

Chronification in the use of benzodiazepines: Incidence stratified by sex and age groups

B LONG

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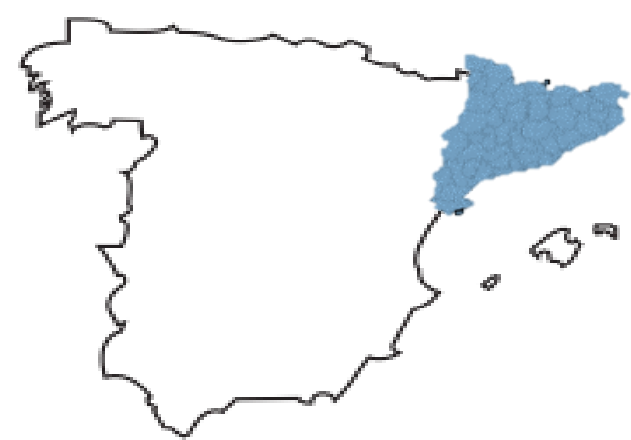
Introduction

Benzodiazepines (BZD) are drugs used for insomnia or anxiety. Their use should not exceed 12 weeks and they should not be used in elderly (>65 years). Despite these recommendations, their use is high in the general population in many countries, including Spain.

Objective

To estimate the proportion of people with a new BZD prescription that become long-users (>3 months or >6 months).

Methods

Institut Català
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Design: Restrospective RWD study using prescription and dispensing data in Catalonia (Spain) – **Project B-Long**

Study period: 07/2021 to 06/2022

Sample: All patients receiving a **new prescription** (12 months without another prescribed or dispensed) of BZD (ATC N05BA, N05CD y N05CF) in Primary Care in Catalonia.

Outcome: Long-user: patients who are still taking BZD at **3 or 6 months** (judged by dispensing registries in the 3 or 6 consecutive months to the new prescription).

Analyses: Stratified by sex and age groups

Conclusions

- ✓ High and extensive use of BZDs.
- ✓ One in every 10 people in Catalonia uses BZD.
- ✓ Women are prescribed BZD more frequently than men.
- ✓ The risk of becoming a long-user increases with age.
- ✓ One in every 4 patients receiving a new prescription of BZD becomes a long-user at 3 months
- ✓ Among people aged over 75 years old, one in every 4 patients becomes long-user at 6 months

Bibliography

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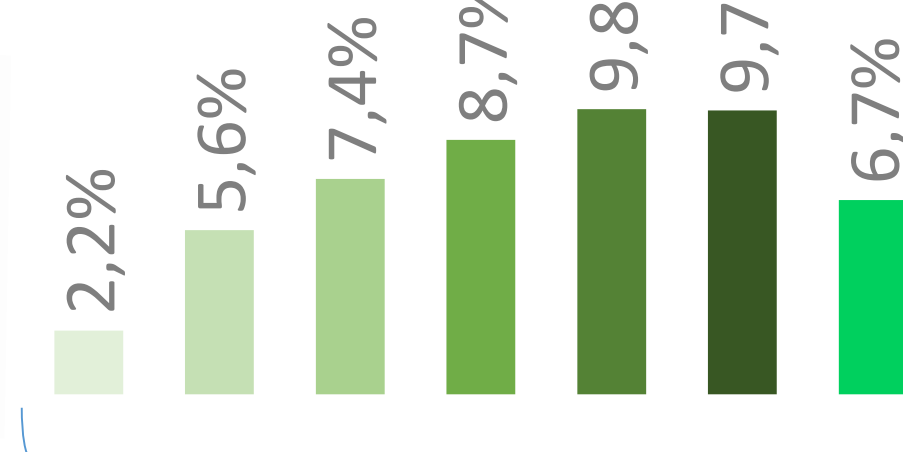
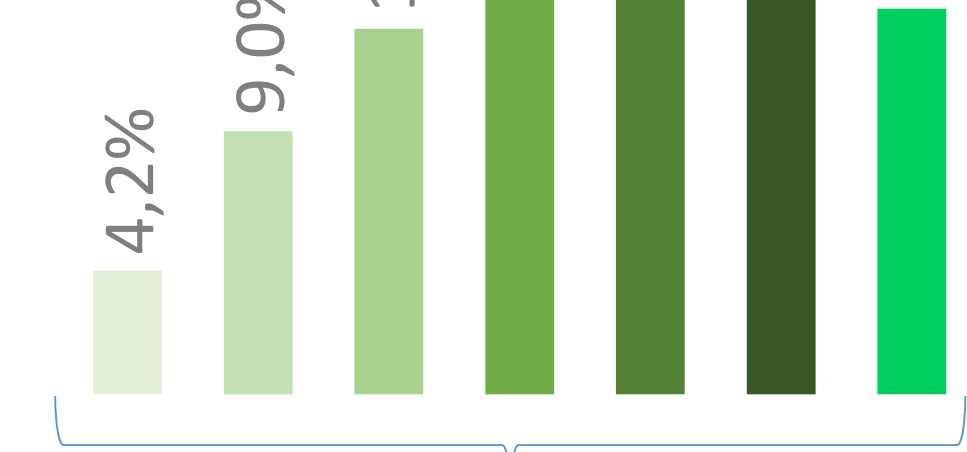
Results



