# Strategies for Reducing Tinnitus Distress

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## EVIDENCE-BASED PRACTICE

It is the position of the American Speech-Language-Hearing Association that audiologists and speech-language pathologists incorporate the principles of evidence-based practice in clinical decision making to provide high-quality clinical care. The term evidence-based practice refers to an approach in which current, high-quality research evidence is integrated with practitioner expertise and client preferences and values into the process of making clinical decisions.

Participants are encouraged to actively seek and critically evaluate the evidence basis for clinical procedures presented in this and other educational programs.

*Adopted by the Scientific and Professional Education Board, April 2006*

ASHA Self-Study 2920
INTRODUCTION

Intermittent or chronic tinnitus can negatively impact a person’s quality of life, particularly if the person is highly sensitive to the ringing in his or her ears or has difficulty accepting the condition. While there is no cure for tinnitus, there are a variety of treatment options, ranging from self-help interventions and face-to-face counseling to more invasive treatments, including the use of cochlear implants. This journal self-study starts with a discussion of the situations in which patients report increased or decreased tinnitus and how acceptance of tinnitus affects tinnitus distress and anxiety. It then describes the use of cochlear implants to more directly address tinnitus and an Internet-based treatment to target psychological and emotional aspects of living with the disorder. Audiologists will be able to use this information to help identify possible ways to decrease tinnitus and increase tolerance and acceptance of the bothersome condition.

LEARNING OUTCOMES

You will be able to:

- discuss the ways that tinnitus may affect a person’s quality of life
- describe the situations that may contribute to increasing or lessening tinnitus
- explain how different treatment methods may affect tinnitus distress and acceptance
- discuss the potential benefits and drawbacks of in-person and Internet-based tinnitus treatment options and outcomes

PROGRAM HISTORY and IMPORTANT INFORMATION

Articles originally published in American Journal of Audiology

**Start date:** December 17, 2016

**Available through:** May 11, 2018

To earn continuing education credit, you must complete the test with a passing score on or before May 11, 2018.

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