

## Online supplement

### 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