

For patients

- Age: 20', 30', 40', 50', 60', 70', over80
- Sex: Female, Male, Other
- Service used: Clinic, Psychiatric hospital, General hospital, University hospital, Other.
- Diagnosis*: Schizophrenia, Bipolar disorder, Major depressive disorder, Anxiety disorder, Developmental disorder, Insomnia, Other, Unknown
- Experience of taking hypnotic/anxiolytic: Hypnotic only, Anxiolytic only, Both
- Duration of taking hypnotic: <1 month, 1-3 months, 3-6 months, 6-12 months, ≥ 12 months.
- Numbers taking hypnotic: 1, 2, 3, ≥ 4
- Duration of taking anxiolytic: <1 month, 1-3 months, 3-6 months, 6-12 months, ≥ 12 months.
- Numbers taking anxiolytic: 1, 2, 3, ≥ 4
- Desirable timing of hypnotic/anxiolytic reduction after symptom improvement:
 - Immediately
 - Within 3 months
 - Within 6 months
 - Within 12 months
 - After 12 months passed
 - No need to reduce if there are no side effects
 - Other
 - Unknown
- Permissible situation of hypnotic/anxiolytic continuation**:
 - When I am still suffering from symptoms of insomnia or anxiety
 - When my social functioning is disrupted
 - When I still have physical or mental problem, which led to start to take the medication
 - When I want to continue the medication
 - When I am not suffering from side effects of the medication
 - When my quality of life is worsened
 - When the number of medication I am (is) taking is low
 - Other
 - Unknown

For patients

- Decision making regarding continuing/tapering hypnotic/anxiolytic use
 - The decision is (was) made, considering the patient's opinion
 - The outpatient and psychiatrist make (made) the decision together, on an equal basis
 - The decision is (was) made, considering the psychiatrist's opinion

- Difficulties cited while attempting to reduce hypnotic/anxiolytic in the past*:
 - I could not reduce the medication because the patient was unwilling to reduce it
 - I did not know how to reduce the medication due to insufficient related information (provided by psychiatrist)
 - I did not know when I should reduce the medication due to insufficient related information (provided by psychiatrist)
 - I did not know the situation or condition, where the medication can be reduced due to insufficient related information (provided by psychiatrist)
 - I could not reduce the medication because of worsening symptoms
 - I could not reduce the medication because withdrawal symptoms (e.g. tremors, palpitations, anxiety) appeared when I tried to reduce
 - I never had any particular problem regarding the medication reduction
 - I never reduced the medication
 - Other

*multiple answers

**multiple answers up to three

For psychiatrists

- Age: 20', 30', 40', 50', 60', 70', over80
- Sex: Female, Male, Other
- Affiliation: Clinic, Psychiatric hospital, General hospital, University hospital, Other.
- Desirable timing of hypnotic/anxiolytic reduction after symptom improvement:
 - Immediately
 - Within 3 months
 - Within 6 months
 - Within 12 months
 - After 12 months passed
 - No need to reduce if there are no side effects
 - Other
 - Unknown
- Permissible situation of hypnotic/anxiolytic continuation**:
 - When the patient is still suffering from symptoms of insomnia or anxiety
 - When the patient's social functioning is disrupted
 - When the patient still has physical or mental problem, which led to start to take the medication
 - When the patient wants to continue the medication
 - When the patient is not suffering from side effects of the medication
 - When the patient's quality of life is worsened
 - When the number of medication the patient is taking is low
 - Other
 - Unknown
- Decision making regarding continuing/tapering hypnotic/anxiolytic use
 - The decision is (was) made, considering the patient's opinion
 - The outpatient and psychiatrist make (made) the decision together, on an equal basis
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For psychiatrists

- I did not know the situation or condition, where the medication can be reduced due to insufficient related information (provided by psychiatrist)
- I could not reduce the medication because of worsening symptoms
- I could not reduce the medication because withdrawal symptoms (e.g., tremors, palpitations, anxiety) appeared when I tried to reduce
- I never had any particular problem regarding the medication reduction
- I never reduced the medication
- Other

*multiple answers

**multiple answers up to three