

Page 2. Benzodiazepine Survey One - Getting Ready to Withdraw or Currently Withdrawing

| 1. What benzodiazepines or Z-drugs were you taking at the time you decided to withdraw? | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| alprazolam (Xanax) | 20.45% | 27 |
| bromazepam (Lexotan, Lexomil) | 1.52% | 2 |
| chlordiazepoxide (Librium, Nova-Pam) | 1.52% | 2 |
| clonazepam (Klonopin, Rivotril) | 43.94% | 58 |
| clorazepate (Tranxene) | 0.00% | 0 |
| diazepam (Valium, D-Pam, Pro-Pam) | 4.55% | 6 |
| estazolam (ProSom) | 0.00% | 0 |
| flunitrazepam (Rohypnol) | 0.00% | 0 |
| flurazepam (Dalmene) | 0.00% | 0 |
| halazepam (Paxipam) | 0.00% | 0 |
| ketazolam (Anxon) | 0.00% | 0 |
| loprazolam (Dormonoct) | 0.00% | 0 |
| lorazepam (Ativan) | 15.91% | 21 |
| 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) | 0.76% | 1 |
| quazepam (Doral) | 0.00% | 0 |
| temazepam (Restoril, Euhypnos, Normison, Sompam) | 2.27% | 3 |
| triazolam (Halcion, Hypam, Tricam) | 0.76% | 1 |
| Zaleplon (Sonata) | 0.76% | 1 |
| Zolpidem (Ambien, Stilnoct, Stilnox) | 4.55% | 6 |
| Zopiclone (Zimovane, Imovane) | 0.00% | 0 |
| Eszopiclone (Lunesta) | 0.00% | 0 |
| Details Other (Specify) | 3.03% | 4 |
| Number of respondents | | 101 |
| 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 | | 4.95% | 5 |
| 3 - 6 months | | 3.96% | 4 |
| 6 - 9 months | | 4.95% | 5 |
| 9 - 12 months | | 6.93% | 7 |
| 1 - 2 years | | 14.85% | 15 |
| 2 - 3 years | | 4.95% | 5 |
| 3 - 4 years | | 5.94% | 6 |
| 4 - 5 years | | 8.91% | 9 |
| 5 -10 years | | 20.79% | 21 |
| 10 -15 years | | 16.83% | 17 |
| 15 - 20 years | | 3.96% | 4 |
| over 20 years | | 2.97% | 3 |
| | | Number of respondents | 101 |
| | | 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 | 85 |
| | | Number of respondents who skipped this question |
| | | 16 |





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.

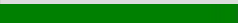

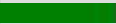

| | | |
|-------------------------|------------------------------|--|
| Details | Number of Respondents | 22 |
| | | Number of respondents who skipped this question |
| | | 79 |

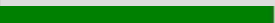



| 5. Why were you prescribed benzodiazepines or Z-drugs? | | % of Respondents | Number of Respondents |
|---|-----------------|--|-----------------------|
| Anxiolytic (tending to reduce anxiety/produce relaxation) | | 55.80% | 77 |
| Hypnotic (tending to make you sleepy) | | 18.84% | 26 |
| Anti-seizure (tending to reduce the probability of having seizures and convulsions) | | 1.45% | 2 |
| Muscle relaxant (tending to reduce muscle tension and associated pain) | | 4.35% | 6 |
| Amnesic (tending to disrupt both long and short term memory) | | 0.00% | 0 |
| Details | Other (Specify) | | 19.57% |
| | | Number of respondents | 101 |
| | | Number of respondents who skipped this question | 0 |

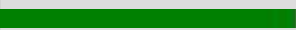



Page 3. Symptoms Prior to starting either benzodiazepines or Z-drugs

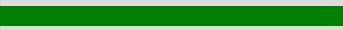



| 6. CARDIOVASCULAR: Fluctuations in blood pressure, Mild hypertension, Shivering, feelings of extreme cold or heat, Heart palpitations | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms  | 52.17% | 48 |
| They were mild  | 19.57% | 18 |
| They were moderate  | 18.48% | 17 |
| They were severe  | 9.78% | 9 |
| Number of respondents | | 92 |
| Number of respondents who skipped this question | | 9 |





| 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, 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  | 60.87% | 56 |
| They were mild  | 22.83% | 21 |
| They were moderate  | 10.87% | 10 |
| They were severe  | 5.43% | 5 |
| Number of respondents | | 92 |
| Number of respondents who skipped this question | | 9 |





