

Alprazolam (Xanax)

Type	Safety	Efficacy	Recommended?
	3	2	
Pharmaceutical	Evidence of harm	No evidence that it is effective	No

In detail:

Claims for treatment	That alprazolam reduces or eliminates the perception of tinnitus.
What is the treatment?	Alprazolam is given in pill form. It is a member of the benzodiazepine class of drugs.
What are the downsides of this treatment?	<p>Drowsiness/sedation, fatigue and tiredness, impaired coordination, memory impairment, and irritability¹.</p> <p>Alprazolam can be habit-forming – this can lead to addiction, overdose or death¹.</p> <p>The sedative effects of alprazolam may last longer in older adults and accidental falls are common in older patients who take this drug¹.</p>
Has there been research into this treatment?	Yes.

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

What does the research say?	The effectiveness of alprazolam was judged equivocal in one systematic review ² , and unknown in another ³ . Current guidelines say do not use benzodiazepines to treat tinnitus ⁴ .
How high quality is the research?*	A
Tinnitus UK's opinion on this treatment:	There are other evidence-based treatments for tinnitus, which should be offered where appropriate. No medications have been shown to reliably eliminate or reduce the perception of tinnitus ⁴ .
Would Tinnitus UK support further studies into this treatment?	Yes, if study uses rigorous methodology. Randomisation and blinding should be of the highest quality.
Comments	Anti-anxiety medication may be useful to reduce anxiety associated with tinnitus. There are, however, low evidence levels for the administration of such medication for reducing tinnitus distress. We suggest talking to your doctor about the potential effects and side effects.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 14 November 2022 unless noted.

1. The Drugsite Trust. *Alprazolam Side Effects*. www.drugs.com/sfx/alprazolam-side-effects.html
2. Jufas NE, Wood R. The use of benzodiazepines for tinnitus: systematic review. *Journal of Otolaryngology & Otolaryngology* (2015). 129:S3. DOI: 10.1017/S0022215115000808

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3. Savage J, Waddell A. Tinnitus. *BMJ Clinical Evidence*, (2014). 2014:0506. PMID: 25328113

4. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology-Head and Neck Surgery*. 2014;151(2_suppl): S1-S40. doi:10.1177/0194599814545325

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing

communications@tinnitus.org.uk or by writing to us at the address below.

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