Background

- Ageing population represents a significant global health challenge
- The aim of this retrospective study was to assess benzodiazepine (BZD) utilization habits among outpatients in the city of Zagreb

Material & Methods

- Data on patients who utilized BZDs more than 5 times in 2015 was obtained from the CHIF
- Descriptive statistic, parametric T-test and non-parametric Wilcoxon test were performed
- The P value of <0.05 was considered statistically significant

Results

- Significantly more women than men utilized BZDs in 2015 in Zagreb
- Men on average used more BZDs per year than women
- Women tended to utilize BZDs at an older age than men

- The gender difference was statistically significant (p<0.05; 95% CI 0.70-0.76)
- Women tended to utilize BZDs at an older age than men
- The most commonly prescribed BZDs was diazepam, followed by alprazolam, oxazepam and zolpidem

Conclusion

- Rational drug prescribing and utilization present important public health issues
- There is a high prevalence of BZD use among females, and prolonged BZD utilization among males in Zagreb

- The results indicate a need for:
  - improved promotion of mental health
  - rationalization of BZD prescribing, particularly in older patients and for a prolonged period of time