

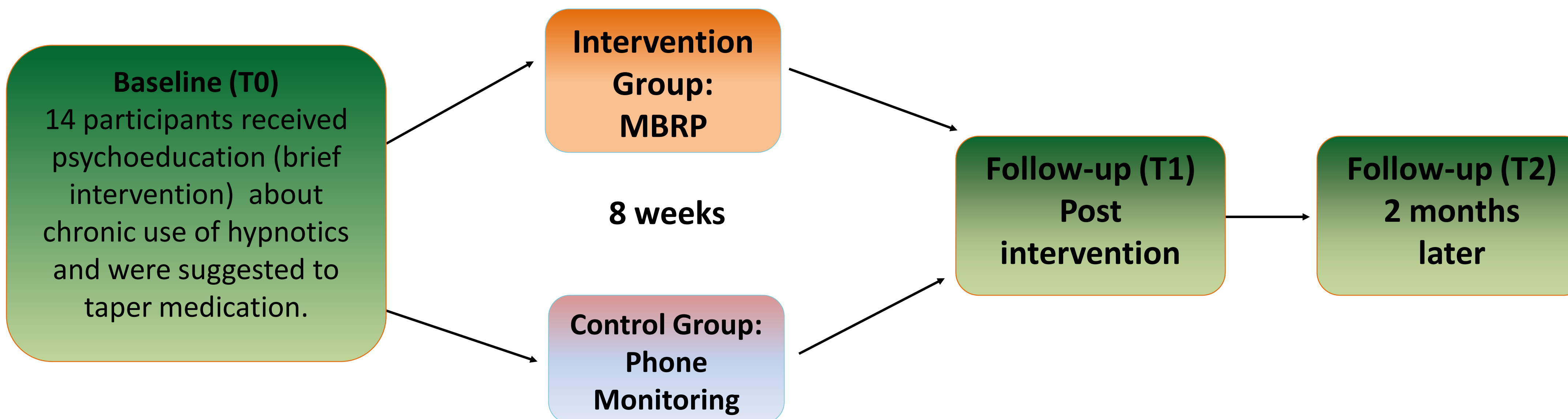
INTRODUCTION

- Benzodiazepines (BZD) are one of the most prescribed psychiatric drugs worldwide and the most prescribed in Brazil, especially for women (Carlini, 2005).
- Chronic use (longer than four weeks) of BZD for the treatment of primary disorders is not recommended and may lead to cognitive and motor impairments and dependence (Dell'osso & Lader, 2013).
- The interruption of the chronic use is considerably difficult because abstinence syndrome may occur (Lader, 2011).
- MBRP is a program that integrates mindfulness practices and relapse prevention components directed to people with addictive behaviors (Penberthy et al., 2015). This program has shown efficacy to substance use disorders (Chiesa & Serretti, 2014) but has never been tested for BZD dependence that is different from other dependences once craving is not present.

OBJECTIVE

To evaluate the effects of MBRP program on the reduction of hypnotics use and the insomnia severity among women under gradual tapering of hypnotics .

