

# A CLINICIAN'S PERSPECTIVE OF NEUROMONICS TINNITUS TREATMENT

# Do all roads lead to Oasis?

- ⦿ Which patients will the have most success with Neuromonics (what the guidelines don't tell you).
- ⦿ Cost factors – They are real and to be dealt with.
- ⦿ Audiometric data – Does the audiogram determine success?
- ⦿ Lifestyle factors - Compliance is king.

# The TRQ: One of the most powerful tools in your arsenal to evaluate tinnitus for any patient, not just for Neuromonics.

## Tinnitus Reaction Questionnaire (TRQ)

(Revised by Barbara Jenkins AuD, BCABA 2012)

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

**My tinnitus is:** Mildly Obtrusive Moderate Significant Severe Profound

I notice my tinnitus \_\_\_\_\_% of the day. It bothers me \_\_\_\_\_% of that time.

Answer all questions by circling the number that best reflects how your tinnitus has affected you <u>in the last week</u> .	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has driven me crazy.	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
<b>Total</b>					

**Tinnitus Treatment**

**Center, LLC.**

Barbara H. Jenkins, AuD,

BCABA

# TRQ Additions: How Severe does your patient rate his or her own tinnitus?

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

My tinnitus is: Mildly obtrusive Moderate Significant Severe Profound

TRQ Additions: What % of the day does your patient notice his tinnitus and what % of that time does it bother him?

I notice my tinnitus \_\_\_\_\_% of the day. It bothers me \_\_\_\_\_% of the time.

Answer all questions by circling the number that best reflects how your tinnitus has affected you <u>in the last week</u> .	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has driven me crazy.	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
Total					

# Beginning Neuromonics Treatment – Suggestions for Patients

- ⦿ Research, blog, read... then stop
- ⦿ Dear Me, a letter to myself:  
Understanding the effects  
tinnitus has and how  
treatment has helped

# First Session Counseling

- ⦿ Neuromonics is a helpful tool the patient uses to learn to control his own tinnitus.
- ⦿ Pavlov's dog revisited
- ⦿ Expectations are everything! Set realistic expectations and under promise.

Neuromonics is a great choice for 20% of my patients. What do I recommend for the other 80%?

- Just knowing is enough
- Other medical issues can be addressed to reduce the tinnitus significantly
- Hearing aids with or without masking – but be cautious

# When things just don't go as planned

- ⦿ Tinnitus is getting worse!
- ⦿ Compliance issues
- ⦿ Equipment failure
- ⦿ Great Expectations

# Is Neuromonics worth it?

- Neuromonics therapy is the most reliable treatment I've used.
- Neuromonics treatment works as long as the audiologist is properly trained and confident in his treatment strategy.
- Oasis + Educated Audiologist = Success!

# V.W. Letter dated 07/07/2012...

- ...It was Horrible! It was so loud in my head that I had to turn up the TV to hear. I visited several ENT doctors and no one offered me any relief. Sometimes would cry all night long out of despair...
- ...I was tempted to run out of the house at night and just keep running. You were the first doctor to offer me any hope. I thank you for encouraging me to keep at it and that I WOULD get better. And I did!! I am so thankful to have my life back!

# Tinnitus Reaction Questionnaire (TRQ)

Name

P W

Date Completed:

11/20/07

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer all questions by circling the number that best reflects how your tinnitus has affected you over the past week.

	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has "driven me crazy".	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
Total	0	3	2	15	64

Wilson et al. 1991

First office visit

# Tinnitus Reaction Questionnaire (TRQ)

Name: P W

Date Completed: 1/17/08

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer all questions by circling the number that best reflects how your tinnitus has affected you over the past week.

	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has "driven me crazy".	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
Total	0	17	0	0	0

Wilson et al. 1991

Day of Neuromonics eval

# Tinnitus Reaction Questionnaire (TRQ)

For Client

Name

W P

Date Completed:

4-28-08

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer all questions by circling the number that best reflects how your tinnitus has affected you over the past week.

