



Supplementary Material

Article Title: Simultaneous Benzodiazepine and SSRI Initiation in Young People With Anxiety Disorders

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Supplementary Table 1. BZD prescription details in adolescents and young adults simultaneously initiating BZD and SSRI treatment

Initial BZD prescription details	Adolescents (10-17 years), N=4,068	Young adults (18-24 years), N=21,902
BZD, No. (%)		
Alprazolam	1,511 (37.1)	10,782 (49.2)
Clonazepam	1,253 (30.8)	5,022 (22.9)
Lorazepam	1,160 (28.5)	5,480 (25.0)
Diazepam	87 (2.1)	266 (1.2)
Other	57 (1.4)	352 (1.6)
Days supply, median (IQR)	15 (10-30)	15 (10-30)
Quantity dispensed, median (IQR)	30 (15-30)	30 (20-40)

BZD: benzodiazepine; IQR: interquartile range

Supplementary Table 2. Clinical factors associated with long-term BZD use (6+ months) in adolescents and young adults simultaneously initiating BZD+SSRI treatment

Clinical factor	Simultaneous initiators with 6+ months follow-up, N=20,301	
	Long-term BZD use, Row %	aOR (95% CI)^a
Overall long-term BZD use (N=1,684)	8.3%	-
Initial BZD agent		
Alprazolam	7.2%	REF
Clonazepam	13.4%	1.32 (1.17-1.49)
Lorazepam	5.3%	0.67 (0.58-0.78)
Other	10.1%	0.97 (0.72-1.29)
BZD days supply, initial prescription		
1-10 days	3.4%	0.52 (0.44-0.61)
11-20 days	6.9%	REF
21+ days	14.8%	2.03 (1.78-2.32)
Initial SSRI agent		
Citalopram	7.9%	0.98 (0.85-1.13)
Escitalopram	7.6%	0.83 (0.72-0.96)
Fluoxetine	9.1%	0.97 (0.83-1.15)
Sertraline	8.6%	REF
Other	8.8%	0.99 (0.82-1.19)
Female (Ref: male)	6.6%	0.60 (0.54-0.67)
Age at SSRI initiation		
10-17 y	8.4%	REF
18-20 y	8.1%	1.19 (1.01-1.40)
21-24 y	8.4%	1.24 (1.06-1.46)
Anxiety disorder diagnosis (prior 30d)		
Unspecified anxiety	7.0%	REF
Generalized anxiety disorder	9.7%	1.13 (0.98-1.30)
Panic disorder	9.5%	1.12 (0.95-1.31)

Adjustment disorder with anxiety	7.9%	0.91 (0.70-1.19)
Acute stress disorder	6.0%	0.87 (0.57-1.33)
Social phobia	12.7%	1.08 (0.73-1.60)
Other anxiety disorder	7.8%	1.11 (0.81-1.54)
Multiple specific diagnoses	10.5%	1.07 (0.87-1.31)
Provider of anxiety diagnosis		
Psychiatry	16.3%	REF
Psychology	9.5%	0.64 (0.49-0.83)
Family practitioner	6.6%	0.57 (0.49-0.67)
Pediatrician	4.1%	0.44 (0.30-0.65)
Other general provider	7.3%	0.60 (0.50-0.72)
Other provider type	8.2%	0.69 (0.57-0.83)
Unknown or multiple	7.6%	0.64 (0.52-0.78)
Depression, 1y	10.1%	1.09 (0.97-1.23)
Sleep disorder, 1y	10.0%	1.01 (0.84-1.22)
ADHD, 1y	11.0%	0.83 (0.64-1.08)
PTSD, 1y	10.7%	1.00 (0.66-1.52)
Adjustment disorder, 1y	8.6%	0.89 (0.66-1.21)
OCD, 1y	12.2%	1.20 (0.83-1.73)
Other episodic mood disorder	14.1%	1.38 (0.97-1.97)
Substance use disorder, 1y	17.4%	1.76 (1.41-2.19)
Tobacco/nicotine dependence, 1y	13.5%	1.44 (1.15-1.79)
Poisoning event, 1y	11.2%	1.07 (0.66-1.75)
Recent (0-90d) prescriptions		
Stimulant	12.8%	1.57 (1.17-2.10)
Antidepressant (excludes SSRIs)	15.6%	1.63 (1.32-2.01)
Hydroxyzine	14.3%	1.57 (1.13-2.17)
Hypnotic	16.6%	1.79 (1.31-2.44)
Anticonvulsant	12.2%	0.96 (0.63-1.47)
Opioid	12.5%	1.66 (1.43-1.92)
Psychotherapy claims		
Recent (0-30d)	11.3%	1.18 (1.01-1.38)
Past (31-365d), no recent	9.9%	1.06 (0.83-1.35)
None	7.6%	REF

ADHD: attention-deficit/hyperactivity disorder; aOR: adjusted odds ratios; d: days; OCD: obsessive compulsive disorder; PTSD: post-traumatic stress disorder; Ref: Reference group; SSRI: Selective Serotonin Reuptake Inhibitor; y: years

^a Presented aORs are from a single logistic regression model; the reference groups for diagnoses and recent prescriptions are those without that diagnosis or prescription