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Universiteit Leiden



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Title: Determinants and consequences of long-term benzodiazepine use

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Stellingen behorend bij dit proefschrift

“Determinants and consequences of long-term benzodiazepine use”.

1. Mentally or physically vulnerable subjects are likely to use benzodiazepines, and those at the highest risk of inappropriate benzodiazepine use are the most vulnerable (i.e. old, severely anxious and physically ill).

This thesis

2. Tolerance to benzodiazepines' effects on the stress system likely develops in chronic users, although minor suppressing effects may remain.

This thesis

3. Moderate to high doses of benzodiazepines prolong reaction times in chronic users.

This thesis

4. Benzodiazepine users with insomnia, antidepressant use and/or alcohol dependence have increased risk to develop benzodiazepine dependence.

This thesis

5. Careful prescription of benzodiazepines doesn't cure, but has a place in the care of vulnerable patients.

This thesis

6. The problem is the difficulty of preventing short-term benzodiazepine use from drifting into long-term use where efficacy is largely unestablished and the range of unwanted effects including dependence remains a major public concern.

Malcom Lader

7. The drug industry, the government, the pharmacist, the tax-payer and the doctor all have vested interests in 'medicalizing' socially determined stress responses.

Malcom Lader

8. General practitioners are considered to be still deviating from expectations of best practice. They, like their patients, are resistant to change about benzodiazepine use.

Anne Rogers

9. Do patients think that benzodiazepine use helps? Yes, the majority of benzodiazepine users is positive about its effectiveness.
Toine Lagro-Janssen
10. Benzodiazepines: too much emotion and not enough science.
Frans Zitman
11. It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.
Agnes Repllier
12. If you treat every situation as a life and death matter, you'll die a lot of times.
Dean Smith
13. The longer I stayed in Germany, the bigger the differences between the two countries became. What we can learn from the Germans is their preciseness, accuracy and technical approach. In turn, they can learn from the Dutch looseness and improvisation talent. The Germans always want to understand every detail, even if they buy a frying pan. It is only a frying pan, but Germans would like to have a technical description.
Hans Klis

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