	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has "driven me crazy".	0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
Total	0	1	2	3	4

Wilson et al. 1991

12 wks after starting treatment

## Tinnitus Reaction Questionnaire (TRQ)

Name W.P.Date Completed: 05-11-09

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer all questions by circling the number that best reflects how your tinnitus has affected you over the past week.

4

	N N < 10%	B B < 10%	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.			0	1	2	3	4
2. My tinnitus has made me feel tense.			0	1	2	3	4
3. My tinnitus has made me feel irritable.			0	1	2	3	4
4. My tinnitus has made me feel angry.			0	1	2	3	4
5. My tinnitus has led me to cry.			0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.			0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.			0	1	2	3	4
8. My tinnitus has made me feel depressed.			0	1	2	3	4
9. My tinnitus has made me feel annoyed.			0	1	2	3	4
10. My tinnitus has made me feel confused.			0	1	2	3	4
11. My tinnitus has "driven me crazy".			0	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.			0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.			0	1	2	3	4
14. My tinnitus has made it hard for me to relax.			0	1	2	3	4
15. My tinnitus has made me feel distressed.			0	1	2	3	4
16. My tinnitus has made me feel helpless.			0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.			0	1	2	3	4
18. My tinnitus has interfered with my ability to work.			0	1	2	3	4
19. My tinnitus has led me to despair.			0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.			0	1	2	3	4
21. My tinnitus has led me to avoid social situations.			0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.			0	1	2	3	4
23. My tinnitus has interfered with my sleep.			0	1	2	3	4
24. My tinnitus has led me to think about suicide.			0	1	2	3	4
25. My tinnitus has made me feel panicky.			0	1	2	3	4
26. My tinnitus has made me feel tormented.			0	1	2	3	4
Total			0				

Wilson et al. 1991

1 yr after completion

# Tinnitus Reaction Questionnaire (TRQ)

Tinnitus Treatment  
Center, LLC

Name: UKI Date Completed: 3/1/11

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Please answer **all** questions by circling the number that **best** reflects how your tinnitus has affected you over the past week.

I notice my tinnitus <u>100</u> % of the day. Of the time I notice my tinnitus, it bothers me <u>100</u> % of the time.	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	<u>2</u>	3	4
2. My tinnitus has made me feel tense.	0	1	<u>2</u>	3	4
3. My tinnitus has made me feel irritable.	0	1	<u>2</u>	3	4
4. My tinnitus has made me feel angry.	0	<u>1</u>	2	3	4
5. My tinnitus has led me to cry.	<u>0</u>	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	<u>0</u>	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	<u>0</u>	1	2	3	4
8. My tinnitus has made me feel depressed.	<u>0</u>	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	<u>3</u>	4
10. My tinnitus has made me feel confused.	<u>0</u>	1	2	3	4
11. My tinnitus has driven me crazy.	<u>0</u>	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	<u>2</u>	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	<u>2</u>	3	4
14. My tinnitus has made it hard for me to relax.	0	1	<u>2</u>	3	4
15. My tinnitus has made me feel distressed.	0	<u>1</u>	2	3	4
16. My tinnitus has made me feel helpless.	<u>0</u>	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	<u>1</u>	2	3	4
18. My tinnitus has interfered with my ability to work.	<u>0</u>	1	2	3	4
19. My tinnitus has led me to despair.	<u>0</u>	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	<u>0</u>	1	2	3	4
21. My tinnitus has led me to avoid social situations.	<u>0</u>	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	<u>0</u>	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	<u>2</u>	3	4
24. My tinnitus has led me to think about suicide.	<u>0</u>	1	2	3	4
25. My tinnitus has made me feel panicky.	<u>0</u>	1	2	3	4
26. My tinnitus has made me feel tormented.	0	<u>1</u>	2	3	4
Total	<u>21</u>	<u>4</u>	<u>14</u>	<u>3</u>	

Wilson et al 1991

I would consider my tinnitus to be (circle all that apply):

Mildly obtrusive    Moderate    Significant    Severe    Profound

Pre-Neuromonics

01/2010

# Tinnitus Reaction Questionnaire (TRQ)

TINNITUS ✱ TREATMENT

Name: UKZ Date Completed: 03/22/12

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Please answer all questions by circling the number that best reflects how your tinnitus has affected **you in the last week**.

