

## **Abstract**

The objective of this study is to explore and describe current use of benzodiazepines in the Czech Republic and to identify possible correlation with quality of life in particular regions. Benzodiazepines are widely prescribed for a variety of conditions: anxiety and insomnia in particular. Benzodiazepine addiction is often latent and therefore doesn't cause social segregation as psychoactive drugs and alcohol abuse.

Environment in which people live significantly impacts our psychological state. The question is how significant the influence of quality of the environment on the general wellbeing is and how is it reflected on the use of benzodiazepines. These questions were answered by analysing results of the research carried on by National Monitoring Centre for Drugs and Addiction in 2016. The Centre conducted a survey with 3601 respondents in order to gain more understanding about use of benzodiazepines, excessive playing of video games and gambling in the Czech regions.

Analysis of the responses reveals that medications used to treat insomnia and anxiety disorder (benzodiazepines included) are used mostly by people living in major cities. The lowest prevalence of benzodiazepine use is in small towns and villages. Benzodiazepines are still the most frequently prescribed group of medications used to treat insomnia and anxiety disorder. Out of all respondents that regularly used anxiolytics and hypnotics, 73% respondents used benzodiazepines. The research also shows that in the group of respondents not taking any psychoactive medications is more than 50% of people content with their lives. In the group of respondents using benzodiazepines this number drops to 29%. The highest prevalence of benzodiazepines use is in region Zlín (12,9 %). The findings of this study suggest that quality of life in regions does not correlate with benzodiazepine use rate. The findings could be used for selective intervention in regions Zlín and Vysočina, where benzodiazepines are prescribed most frequently.

## **Keywords**

benzodiazepines, psychoactive medicines, quality of life, dependence, addiction, regions