Misuse of benzodiazepines and Z-drugs in the UK

V. Kapil, J. L. Green, C. Le Lait, D. M. Wood and P. I. Dargan

Summary
Benzodiazepines and Z-drugs are commonly prescribed for insomnia and anxiety syndromes and there is increasing concern regarding their misuse. Using an internet-based questionnaire we found that of 1500 respondents 7.7% (n = 116) had misused one or more of these medications. Almost 15% of those misusing at least one of these drugs did so once weekly or more often. The main reasons reported for their use were to help sleep (66.4%), to cope with stress (37.1%) and/or to get high (31.0%). A total of 31% obtained the medications from multiple sources; healthcare professionals (55.2%) and friends/family (39.7%) most commonly. Our study can be used to inform prevention measures for their misuse.

Declaration of interest
None.

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Short report

Benzodiazepines are hypnotic drugs that enhance the activity of gamma-aminobutyric acid (GABA) at the GABA-A receptor. In the UK, they are classified as Class C drugs under the Misuse of Drugs Act, 1971. Zolpidem, zopiclone and zaleplon are non-benzodiazepine hypnotics that share a similar mode of action but are chemically distinct; they are more commonly known as Z-drugs. Currently in the UK, only zolpidem is controlled as Class C under the Misuse of Drugs Act, 1971 (although recently the UK Advisory Council for the Misuse of Drugs has recommended to the Home Secretary that Z-drugs should also be controlled). Both benzodiazepines and Z-drugs are cautiously recommended as short-term treatments for insomnia and anxiety.1-2 Concerns regarding the addictive potential of these drugs have been highlighted for many years3,4 and the problems and sequelae of chronic, licit use of these drugs have been extensively reviewed elsewhere,5 including frequent implications in substance-misuse-related deaths in the UK.6 However, the prevalence of misuse of these drugs and the sources and/or reasons for their misuse in the general population is currently unknown.7 It is crucial to determine these issues in order that suitable interventions and public health campaigns can be formulated to tackle any problem identified effectively. In this study, we determined the epidemiology of misuse of these drugs through the use of an internet-based survey8 of the general UK population.

Method

The online questionnaire was completed by 1500 respondents, 737 males (49.1%) and 763 females (50.9%). The proportion of individuals in predetermined age ranges were: 9.1% (16–20 years), 40.5% (21–39 years), 21.1% (40–49 years) and 29.3% (50–59 years). The online questionnaire was completed by 1500 respondents, 737 males (49.1%) and 763 females (50.9%). The proportion of individuals in predetermined age ranges were: 9.1% (16–20 years), 40.5% (21–39 years), 21.1% (40–49 years) and 29.3% (50–59 years). Males (49.1%) and 763 females (50.9%). The proportion of individuals in predetermined age ranges were: 9.1% (16–20 years), 40.5% (21–39 years), 21.1% (40–49 years) and 29.3% (50–59 years). The proportion of females (50.9%)

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Respondents often gave multiple reasons for misuse of benzodiazepines and Z-drugs. The most frequently given reason for misuse was to help sleep (n = 77, 66.4%). Similar proportions of respondents indicated that they took them to cope with stress (n = 43, 37.1%), to get high (n = 36, 31.0%) or for social reasons (n = 28, 24.1%). Smaller numbers of respondents misused at least one benzodiazepine or Z-drug out of curiosity (n = 15, 12.9%), to help come down from other drugs (n = 12, 10.3%) or because they felt that taking these drugs was safer than taking street/illegal drugs (n = 12, 10.3%).

Most (n = 80, 69.0%) respondents obtained the medication for misuse from a single source, but 36 (31%) respondents obtained the medication for misuse from multiple sources (range 1–5). The most common source for benzodiazepines and Z-drugs for misuse was a prescription from a health professional (n = 64, 55.2%). Other sources included: friends and/or family (n = 46, 39.7%); bought from the internet (n = 31, 26.7%); street dealers (n = 23, 19.8%); and obtained from abroad (13, 11.2%).

Discussion

This study, to our knowledge, is the first UK study to estimate the prevalence of misuse of hypnotic medications. Our questionnaire cohort had a similar lifetime prevalence of use of classical recreational drugs to the overall UK population as surveyed through the Crime Survey for England and Wales. This suggests that our survey population is comparable with and representative of the general population in respect to their classical recreational drug use. Our results suggest that there is appreciable misuse of benzodiazepines and Z-drugs in the UK, with approximately 7.7% of respondents self-reporting misuse of any of these medications. This finding is consistent with similar results from data calculated from the National Comorbidity Study in the USA, which estimated life-time prevalence of misuse of sedative drugs of 7.1% among adults. In our survey, the majority of misuse appears to be from legitimately prescribed medication from health professionals, which has important implications for future strategies to reduce access to these medications. More awareness of this problem at physician and pharmacy levels, coupled with training and strategies to uncover medication misuse (such as pill counting) are clearly urgently needed.

Use of similar surveys such as these can be used to determine estimates of use or misuse of medications at a general population level and within population subgroups to help regulatory agencies appreciate the epidemiology of substance misuse. This would allow decisions regarding whether further control and/or monitoring on both the prescription and supply of the medications from health professionals and from other illicit sources, and also on the overall use of these medications, is required. In addition, further work is needed to understand the reasons for misuse of these medications, to enable appropriately targeted harm-minimisation activities through appropriate multi-agency responses.

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References

Internet-based survey for benzodiazepine, Z-drug and recreational drug use and/or misuse
(XX represents each drug surveyed)

Question 1 – Are you?
1. Male
2. Female

Question 2 – Which of the following age bands do you fall into?
1. 15 and under
2. 16–20
3. 21–39
4. 40–49
5. 50–59
6. 60 and over

Question 3 – Have you ever used the following medication – XX
1. No
2. Yes

Question 4 – Please tell us what your reasons for taking this medication are.
1. It is prescribed to me by a medical practitioner (GP/hospital doctor) for a medical condition and I take it ONLY as directed
2. I sometimes use it for a medical condition but I use it for other reasons as well
3. I take it for enjoyment/to get high
4. I take it for social reasons/to fit in
5. I take it to help me sleep
6. I take it to help me cope with stress
7. I take it out of curiosity
8. I take it because it is safer than street/illegal drugs
9. I take it to help me ‘come down’/counteract the effects of other drugs
10. Other

Question 5 – Which statement most closely describes how often you use this medication for non-medical reasons?
1. I have taken it once or twice in my lifetime
2. I take this medication occasionally
3. I take this medication once a month
4. I take this medication several times a month
5. I take this medication weekly
6. I take this medication several times a week
7. I take this medication daily
8. I take this medication more than once a day

Question 6 – Which statement most closely describes how you obtain this medication?
1. I am prescribed it by a medical practitioner (GP/hospital doctor)
2. I get it from friends or family members
3. I buy it from a street dealer
4. I buy it on the internet from an online pharmacy
5. I buy it on the internet from a online, non-pharmacy website
6. I buy it abroad
7. Other
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