| 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  | 43.48% | 40 |
| They were mild  | 20.65% | 19 |
| They were moderate  | 20.65% | 19 |
| They were severe  | 15.22% | 14 |
| Number of respondents | | 92 |
| Number of respondents who skipped this question | | 9 |





| 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  | 48.91% | 45 |
| They were mild  | 13.04% | 12 |
| They were moderate  | 23.91% | 22 |
| They were severe  | 14.13% | 13 |
| Number of respondents | | 92 |
| Number of respondents who skipped this question | | 9 |

| 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  | 53.26% | 49 |
| They were mild  | 17.39% | 16 |
| They were moderate  | 11.96% | 11 |
| They were severe  | 17.39% | 16 |
| Number of respondents | 92 | |
| Number of respondents who skipped this question | 9 | |

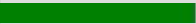



| 11. GENITOURINARY: Impotence, Libido disturbances, Menstrual irregularities, urinary problems (continence or incontinence) Encopresia (faecal incontinence) | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms  | 61.96% | 57 |
| They were mild  | 17.39% | 16 |
| They were moderate  | 14.13% | 13 |
| They were severe  | 6.52% | 6 |
| Number of respondents | 92 | |
| Number of respondents who skipped this question | 9 | |

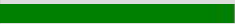



| 12. PARADOXICAL: Agitation, Aggressive behaviour, Anxiety, Breathlessness, Excitability, Fear, Hostility, Hyperactivity, Irrational rage, Insomnia, Nervousness, Nightmares, vivid dreams, Phobias, Restlessness | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| I was not experiencing these symptoms  | 10.87% | 10 |
| They were mild  | 21.74% | 20 |
| They were moderate  | 22.83% | 21 |
| They were severe  | 44.57% | 41 |
| Number of respondents | 92 | |
| Number of respondents who skipped this question | 9 | |





| 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  | 16.30% | 15 |
| They were mild  | 14.13% | 13 |
| They were moderate  | 30.43% | 28 |
| They were severe  | 39.13% | 36 |
| Number of respondents | 92 | |
| Number of respondents who skipped this question | 9 | |





| 14. RESPIRATORY: Breathlessness, Choking, Dry, tickly cough, Dyspnea (breathing difficulty), Hyperventilation (over breathing), Inability to draw satisfying breath, Night apnea, Sinusitis | % of Respondents | Number of Respondents |
|--|------------------|-----------------------|
| I was not experiencing these symptoms  | 60.87% | 56 |
| They were mild  | 15.22% | 14 |
| They were moderate  | 16.30% | 15 |
| They were severe  | 7.61% | 7 |
| Number of respondents | | 92 |
| Number of respondents who skipped this question | | 9 |



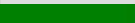

Page 4. Symptoms at the time you decided to start withdrawing from either benzodiazepines or Z-drugs





| 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  | 35.29% | 30 |
| They were mild  | 21.18% | 18 |
| They were moderate  | 31.76% | 27 |
| They were severe  | 11.76% | 10 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |





| 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  | 42.35% | 36 |
| They were mild  | 27.06% | 23 |
| They were moderate  | 22.35% | 19 |
| They were severe  | 8.24% | 7 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |





| 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  | 28.24% | 24 |
| They were mild  | 24.71% | 21 |
| They were moderate  | 25.88% | 22 |
| They were severe  | 21.18% | 18 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |

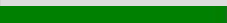



| 18. MUSCULOSKELETAL: Aching joints, Blepharospasm (eye twitches) Formication (sensations of bugs crawling on skin, Gait disturbance, Jaw, tooth, neck and shoulder pain, Muscle wasting, Muscle spasms, Rapid weight loss, Severe headaches, Severe muscle rigidity, Tremor or feeling of inner vibration) | % of Respondents | Number of Respondents |
|---|------------------|-----------------------|
| I was not experiencing these symptoms  | 23.53% | 20 |
| They were mild  | 22.35% | 19 |
| They were moderate  | 34.12% | 29 |
| They were severe  | 20.00% | 17 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |

| 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  | 27.06% | 23 |
| They were mild  | 27.06% | 23 |
| They were moderate  | 24.71% | 21 |
| They were severe  | 21.18% | 18 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |










