



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



**James
Lind
Alliance**
Priority Setting Partnerships

The PROTECT study

Priorities for future research on reducing and stopping psychiatric medicines

Have your say!

What questions would you like to see answered by research about reducing and stopping antidepressants, anti-anxiety medicines, sleeping tablets and other psychiatric medicines?

The PROTECT study team, in partnership with the James Lind Alliance, has set up this priority setting partnership to identify the Top 10 priorities for future research about reducing and stopping psychiatric medicines. Psychiatric medicines include antidepressants, anti-anxiety medicines, sleeping tablets, antipsychotics, mood stabilisers and stimulants. For a more detailed list of the types of medicines that we are referring to, please click on this link.

This is your chance to have your voice heard.



THE PROTECT STUDY

GLOSSARY

Antidepressants: These are medicines used to treat mental health conditions such as depression. They can also be used to treat physical health conditions such as pain.

Examples: escitalopram (Lexapro®), fluoxetine (Prozac®), sertraline (Lustral®/Zoloft®), paroxetine (Seroxat®/Paxil®)

Antipsychotics: These are medicines used to treat some types of mental health conditions, mainly schizophrenia and bipolar disorder. They are also sometimes used to treat anxiety and depression.

Examples: quetiapine (Seroquel®), olanzapine (Zyprexa®), aripiprazole (Abilify®), risperidone (Risperdal®)

Hypnotics and anxiolytics: These medicines include benzodiazepines ("Benzos") and Z-drugs and are often referred to as sleeping tablets or anti-anxiety. They are mainly used to treat insomnia (lack of adequate restful sleep) and anxiety.

Examples: diazepam (Valium®), alprazolam (Xanax®), chlordiazepoxide (Librium®), lorazepam (Ativan®), zolpidem (Stilnoct®/Ambien®) and zopiclone (Zimovane®)

Stimulants: This group of are generally used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy (uncontrollable episodes of deep sleep). In this study, stimulants does not include illicit substances such as cocaine.

Examples: atomoxetine (Strattera®), methylphenidate (Ritalin®/Concerta®)

Gabapentinoids: This term includes two drugs, gabapentin and pregabalin. These medicines are used for the management of neuropathic pain and epilepsy. Pregabalin is also used for generalised anxiety disorders.

Examples: gabapentin (Neurontin®), pregabalin (Lyrica®)

Consent

By giving your consent to complete this survey, you acknowledge that:

- You are 18 years of age or older
- You have taken or currently take a psychiatric medicine(s) or been involved in the care of someone taking a psychiatric medicine(s) as a healthcare professional, family member or carer/supporter
- Your participation in this study is voluntary
- Your responses are anonymous and cannot be withdrawn once submitted (as there will be no way to link your responses back to you)

Yes, I consent

No, I do not consent



Please answer this question.

Consent

By giving your consent to complete this survey, you acknowledge that:

- You are 18 years of age or older
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- Your participation in this study is voluntary
- Your responses are anonymous and cannot be withdrawn once submitted (as there will be no way to link your responses back to you)

Yes, I consent

No, I do not consent



About the survey

The survey asks you to provide up to three questions that you would like to see answered about reducing and stopping psychiatric medicines.

It may take you between 5 to 10 minutes to answer, depending on the amount of information you provide.

Instructions on completing the survey

Please write your three questions in the text boxes provided. The survey also includes some brief questions about yourself. For these questions, we ask you to select the answers that best apply to you or to write your answer in the text boxes provided.

This survey is completely anonymous, and all responses will be treated confidentially. For confidentiality reasons, please do not write your name or anyone else's name in your responses.

If there are questions that you would prefer not to answer, then just leave them blank.



Which ONE of the following groups best describes you?

Note: We recognise that some people may identify with more than one group. However, for the purpose of this survey, we ask you to select ONE group that best describes the experience or perspective that is informing your response.

Person with lived experience of taking, reducing or stopping psychiatric medicines

Family member, friend, carer/supporter

Healthcare professional

If none of the above groups describe you, please self-describe:



Please answer this question.

Which ONE of the following groups best describes you?

Note: We recognise that some people may identify with more than one group. However, for the purpose of this survey, we ask you to select ONE group that best describes the experience or perspective that is informing your response.

Person with lived experience of taking, reducing or stopping psychiatric medicines

Family member, friend, carer/supporter

Healthcare professional

If none of the above groups describe you, please self-describe:



Please select which healthcare professional group you belong to:

General Practitioner / Primary Care Physician

Nurse

Pharmacist

Psychiatrist

Psychologist/ Psychotherapist/ Counsellor

If none of the above options describe you, please self-describe:



Your questions about reducing and stopping psychiatric medicines

Please write any questions that you have about reducing and stopping psychiatric medicines in the text boxes below.

Your questions can be about anything that you think is important. For example, your questions could relate to decisions about reducing and/or stopping psychiatric medicines, how to do it and the effects it can have. Questions about withdrawal symptoms are also welcome.

You can submit as many questions as you like. Your questions do not have to be in any particular order of importance, and you can write as much or as little as you like.

Your first question

Your second question

Your third question

Additional questions

If you have any other questions, please add them here



Demographics

The three questions below ask you to share a few details about yourself. This is to make sure that we gather responses from a wide range of people with different experiences and from different countries.

1. What do you identify as?

Man

Woman

Non-binary

If none of the above options describe you, please self-describe:



2. How old are you?

18-24 years

25-34 years

35-44 years

45-54 years

55-64 years

65-74 years

75-84 years

85+ years

3. Which country do you live in?



5-34 years


5-44 years

5-54 years

5-64 years

5-74 years

Response Requested

 There are 3 unanswered questions on this page. Would you like to continue?

Do you have any additional comments that you would like to add about reducing or stopping psychiatric medicines?

Please add them here



We thank you for considering taking part in this survey.

Please remember that any decisions about starting or stopping a medicine should always be discussed with a qualified healthcare professional.

For more information about this study, please see: www.tapersafer.org.