

Appendix 2: Survey of Pharmacists

CADTH developed the questions for the survey of pharmacists. The survey was designed to gather information about primary care practitioners' views and experiences with prescribing therapies (both drug and behavioural or psychological) to treat patients with insomnia disorder.

Pharmacist Practice

1. Please identify your specialty:

- Family physician Nurse practitioner Pharmacist

2. In which province or territory do you practice/are you located?

- Alberta Newfoundland and Labrador Ontario Yukon
- British Columbia Northwest Territories Prince Edward Island
- Manitoba Nova Scotia Quebec
- New Brunswick Nunavut Saskatchewan

3. Which populations does your practice serve? (*check all that apply*)

- Urban Rural Remote Other (please specify)

4. How many years have you been practising as a pharmacist? (please specify)

Insomnia Disorder Therapies

B1. Approximately how many adults diagnosed and treated by a physician for insomnia disorder (acute and chronic) do you see, on average, per month in your pharmacy? (please specify)

B2. Please select the most common interventions you see prescribed or recommended by physicians for patients with insomnia disorder. (*check all that apply*)

Drug therapies

- Benzodiazepines (e.g., clonazepam, temazepam, lorazepam)
- Z-drugs (e.g., zopiclone, zolpidem)
- Antidepressants (e.g., trazodone, amitriptyline, doxepin)
- Antipsychotic drugs (e.g., quetiapine)
- Over-the-counter medications (e.g., melatonin, antihistamines)
- Other (please specify)

Behavioural therapies

- Sleep hygiene
- Relaxation training
- Cognitive behavioural therapy for insomnia (CBT-I)
- CBT-I books
- CBT-I electronic programs (e.g., SHUTI or Sleepio)
- CBT-I for anxiety
- Sleep restriction therapy
- Stimulus control therapy
- Mindfulness
- Combination therapy (drug and behavioural intervention)
- Other (please specify)

B3. How long a period do you most commonly see sedative or hypnotic medications prescribed for patients with insomnia disorder?

- 7 to 14 days
- 30 days
- 90 days
- 6 months
- 1 year or more

B4. Do you have any specific comments regarding the prescription of sedative-hypnotics (i.e., benzodiazepines and z-drugs) for insomnia disorder?

- Yes (*please provide details*)
- No

B5. In addition to counselling on medications, which of the following best describes your interaction with patients diagnosed with insomnia disorder?

- I routinely discuss behavioural therapies with all or most patients diagnosed with insomnia disorder
- I do not routinely discuss behavioural therapies with patients diagnosed with insomnia disorder

B6. Which of the following behavioural therapies do you typically discuss? (*check all that apply*)

- Sleep hygiene
- Relaxation training
- Cognitive behavioural therapy for insomnia (CBT-I)
- CBT-I books
- CBT-I electronic programs (e.g., SHUTI or Sleepio)
- CBT-I for anxiety
- Sleep restriction therapy
- Stimulus control therapy
- Mindfulness
- Other (please specify)

B7. Where do you seek information about insomnia disorder? *(check all that apply)*

- Internal/organizational or local treatment guidelines
- Continuing professional development material
- Previous clinical experience
- Other (please specify)
- National or international clinical practice guidelines
- Specialist or expert advice
- Other clinical decision-making tools
- Apps (check all that apply)
 - UptoDate
 - Dynamed
 - RxTx
 - WebMD
 - Medscape
 - Other (please specify)

QE1. Do you have any other comments you would like to share regarding prescribing and treatment practices for insomnia disorder?

QE2. Thank you for completing the survey. Would you be interested in participating in further research about prescribing and treatment practices for insomnia disorder in the form of a telephone interview?

- Yes *(please provide details)*
- No

QE3. What is your gender?

- Male
- Female
- Prefer not to answer