

55 - References

References

542 The Maudsley® Prescribing Guidelines in Psychiatry CHAPTER 4 ■ ■ Benzodiazepine misuse is frequently seen in multisubstance misuse where opioids may be the primary drug of dependence. ■ ■ Consider cognitive behavioural therapy (CBT) when withdrawing from benzodiazepines. More detailed information on benzodiazepine withdrawal is given in The Maudsley Deprescribing Guidelines.13 References

1. Olfson M, et al. Benzodiazepine use in the United States. *JAMA Psychiatry* 2015; 72:136-142.
2. Milani SA, et al. Trends in the use of benzodiazepines, Z-hypnotics, and serotonergic drugs among US women and men before and during the COVID-19 pandemic. *JAMA Netw Open* 2021; 4:e2131012.
3. Advisory Council on the Misuse of Drugs (ACMD). A review of the evidence of use and harms of novel benzodiazepines. London: Home Office. 2020; https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/881969/ACMD_report_-_a_review_of_the_evidence_of_use_and_harms_of_novel_benzodiazepines.pdf.
4. Manchester KR, et al. The emergence of new psychoactive substance (NPS) benzodiazepines: a review. *Drug Test Anal* 2018; 10:392-393.
5. Sarker A, et al. Evidence of the emergence of illicit benzodiazepines from online drug forums. *Eur J Public Health* 2022; 32:939-941.
6. National Institute for Health and Care Excellence. Medicines associated with dependence or withdrawal symptoms: safe prescribing and withdrawal management for adults. NICE guideline [NG215]. 2022 (last checked April 2024); <https://www.nice.org.uk/guidance/ng215>.
7. Lader M, et al. Withdrawing benzodiazepines in primary care. *CNS Drugs* 2009; 23:19-34.
8. Department of Health. Drug misuse and dependence: UK guidelines on clinical management. London: Department of Health. 2017; https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/673978/clinical_guidelines_2017.pdf.
9. Darker CD, et al. Psychosocial interventions for benzodiazepine harmful use, abuse or dependence. *Cochrane Database Syst Rev* 2015; 5:CD009652.
10. Soni A, et al. Feasibility and effectiveness of deprescribing benzodiazepines and Z-drugs: systematic review and meta-analysis. *Addiction* 2023; 118:7-16.
11. Gould RL, et al. Interventions for reducing benzodiazepine use in older people: meta-analysis of randomised controlled trials. *Br J Psychiatry* 2014; 204:98-107.

12. Baandrup L, et al. Pharmacological interventions for benzodiazepine discontinuation in chronic benzodiazepine users. Cochrane Database Syst Rev 2018; 3:CD011481.
 13. Horowitz M, et al. The Maudsley Deprescribing Guidelines: Antidepressants, Benzodiazepines, Gabapentinoids and Z-drugs. Oxford: Wiley-Blackwell; 2024. Table 4.24
Typical diazepam withdrawal schedule for iatrogenic dependence. Week Dose Baseline 30mg/day Week 2 25mg/day Week 4 20mg/day Week 6 18mg/day Week 8 16mg/day Week 10 14mg/day Week 12 12mg/day Week 14 10mg/day Then reduce by 2mg/day every 2 weeks if tolerated.
-

Revision #1

Created 2026-01-04 20:16:16 UTC by Omar Ayman

Updated 2026-01-04 20:16:16 UTC by Omar Ayman