

Author's Accepted Manuscript

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PII: S0165-1781(17)31267-2
DOI: <https://doi.org/10.1016/j.psychres.2018.02.013>
Reference: PSY11187

To appear in: *Psychiatry Research*

Received date: 9 July 2017
Revised date: 13 January 2018
Accepted date: 2 February 2018

Cite this article as: Luana D. Laurito, Carla P. Loureiro, Rafaela V. Dias, Paula Vigne, Gabriela B. de Menezes, Rafael C. Freire, Ulrich Stangier and Leonardo F. Fontenelle, Predictors of Benzodiazepine Use in a Transdiagnostic Sample of Panic Disorder, Social Anxiety Disorder, and Obsessive-Compulsive Disorder Patients, *Psychiatry Research*, <https://doi.org/10.1016/j.psychres.2018.02.013>

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Predictors of Benzodiazepine Use in a Transdiagnostic Sample of Panic Disorder, Social Anxiety Disorder, and Obsessive-Compulsive Disorder Patients

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ABSTRACT

We investigated the rates of current and past benzodiazepine (BZD) use in a sample of 102 subjects attending specialized anxiety disorder clinics, including panic disorder (PD; N= 36), social anxiety disorder (SAD; N=28) and obsessive-compulsive disorder (OCD; N=38) patients. Almost 56% of the entire sample was using BZDs at the moment of the assessment, and 74.5% described having used them at some point during their lifetimes. The duration of psychiatric treatment and a lifetime history of PD, but not any other “transdiagnostic” measure of severity (such as the Panic and Agoraphobia Scale, the Social Phobia Inventory, the Dimensional Obsessive-Compulsive Scale, the Anxiety Sensitivity Index-36, and the Beck Inventories) were independent risk factors for current prescription of BZDs. Patients who continued to use BZDs differed from patients who stopped them by being older (both currently and when firstly seen in the clinic), by

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