In general I would consider my tinnitus to be:

Mildly Obtrusive Moderate Significant  
Severe Profound

	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	①	2	3	4
2. My tinnitus has made me feel tense.	①	1	2	3	4
3. My tinnitus has made me feel irritable.	①	1	2	3	4
4. My tinnitus has made me feel angry.	①	1	2	3	4
5. My tinnitus has led me to cry.	①	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	①	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	①	1	2	3	4
8. My tinnitus has made me feel depressed.	①	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	①	2	3	4
10. My tinnitus has made me feel confused.	①	1	2	3	4
11. My tinnitus has driven me crazy.	①	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	①	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	①	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	①	2	3	4
15. My tinnitus has made me feel distressed.	①	1	2	3	4
16. My tinnitus has made me feel helpless.	①	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	①	1	2	3	4
18. My tinnitus has interfered with my ability to work.	①	1	2	3	4
19. My tinnitus has led me to despair.	①	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	①	1	2	3	4
21. My tinnitus has led me to avoid social situations.	①	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	①	1	2	3	4
23. My tinnitus has interfered with my sleep.	①	1	2	3	4
24. My tinnitus has led me to think about suicide.	①	1	2	3	4
25. My tinnitus has made me feel panicky.	①	1	2	3	4
26. My tinnitus has made me feel tormented.	0	①	2	3	4
Total <u>4</u>	0	4			

I notice my tinnitus 20 % of the day. Of that time,

I notice my tinnitus, it bothers me 10 % of the time.

Wilson et al 1991

Neuromonics Graduation

05/11

# Tinnitus Reaction Questionnaire (TRQ)



Name: V.W. 1 Date Completed: 6-22-11

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Please answer all questions by circling the number that best reflects how your tinnitus has affected **you in the last week**.

In general I would consider my tinnitus to be:

Mildly Obtrusive Moderate Significant  
Severe Profound

	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	(2)	3	4
2. My tinnitus has made me feel tense.	0	1	(2)	3	4
3. My tinnitus has made me feel irritable.	0	1	(2)	3	4
4. My tinnitus has made me feel angry.	0	1	(2)	3	4
5. My tinnitus has led me to cry.	0	1	(2)	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	(3)	4
7. My tinnitus has made me feel less interested in going out.	0	(1)	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	(3)	4
9. My tinnitus has made me feel annoyed.	0	1	2	(3)	4
10. My tinnitus has made me feel confused.	0	1	(2)	3	4
11. My tinnitus has driven me crazy.	0	1	2	(3)	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	(3)	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	(4)
14. My tinnitus has made it hard for me to relax.	0	1	2	3	(4)
15. My tinnitus has made me feel distressed.	0	1	(2)	3	4
16. My tinnitus has made me feel helpless.	0	1	(2)	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	(2)	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	(4)
19. My tinnitus has led me to despair.	0	(1)	2	3	4
20. My tinnitus has led me to avoid noisy situations.	(0)	1	2	3	4
21. My tinnitus has led me to avoid social situations.	(0)	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	(1)	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	(4)
24. My tinnitus has led me to think about suicide.	(0)	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	(2)	3	4
26. My tinnitus has made me feel tormented.	(0)	(1)	2	3	4
Total	(55)	4	20	15	16

TOTAL

Wilson et al 1991

I notice my tinnitus 50 % of the day. Of that time,

I notice my tinnitus. it bothers me 100 % of the time.

# Tinnitus Reaction Questionnaire (TRQ)

TINNITUS  TREATMENT

Name: VW 2 Date Completed: 4-30-12

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Please answer all questions by circling the number that best reflects how your tinnitus has affected **you in the last week**.

