Benzodiazepine Support Survey

Please answer part A if you are a physician and Part B if you are presently taking or have successfully tapered a Benzodiazepine Medication.

Part A: Physicians only:

Average Length of time that you prescribe Benzodiazepine medication?
2 weeks_____
4 to 6 weeks_____ 
3 to 6 months_____
A year or longer_____

Average length of taper that you recommend?
2 weeks_____ 
1 to 3 months_____
6 months_____ 
1 year or longer_____ 

What is the method that you use to help patients when tapering a benzo?
Ashton method (valium taper)_____
Add another medication_____
6 week taper (cutting pills)_____
Other: please describe_________

Reason for prescribing Benzodiazepine medication?
Anxiety_____
Illness (type)_________
Insomnia_____
Menopause_____
Depression_____

Would you refer a patient who is tapering to some type of benzo support program if available?
Yes_____
No_____

What type of support do you feel would work best?
Online group_____
Telephone support_____
Support group_____
Other (describe)_________

Part B: Please fill out if you have been prescribed a benzodiazepine medication:

Length of time that Benzodiazepine was prescribed:
2 weeks to 1 month_______
3 to 6 months ________
6 months to 1 year____
1 year or longer_______

Did the person that prescribed benzodiazepine medication inform you that you may
Become physically dependent on these medications?

Yes______
No_______

Reason that this medication was prescribed?
Anxiety____
Illness (describe)____
Insomnia____
Menopause____
Other (describe)______

What method have you used to taper benzodiazepine medication?
Switched to long acting benzo like valium_______
Cutting pills_______
Used liquid benzodiazepine________
Other medications added________
Detox facility________

Are you aware of online support groups?

Yes______
No_______

What type of support would work best for you while withdrawing
From benzodiazepine medication?

Online support group____
Support group in Maine____
Telephone support_______
Other________

Would you even be interested in joining a Benzo support group if it were
Available in Maine?

Yes____
No______