

Data supplement Benzodiazepine abstinence rates based on prescription record data and assessment of self-reported benzodiazepine usage at the baseline, end of treatment and 15-month follow-up

Condition	Abstinence according to benzodiazepine prescription data					Self-reported benzodiazepine usage		
	Months 1–3 (n=170)	Months 4–6 (n=170)	Months 7–9 (n=170)	Months 10–12 (n=170)	Months 13–15 (n=170)	Baseline (n=180)	End of treatment (n=141)	Follow-up (n=143)
Tapering off+CBT								
Point prevalence (%)	30/68 (44%)*†	27/68 (40%)	26/68 (38%)*†	31/68 (46%)*	29/68 (43%)	0/73 (0%)	33/57 (58%)*	30/58 (52%)
Longitudinal abstinence rate (%)	30/68 (44%)*†	25/68 (37%)	22/68 (32%)	21/68 (31%)	20/68 (29%)			
Tapering off alone								
Point prevalence (%)	43/69 (63%)*	38/69 (55%)*	38/69 (55%)*	33/69 (48%)*	34/69 (49%)	0/73 (0%)	37/60 (62%)*	37/59 (63%)
Longitudinal abstinence rate (%)	43/69 (61%)*	35/69 (51%)*	29/69 (42%)*	25/69 (36%)*	25/69 (36%)*			
Usual care								
Point prevalence (%)	7/33 (21%)	7/33 (21%)	7/33 (21%)	8/33 (24%)	10/33 (30%)	0/34 (0%)	5/24 (21%)	11/26 (42%)
Longitudinal abstinence rate (%)	7/33 (21%)	6/33 (18%)	5/33 (15%)	5/33 (15%)	5/33 (15%)			

CBT, cognitive–behavioural therapy.

* $P < 0.05$ v. usual care; † $P < 0.05$ v. tapering off alone.