



## Tinnitus Questionnaire

INSTRUCTIONS: This questionnaire has 27 questions. Please indicate **0** that you strongly disagree (up to) **100** that you strongly agree. Please do not skip any questions.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

|    |                                                                                             |                                                                                                                                                                         |
|----|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | I am unable to follow conversation during meetings because of tinnitus.                     |                                                                                                                                                                         |
| 2  | Tinnitus creates family problems.                                                           |                                                                                                                                                                         |
| 3  | I think I have a healthy outlook on tinnitus.                                               |                                                                                                                                                                         |
| 4  | I feel uneasy in social situations because of tinnitus.                                     |                                                                                                                                                                         |
| 5  | I have trouble falling asleep at night because of tinnitus.                                 |                                                                                                                                                                         |
| 6  | Tinnitus contributes to a feeling of general ill health.                                    |                                                                                                                                                                         |
| 7  | Tinnitus interferes with my ability to tell where sounds are coming from.                   |                                                                                                                                                                         |
| 8  | I have support from my friends regarding my tinnitus.                                       |                                                                                                                                                                         |
| 9  | I am unable to relax because of tinnitus.                                                   |                                                                                                                                                                         |
| 10 | I do not enjoy life because of tinnitus.                                                    |                                                                                                                                                                         |
| 11 | My tinnitus has gotten worse over the years.                                                |                                                                                                                                                                         |
| 12 | I cannot concentrate because of tinnitus.                                                   |                                                                                                                                                                         |
| 13 | Tinnitus makes me feel tired.                                                               |                                                                                                                                                                         |
| 14 | Tinnitus causes me to feel depressed.                                                       |                                                                                                                                                                         |
| 15 | The general public does not know about the devastating nature of tinnitus.                  |                                                                                                                                                                         |
| 16 | Tinnitus causes me to avoid noisy situations.                                               |                                                                                                                                                                         |
| 17 | Tinnitus interferes with my speech understanding when talking with someone in a noisy room. |                                                                                                                                                                         |
| 18 | I find it difficult to explain what tinnitus is to others.                                  |                                                                                                                                                                         |
| 19 | I complain more because of tinnitus.                                                        |                                                                                                                                                                         |
| 20 | Tinnitus makes me feel annoyed.                                                             |                                                                                                                                                                         |
| 21 | Tinnitus makes me feel insecure.                                                            |                                                                                                                                                                         |
| 22 | Tinnitus interferes with my speech understanding when listening to the television.          |                                                                                                                                                                         |
| 23 | Tinnitus affects the quality of my relationships.                                           |                                                                                                                                                                         |
| 24 | Tinnitus has caused a reduction in my speech understanding ability.                         | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| 25 | Tinnitus causes stress.                                                                     |                                                                                                                                                                         |
| 26 | Tinnitus makes me feel anxious.                                                             |                                                                                                                                                                         |
| 27 | I feel frustrated frequently because of tinnitus.                                           |                                                                                                                                                                         |