METHODS



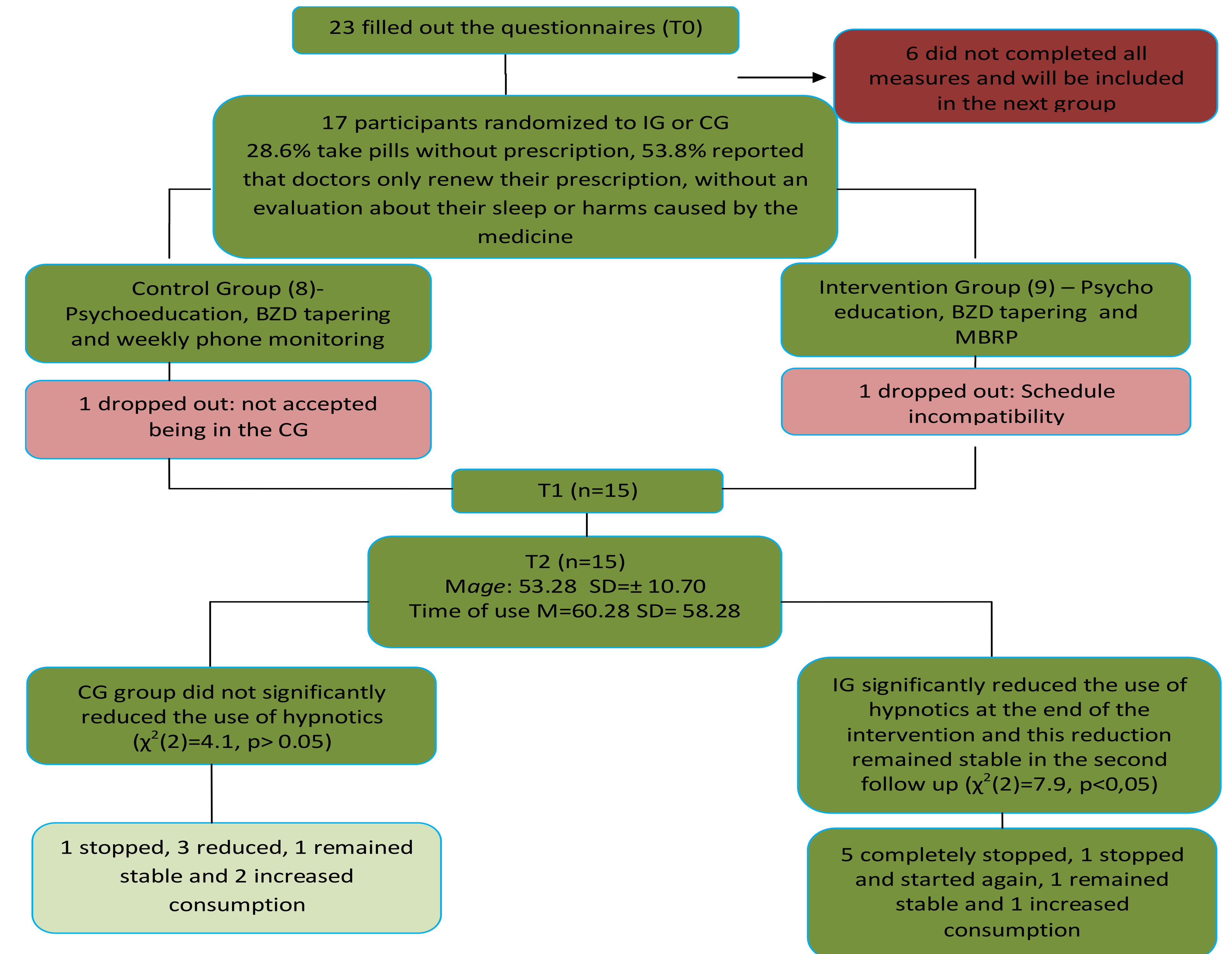
MEASURES:

- Socio-demographics questionnaire;
- Insomnia Severity Index (Bastien., et al, 2001);
- Questionnaire of benzodiazepine use pattern characterization, with data on name and current medication dosage, usage time, frequency of use (number of days per week / number of pills taken per day), age of onset of use and if the medication was prescribed by physicians or not.

DATA ANALYSIS:

- The data were submitted to descriptive and Friedman's Anova.

RESULTS



CONCLUSION

- The program Mindfulness-Based Relapse Prevention (MBRP) seems to be a great option of a non-pharmacological intervention to facilitate the tapering process of chronic use of hypnotics by women.
- Although data are still preliminary and we cannot assess differences between the groups, results of absolute data and the Friedman's Anova are encouraging.
- Future studies should test this hypothesis with bigger samples and include other control variables, that may play an important role in the results.

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