

Additional file 4

Diazepam equivalents _{mean}

$$= \text{diazepam} + \text{oxazepam} \times \frac{1}{4} + \text{alprazolam} \times \frac{40}{3} + \text{clonazepam} \times \frac{40}{3} + \text{flunitrazepam} \times \frac{40}{3} + \text{nitrazepam} + \text{zopiclone} \times \frac{8}{7} + \text{zolpidem} \times \frac{2}{3}$$

Diazepam equivalents _{lowest}

$$= \text{diazepam} + \text{oxazepam} \times \frac{1}{5} + \text{alprazolam} \times 10 + \text{clonazepam} \times 10 + \text{flunitrazepam} \times 10 + \text{nitrazepam} + \text{zopiclone} + \text{zolpidem} \times \frac{1}{2}$$

Diazepam equivalents _{highest}

$$= \text{diazepam} + \text{oxazepam} \times \frac{1}{3} + \text{alprazolam} \times 20 + \text{clonazepam} \times 20 + \text{flunitrazepam} \times 20 + \text{nitrazepam} + \text{zopiclone} \times \frac{4}{3} + \text{zolpidem}$$