

Benzodiazepines are medicines used as sleeping pills and calming agents.

What medicines are benzodiazepines*?

Benzodiazepines used to treat anxiety

- Alprazolam (Xanax® and generic equivalents)
- Bromazepam (Lexotan® and generic equivalents)
- Dipotassium Clorazepate (Tranxene®)
- Diazepam (Valium® and generic equivalents)
- Prazepam (Lysanxia® and generic equivalents)

Benzodiazepines used in sleep disorders

- Lormetazepam (Loramet® and generics equivalents)
- Nitrazepam (Mogadon®)

Other medicines related to benzodiazepines

- Zolpidem (Stilnoct® and generics equivalents)
- Zopiclone (Imovane® and generics equivalents)

*non-exhaustive list

Do you want to reduce or stop a sleeping tablet or an anti-anxiety medicine? Solutions are available.

Make an appointment with your doctor.



**SAFE AND APPROPRIATE
USE OF SLEEPING TABLETS
AND ANTI-ANXIETY
MEDICINES**

**Could you be dependent
and not realise it?**

Take the self-assessment test (ECAB)



For more information on this subject:



<https://gd.lu/2MSvkK>

SanteSecu.lu

With the support of:



LE GOUVERNEMENT
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ECAB¹

Echelle Cognitive d'Attachement aux Benzodiazépines

1. **Wherever I go, I need to have this medicine with me:**

- ☐ True (1)
☐ False (0)

2. **For me, this medicine is like a 'drug':**

- ☐ True (1)
☐ False (0)

3. **I often think that I will never be able to stop this medicine:**

- ☐ True (1)
☐ False (0)

4. **I avoid telling my loved ones that I am taking this medicine:**

- ☐ True (1)
☐ False (0)

5. **I feel like I'm taking far too much of this medicine:**

- ☐ True (1)
☐ False (0)

6. **I am sometimes afraid of missing this medicine:**

- ☐ True (1)
☐ False (0)

7. **When I stop this medicine, I don't feel well:**

- ☐ True (1)
☐ False (0)

These questions relate to some ideas you may have about the **sleeping tablets** and/or **anti-anxiety medicine** you may take.



8. **I am taking this medicine because I can no longer do without it:**

- ☐ True (1)
☐ False (0)

9. **I take this medicine because I go wrong when I stop:**

- ☐ True (1)
☐ False (0)

10. **I take this medicine only when I feel the need:**

- ☐ True (0)
☐ False (1)

Assign 1 point in case of "true" answer except question 10 = 1 point in case of "false" answer and make the total of points.

INTERPRETATION:

Your total score is less than 6: You seem to be managing your sleeping tablets and/or anti-anxiety medicine (such as benzodiazepines or related medicines) well. However, you may want to consider a gradual decrease in your use with your doctor.

Your total score is greater than or equal to 6: You may be too reliant on your sleeping pills and/or anti-anxiety medicine (such as benzodiazepines or related medicines). This can lead to dependence, which can have a negative impact on daily life and wellbeing. Talk to your doctor, who can help you to gradually reduce or stop the medicine in a safe way.

1. Benzodiazepine Attachment Cognitive Scale

https://www.has-sante.fr/upload/docs/application/pdf/2015-06/fm_-_echelle_ecab.pdf

Pelissolo A, Naja WJ. Assessment of BZD dependence using a cognitive scale. Synapse 1996;131:37-40

Interpretation