

## Tinnitus and Hearing Survey

### A. Tinnitus

	No, <b>not</b> a problem	Yes, a <b>small</b> problem	Yes, a <b>moderate</b> problem	Yes, a <b>big</b> problem	Yes, a <b>very big</b> problem	
Over the last week, tinnitus kept me from sleeping.	0	1	2	3	4	
Over the last week, tinnitus kept me from concentrating on reading.	0	1	2	3	4	
Over the last week, tinnitus kept me from relaxing.	0	1	2	3	4	
Over the last week, I couldn't get my mind off of my tinnitus.	0	1	2	3	4	<input type="checkbox"/>
	Total of each column					Grand Total

### B. Hearing

Over the last week, I couldn't understand what others were saying in noisy or crowded places.	0	1	2	3	4	
Over the last week, I couldn't understand what people were saying on TV or in movies.	0	1	2	3	4	
Over the last week, I couldn't understand people with soft voices.	0	1	2	3	4	
Over the last week, I couldn't understand what was being said in group conversations.	0	1	2	3	4	<input type="checkbox"/>
	Total of each column					Grand Total

### C. Sound Tolerance

Over the last week, sounds were too loud or uncomfortable for me when they seemed normal to others around me.*	0	1	2	3	4
--	---	---	---	---	---

If you responded 1, 2, 3, or 4 to the statement above:

Please list two examples of sounds that are too loud or uncomfortable for you, but seem normal to others.

\*If sounds are too loud for you while wearing hearing aids, please tell your audiologist.

Henry JA, Zaugg TL, Griest S, Thielman E, Kaelin C, Carlson KF. Tinnitus and Hearing Survey: A screening and assessment tool to differentiate bothersome tinnitus from hearing difficulties. American Journal of Audiology 24(1):66-77, 2015.

VA National Center for Rehabilitative Auditory Research (VA/NCRAR).