

Benzodiazepine Dependence Self-Report Questionnaire (Short Version)

Name of respondent:	Sex: M / F	Age (years):	Benzodiazepines:
---------------------	------------	--------------	------------------

INSTRUCTION: The statements in this questionnaire are only about the sleeping tablets and tranquillisers which are indicated to you. Please judge the statements as they have applied to you yourself over the past six months and draw a circle around the most appropriate answer

Statement	that is absolutely <u>untrue</u> for me	that is <u>untrue</u> for me	that is partly true, partly untrue for me	that is true for me	that is absolutely true for me
1. I take another dose of medication on time, because otherwise I would suffer complaints	1	2	3	4	5
2. I get nervous if my medication is out of reach	1	2	3	4	5
3. other people have urged me to use less medication	1	2	3	4	5
4. I take more medication than is written on the label	1	2	3	4	5
5. I feel safe when I have my medication with me	1	2	3	4	5
6. at present, the medication is less effective than it used to be	1	2	3	4	5
7. my medication is gone too quickly	1	2	3	4	5
8. the medication is getting me into trouble	1	2	3	4	5
9. I alter what is written on the prescription	1	2	3	4	5
10. I have been thinking about giving up the medication	1	2	3	4	5
11. just before I take my medication, that is the only thing I can think about	1	2	3	4	5
12. I spend a great deal of time thinking about medication	1	2	3	4	5
13. I think the medication is destroying my life	1	2	3	4	5
14. I go and get a new prescription before the appointed time	1	2	3	4	5
15. I take a lot of medication in one go	1	2	3	4	5

If you have never considered trying to cut down on your medication use or stopping, you are not required to answer any of the questions below and you have finished the questionnaire.

Please read on if you have ever tried to use less or stop!

Using fewer sleeping tablets or tranquillisers can lead to complaints. Below a list of examples of these complaints is given. Please indicate *the extent* to which you were troubled *by each of the complaints the last time* you tried to use less or stop *by drawing a circle around the most appropriate answer*.

Complaint	none or hardly any trouble	slight trouble	quite a lot of trouble	a great deal of trouble	a very great deal of trouble
16. feeling depressed	1	2	3	4	5
17. tiredness	1	2	3	4	5
18. shaking	1	2	3	4	5
19. irritability	1	2	3	4	5
20. restlessness	1	2	3	4	5

Computation sum scores of the Bendep-SRQ Rasch-scales:

Convert the raw scores into dichotomized scores*: ● 1 and 2 → 0; ● 3, 4 and 5 → 1

Problematic Use	3	6	8	10	13	Sum Score	<u>Rasch-norms:</u>
Raw score							0= very low; 1= moderate; 2= high;
Dichotomized score							3, 4 and 5= very high
Preoccupation	1	2	5	11	12		
Raw score							0= very low; 1= low; 2= moderate;
Dichotomized score							3= high; 4 and 5= very high
Lack of Compliance	4	7	9	14	15		
Raw score							0= low; 1= high;
Dichotomized score							2, 3, 4 and 5= very high
Withdrawal	16	17	18	19	20		
Raw score							0= very low; 1= low; 2= moderate;
Dichotomized score							3 and 4= high; 5= very high

