

Supplementary Table 3

Demographics and clinical characteristics of new users of BZD when using different definitions for long-term prescription

	BZD < 6 months (N=81409)		p	BZD < 12 months (N=61857)		p
	BZD < 6 months (N=81409)	BZD ≥ 6 months (N=81409)		BZD < 12 months (N=61857)	BZD ≥ 12 months (N=61857)	
Age (mean, SD)	42.2 (11.9)	41.9 (11.4)	0.01	42.3 (11.7)	42.2 (11.0)	0.83
Sex, male	35731 (49.8)	5821 (60.4)	<0.001	29468 (50.8)	2338 (61.6)	<0.001
Occupational status, employed	46011 (64.1)	6902 (71.6)	<0.001	37458 (64.5)	2735 (72.0)	<0.001
Cancer	7481 (10.4)	1079 (11.2)	0.02	6075 (10.5)	379 (10.0)	0.36
Medical specialty, psychiatry	18922 (26.4)	5401 (56.0)	<0.001	15645 (26.9)	2206 (58.1)	<0.001
Psychiatric diagnosis			<0.001			<0.001
None	30772 (42.9)	1958 (20.3)		24701 (42.5)	709 (18.7)	
Mood disorder (F3)	9839 (13.7)	3211 (33.3)		8385 (14.4)	1338 (35.2)	
Neurotic, stress-related and somatic disorder (F4)	22978 (32.0)	2119 (22.0)		18203 (31.4)	777 (20.5)	
Mood and neurotic disorders (F3 and F4)	6840 (9.5)	2093 (21.7)		5711 (9.8)	857 (22.6)	
Other disorders	1341 (1.9)	258 (2.7)		1061 (1.8)	115 (3.0)	
Multiple BZDs on first prescription	6650 (9.3)	2339 (24.3)	<0.001	5798 (10.0)	1023 (26.9)	<0.001
Type of BZD <sup>a</sup>			<0.001			<0.001
Hypnotic	21290 (29.7)	3550 (36.8)		17411 (30.0)	1428 (37.6)	
Anxiolytic	47097 (65.6)	4707 (48.8)		37659 (64.9)	1754 (46.2)	
Both	3383 (4.7)	1382 (14.3)		2991 (5.2)	614 (16.2)	
Administration instructions <sup>a</sup>			<0.001			<0.001
As needed	19365 (27.0)	1481 (15.4)		15277 (26.3)	543 (14.3)	
Regular prescription: 1 week (1-7 days)	21902 (30.5)	3296 (34.2)		17699 (30.5)	1347 (35.5)	
Regular prescription: 2 weeks (8-14 days)	21089 (29.4)	3493 (36.2)		17285 (29.8)	1360 (35.8)	
Regular prescription: more than 2 weeks (≥ 15 days)	9414 (13.1)	1369 (14.2)		7800 (13.4)	546 (14.4)	
Half-life of BZD <sup>a</sup>			<0.001			<0.001
Short (< 12 h)	48097 (67.0)	5655 (58.7)		38801 (66.8)	2207 (58.1)	
Medium (12-24 h)	11210 (15.6)	2191 (22.7)		9100 (15.7)	882 (23.2)	
Long (≥ 24 h)	12463 (17.4)	1793 (18.6)		10160 (17.5)	707 (18.6)	

Data presented as n (%) unless otherwise specified.

BZD, benzodiazepines and Z-drugs; SD, standard deviation.

a: Characteristics of BZD with the longest prescription days in the first prescription