

Psychoeducational Protocol for benzodiazepines Withdrawal in Spa Center

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Benzodiazepines are widely used in France: 11.5 million of consumers (22% with 2 benzodiazepines simultaneously), 131 million of boxes of benzodiazepines were sold in 2012.

Annual length of use: anxiolytic 5 months, hypnotic 3.9 months.

Risk of fall, Road accident, risk of Abuse and dependence & possible increase risk of Alzheimer disease.

Using the fact that spa center are an institutional place not as stigmatizing and less regressing than being in hospital and are able to reduce anxiety disorders (STOP TAG study).

Method. Prospective multicenter cohort feasibility study

Judgment criteria: Primary criterion: Percentage of withdrawal (BZD consumption still stopped at 3 and 6 months). Secondary criteria: decrease of BSD at 6, Evolution of anxiety, depressive symptomatology, dependence & quality of sleep

Treatment : SPECTh program. Psycho-educative withdrawal program performed in spa centers. It includes Medical follow-up during spa treatment, Multi-disciplinary management with unity in time and place.

Balneotherapy (18 days with: Bubbling baths, Underwater massages, Spa showers & Pool), Medical follow-up (3 consultations), Psychological follow-up (2 individual interviews), 6 Psycho-educative workshops & 4 Relaxation sessions.

Instruction for rhythm of progressive reduction (25% each week during the 3 week of balneotherapy and 12.5 then 6.5% in the following 4 weeks Withdrawal

Patients. Inclusion criteria Overconsumption of BZD (AMM), Constant Consumption \geq at 3 months, 2 BZD \neq consumed daily, therapeutic stability for at least 3 months, Motivation expressed by patient, Prior failure in attempt to give up BZD, Age : between 18 and 85. Exclusion criteria: Psychopathy, Borderline state, chronic psychosis, Schizophrenia, Alcohol dependence, Regular toxicomania.

Results. 3 pre-enrolled patients did not follow the protocol, 4 patients stopped the protocol during the treatment and were not able to undergo the assessment follow-up, A total of 73 patients were preselected and 70 were included and followed the protocol. 66 patients were assessed at all visits up to 6 months.

Percentage of success at 3 & 6 months, 29/66 (44%).

Improvement of anxiety, depression, sleep & dependence in patients who stopped and in patient who decrease the consumption.

Conclusion. Feasibility of protocol in psychosomatic-orientated spa resort is confirmed