| 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  | 42.35% | 36 |
| They were mild  | 23.53% | 20 |
| They were moderate  | 22.35% | 19 |
| They were severe  | 11.76% | 10 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |

| 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  | 12.94% | 11 |
| They were mild  | 21.18% | 18 |
| They were moderate  | 22.35% | 19 |
| They were severe  | 43.53% | 37 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |

| 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  | 3.53% | 3 |
| They were mild  | 25.88% | 22 |
| They were moderate  | 31.76% | 27 |
| They were severe  | 38.82% | 33 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |







| 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  | 41.18% | 35 |
| They were mild  | 29.41% | 25 |
| They were moderate  | 22.35% | 19 |
| They were severe  | 7.06% | 6 |
| Number of respondents | | 85 |
| Number of respondents who skipped this question | | 16 |

Page 5. 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  | 12.90% | 76 |
| Cooking  | 11.21% | 66 |
| Housework and home care  | 12.05% | 71 |
| Shopping  | 11.38% | 67 |
| Socializing  | 8.83% | 52 |
| Driving  | 11.04% | 65 |
| Working  | 11.04% | 65 |
| Exercise  | 10.19% | 60 |
| Intellectual  | 11.38% | 67 |
| None of the above | 0.00% | 0 |
| Number of respondents | | 83 |
| Number of respondents who skipped this question | | 18 |

| 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  | 16.46% | 52 |
| Cooking  | 11.71% | 37 |
| Housework and home care  | 10.13% | 32 |
| Shopping  | 9.81% | 31 |
| Socializing  | 6.65% | 21 |
| Driving  | 11.39% | 36 |
| Working  | 8.23% | 26 |
| Exercise  | 9.18% | 29 |
| Intellectual  | 9.18% | 29 |
| None of the Above  | 7.28% | 23 |
| Number of respondents | | 83 |
| Number of respondents who skipped this question | | 18 |

Page 6. 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  | 8.24% | 7 |
| Antiseizure medication  | 4.71% | 4 |
| Antipsychotic medication  | 7.06% | 6 |
| Antidepressant medication  | 34.12% | 29 |
| Prescription Sleep Aids  | 10.59% | 9 |
| Details Other (Specify)  | 35.29% | 30 |
| Number of respondents | | 63 |
| Number of respondents who skipped this question | | 38 |

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 | 53 |
| Number of respondents who skipped this question | | 48 |

| 28. Why did you decide to come off benzodiazepines? | | % of Respondents | Number of Respondents |
|--|--|--|-----------------------|
| I no longer needed them | | 3.77% | 6 |
| They stopped working | | 13.21% | 21 |
| There were too many side effects | | 17.61% | 28 |
| Didn't wish to rely on drugs anymore | | 32.70% | 52 |
| Doctor would no longer prescribe them | | 4.40% | 7 |
| They were making me sick | | 8.18% | 13 |
| I could no longer afford the drugs - my insurance ran out | | 1.89% | 3 |
| Details Other (Specify) | | 18.24% | 29 |
| | | Number of respondents | 80 |
| | | Number of respondents who skipped this question | 21 |
| 29. How many unsuccessful attempts have you made to get off benzodiazepines? | | % of Respondents | Number of Respondents |
| This is my first time | | 47.50% | 38 |
| One previous attempt | | 20.00% | 16 |
| Two previous attempts | | 18.75% | 15 |
| Three previous attempts | | 6.25% | 5 |
| More than three previous attempts | | 7.50% | 6 |
| | | Number of respondents | 80 |
| | | Number of respondents who skipped this question | 21 |
| 30. How old are you? | | % of Respondents | Number of Respondents |
| under 20 | | 3.75% | 3 |
| 20 - 29 | | 15.00% | 12 |
| 30 - 39 | | 27.50% | 22 |
| 40 - 49 | | 16.25% | 13 |
| 50 - 59 | | 30.00% | 24 |
| 60 - 69 | | 7.50% | 6 |
| 70 - 79 | | 0.00% | 0 |
| 80 and over | | 0.00% | 0 |
| | | Number of respondents | 80 |
| | | Number of respondents who skipped this question | 21 |
| 31. Indicate your gender. | | % of Respondents | Number of Respondents |
| Male | | 30.00% | 24 |
| Female | | 70.00% | 56 |
| | | Number of respondents | 80 |
| | | Number of respondents who skipped this question | 21 |

