

## CLSA Approved Project

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**Project Title**

Benzodiazepines and adverse outcomes across Canada

**Project Summary**

Benzodiazepines (BZDs) were initially thought to be effective in treating anxiety and insomnia with a lower risk of side effects than barbiturates. Over time, the list of indications increased to include a variety of conditions including PTSD and post-surgery pain. With this increased scope, overprescribing became more common, leading to reporting of adverse events. Previous studies have highlighted the adverse events; however, the magnitude and causality of these adverse events has been disputed. This study will allow us to document current BZD use in Canadians 45 and older, as well as identify associations with a multitude of adverse events.

**Keywords**

benzodiazepines, adverse outcomes, prescribing