

## Benzodiazepine Withdrawal Symptom Questionnaire

Each moderate score is given a rating of 1 and each severe score a rating of 2.

The maximum score possible is 40, unless of course additional symptoms are included.

Note also whether the symptoms occurred when the tablets were reduced or stopped, or if the symptoms occurred when the tablets were the same.

	No	Yes - moderate	Yes - severe
Feeling unreal	0	1	2
Very sensitive to noise	0	1	2
Very sensitive to light	0	1	2
Very sensitive to smell	0	1	2
Very sensitive to touch	0	1	2
Peculiar taste in mouth	0	1	2
Pains in muscles	0	1	2
Muscle twitching	0	1	2
Pins and needles	0	1	2
Dizziness	0	1	2
Feeling faint	0	1	2
Feeling sick	0	1	2
Feeling depressed	0	1	2
Sore eyes	0	1	2
Feeling of things moving when they are still	0	1	2
Seeing or hearing things that are not really there (hallucinations)	0	1	2
Unable to control your movements	0	1	2
Loss of memory	0	1	2
Loss of appetite	0	1	2

Any new symptoms (describe each below)

- 1.
- 2.
- 3.
- 4.

If the individual attains an overall score above 20 seek specialist medical help.

If the individual endorses a number of severe symptoms seek specialist medical help.

If the individual reports a number of new symptoms seek specialist medical help.

Source: Tyrer P, Murphy S, Riley P (1990). 'The benzodiazepine withdrawal symptom questionnaire'. *Journal of Affective Disorders*, 19(1): 53-61.