General population:

Prevalence of BZD's prescription **10,6 %**

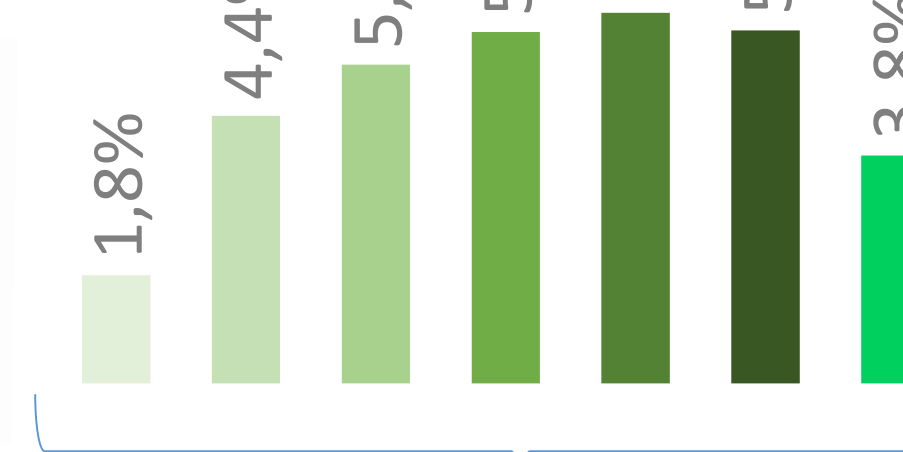
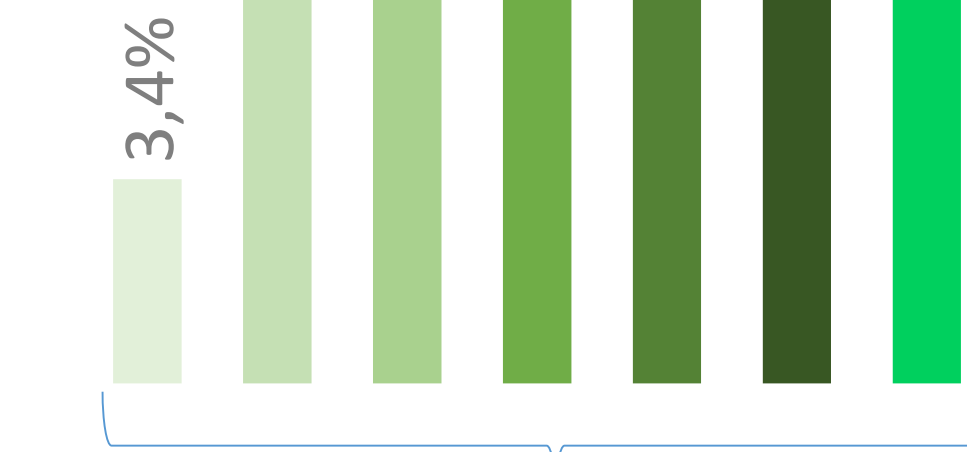
Prevalence of BZD's prescriptions stratified by sex and age

**7.3%****13.8%**

Population with new prescriptions:

Incidence of New BZD's prescription **6,6 %**

Incidence of New BZD's prescriptions stratified by sex and age

**4.8%****8.3%**

Long-users



Global Incidence

1.9 %**1.0 %**Incidence in those with **new prescriptions****27.1 %****14.5 %**Incidence at 3 and 6 months stratified by **sex and age**:

Men 3m
Women 3m
Men 6m
Women 6m

