

Clinical Institute Withdrawal Assessment– Benzodiazepine (CIWA-B)

Part 1: Patient Reported

For each of the following, circle the number that best describes how you feel on a scale of 0 for 'not at all' to 4 'extremely'

	Not at all	A little	Moderately	Quite a bit	Extremely
Q1. Do you feel irritable?	0	1	2	3	4
Q2. Do you feel fatigued?	0	1	2	3	4
Q3. Do you feel tense?	0	1	2	3	4
Q4. Do you have difficulties concentrating?	0	1	2	3	4
Q5. Do you have any loss of appetite?	0	1	2	3	4
Q6. Have you any numbness or burning on your face, hands or feet?	0	1	2	3	4
Q7. Do you feel your heart racing? (palpitations)	0	1	2	3	4
Q8. Does your head feel full or achy?	0	1	2	3	4
Q9. Do you feel muscle aches or stiffness?	0	1	2	3	4
Q10. Do you feel anxious, nervous or jittery?	0	1	2	3	4
Q11. Do you feel upset?	0	1	2	3	4
Q12. How restful was your sleep last night?	0	1	2	3	4
Q13. Do you feel weak?	0	1	2	3	4
Q14. Do you think you didn't have enough sleep last night?	0	1	2	3	4
Q15. Do you have any visual disturbances? (sensitivity to light, blurred vision)	0	1	2	3	4
Q16. Are you fearful?	0	1	2	3	4
Q17. Have you been worrying about possible misfortunes lately?	0	1	2	3	4

Part 2: Clinical Observations

Q18. Observe behaviour for sweating, restlessness & agitation:	None, normal activity 0	1	Restless 2	3	Paces back & forth; unable to sit still 4
Q19. Observe tremor:	No tremor 0	Not visible, can be felt in fingers 1	Visible but mild 2	Moderate with arms extended 3	Severe, with arms not extended 4
Q20. Observe feet palms:	No sweating visible 0	Barely perceptible sweating, palms moist 1	Palms and forehead moist, reports armpit sweating 2	Beads of sweat on forehead 3	Severe drenching sweats 4
Q21. How many hours of sleep do you think you had last night?	_____Hours				
Q22. How many minutes do you think it took you to fall asleep last night?	_____Minutes				
Total Score (Q's 1- 20):					

Scoring and interpretation: The CIWA-B comprises client-reported symptoms and clinical observations. Questions 1 – 17 are client-reported symptoms, with each scored on five-point scales from 0 = not at all to 4 = very much so. Questions 18-20 are clinical observations, with all three scored on five-point scales (i.e. 0,1,2,3 or 4). A total score is obtained by summing questions 1-20: The minimum total score possible is 0, and the maximum total score possible is 80 (i.e. total score range: 0-80).

CIWA-B score interpretation

Score	Interpretation
1-20	Mild withdrawal
21-40	Moderate withdrawal
40-60	Severe withdrawal
61-80	Very severe withdrawal

Items 21 and 22 provide additional information regarding withdrawal.

Tool citation: Busto, U.E., Sykora, K., and Sellers, E.M. *A clinical scale to assess benzodiazepine withdrawal.* Journal of Clinical Psychopharmacology, 1989. **9**(6): 412-416

Further information: Fischer, J.A., Roche, A.M., and Duraisingam, V. *Clinical Institute Withdrawal Assessment– Benzodiazepine (CIWA-B): description, strengths and knowledge gaps.* 2021, National Centre for Education and Training on Addiction (NCETA), Flinders University: Adelaide, South Australia.