3
Number of respondents who skipped this question		10

73. If you reinstated, how many months after you got off benzodiazepines did you reinstate?	% of Respondents	Number of Respondents
Under a month	33.33%	1
Between 1 month but under 3 months	66.67%	2
Between 3 months but under 6 months	0.00%	0
Between 6 months but under 9 months	0.00%	0
Between 9 months but under 12 months	0.00%	0
12 months or over	0.00%	0
Number of respondents		3
Number of respondents who skipped this question		10





74. Indicate how successful reinstating was for you in helping you to become stable so that you could re-taper.	% of Respondents	Number of Respondents
It was successful	0.00%	0
It was neither successful or unsuccessful	66.67%	2
It was unsuccessful	33.33%	1
Number of respondents		3
Number of respondents who skipped this question		10





Page 11. About Updosing

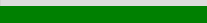


75. At any point during your withdrawal did you updose on the amount you were taking in order to restabilize before you continued your taper?	% of Respondents	Number of Respondents
Yes	30.77%	4
No	69.23%	9
Number of respondents		13
Number of respondents who skipped this question		0





76. Indicate how successful up dosing was for you as a way to become more stable.	% of Respondents	Number of Respondents
It was successful	20.00%	1
It was neither successful more unsuccessful	40.00%	2
It was unsuccessful	40.00%	2
Number of respondents		5
Number of respondents who skipped this question		8



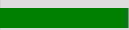

Page 12. Symptoms existing at 12 months off

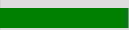
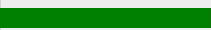
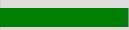

77. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.08%	3
They were mild 	30.77%	4
They were moderate 	38.46%	5
They were severe 	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		0


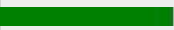
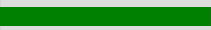

78. DERMATOLOGICAL: Allergic reactions, Chemical sensitivities, Dry, itchy skin, Dry throat, sore tongue, and thrush, Formications (sensation of crawling on skin), Glassy eyes, Hair loss, Leukonychea (whitening of nails), Nosebleeds, Oedema, Paraesthesiae (numbness, tingling), Perspiring, night sweats, Rashes, blotches	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.08%	3
They were mild 	30.77%	4
They were moderate 	38.46%	5
They were severe 	7.69%	1
Number of respondents		13
Number of respondents who skipped this question		0


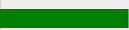
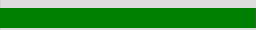
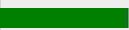
79. GASTROINTESTINAL: Bladder incontinence, Constipation (sometimes alternating with diarrhoea), Diarrhoea, Dyspepsia (indigestion), Gastritis, Heartburn, Nausea, Oesophagitis, Stomach cramps	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.46%	5
They were mild 	23.08%	3
They were moderate 	38.46%	5
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0




80. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	7.69%	1
They were mild 	30.77%	4
They were moderate 	15.38%	2
They were severe 	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		0











81. NEUROLOGICAL: Blurred vision, seeing spots, flashes, vivid vision, Bruxism (teeth grinding), Dysphagia (difficulty eating or swallowing), Dizziness, Electric shock feelings, Fatigue, leaden heaviness, Hypersensitivity to light, sound, and other stimuli, Neurological problems (e.g. topical anesthesia), Severe muscle rigidity, Speech difficulties, Thirst, Tinnitus (ear buzzing, popping, ringing, hissing), Tiny pupils, Tremor, Vertigo	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	15.38%	2
They were mild 	15.38%	2
They were moderate 	23.08%	3
They were severe 	46.15%	6
Number of respondents		13
Number of respondents who skipped this question		0

82. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence)	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	23.08%	3
They were mild 	38.46%	5
They were moderate 	23.08%	3
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0

83. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	15.38%	2
They were mild 	30.77%	4
They were moderate 	38.46%	5
They were severe 	15.38%	2
Number of respondents		13
Number of respondents who skipped this question		0

84. PSYCHIATRIC: Apathy, Anxiety, Delirium, Depersonalisation, Depression, Derealisation, Distortions or hallucinations, Dysphoria (inability to feel pleasure or happiness), Fear, Hyperventilation, Hyperreflexia (jumpiness), Hypnologic hallucinations (sleepwalking), Lack of concentration, Nightmares, Obsessions, Paranoia, Phobias (hydrophobia, agoraphobia, monophobia, acrophobia, anthropophobia and others) Rapid mood changes, Suicidal thoughts, Short-term memory impairment	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	7.69%	1
They were mild 	23.08%	3
They were moderate 	46.15%	6
They were severe 	23.08%	3
Number of respondents		13
Number of respondents who skipped this question		0

85. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis	% of Respondents	Number of Respondents
I was not experiencing these symptoms 	38.46%	5
They were mild 	23.08%	3
They were moderate 	38.46%	5
They were severe	0.00%	0
Number of respondents		13
Number of respondents who skipped this question		0

86. What activities were you able to participate in with ease 12 months after you stopped taking benzodiazepines?	% of Respondents	Number of Respondents
Self care - showering, dressing 	18.64%	11
Cooking 	11.86%	7
Housework and home care 	10.17%	6
Shopping 	11.86%	7
Socializing 	10.17%	6
Driving 	6.78%	4
Working 	8.47%	5
Exercise 	6.78%	4
Intellectual 	11.86%	7
None of the above 	3.39%	2
Number of respondents		13
Number of respondents who skipped this question		0