Modelling the consumption of anxiolytics and its addictive behaviour

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1. Introduction

Psychotropic drugs (antidepressants, antipsychotics, anxiolytics, hypnotic drugs and analgesics in the opiates group) are used as a long-term symptomatic treatment in several patient types; for such patients, uncontrolled, long-term use may lead to tolerance and addiction. Thus, there is considerable ongoing debate between suppliers and the Health Authorities on suitable use.

Of all the above drugs, the most widely used are anxiolytics (AX) belonging to the benzodiazepine group (BZN) [1] defined by the ATC N05B code (Anatomical, Therapeutic Chemical Classification System) [2]. The main reasons for prescribing AX...