In general I would consider my tinnitus to be:

Mildly Obtrusive Moderate Significant  
Severe Profound

	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	①	2	3	4
2. My tinnitus has made me feel tense.	①	1	2	3	4
3. My tinnitus has made me feel irritable.	①	1	2	3	4
4. My tinnitus has made me feel angry.	①	1	2	3	4
5. My tinnitus has led me to cry.	①	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	①	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	①	1	2	3	4
8. My tinnitus has made me feel depressed.	①	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	①	2	3	4
10. My tinnitus has made me feel confused.	①	1	2	3	4
11. My tinnitus has driven me crazy.	①	1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	①	2	3	4
13. My tinnitus has made it hard for me to concentrate.	①	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	①	2	3	4
15. My tinnitus has made me feel distressed.	①	1	2	3	4
16. My tinnitus has made me feel helpless.	①	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	①	1	2	3	4
18. My tinnitus has interfered with my ability to work.	①	1	2	3	4
19. My tinnitus has led me to despair.	①	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	①	1	2	3	4
21. My tinnitus has led me to avoid social situations.	①	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	①	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	②	3	4
24. My tinnitus has led me to think about suicide.	①	1	2	3	4
25. My tinnitus has made me feel panicky.	①	1	2	3	4
26. My tinnitus has made me feel tormented.	①	1	2	3	4
Total	④	4	2		

I notice my tinnitus 10 % of the day. Of that time, plus 10-20 % of the night  
I notice my tinnitus, it bothers me 5 % of the time.  
Graduation

Wilson et al 1991

NAME



*Sandra*

BIRTHDATE

*08/21/37*

DATE

*08/02/12*

REFERRED BY

*HEARING LOSS*

*TINNITUS*

*DIZZINESS*

*FACIAL AD*

*AS*

*AU*

HX

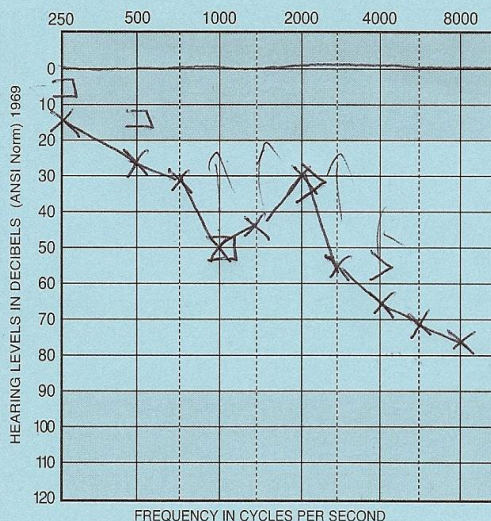
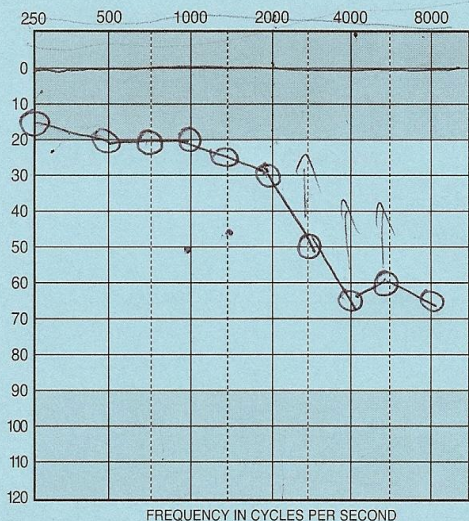
*HL x 10 yrs; HA<sup>s</sup> but doesn't wear; May 2012 → high fog blast  
= tinnitus;*

RELIABILITY

*good*

**RIGHT EAR**

**LEFT EAR**



KEY	Right	Left
air conduction	○	×
masked air	△	□
bone conduction	<	>
masked bone	□	□
no response	↓	↓
warbled tone	W	
aided	A	
could not test	CNT	
did not test	DNT	

**TYMPANOMETRY**

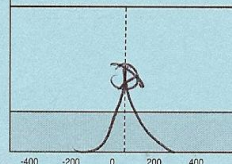
Right Ear Left Ear

Volume *1.7* cc *1.7* cc

Pressure *-5* *20*

Type *A* *A*

Comp *.8* *.6*



Ear	PTA □ 2FA □	SAT □ SRT □	Speech Discrimination	Otoscope	
Right	dB	<i>25</i> dB	<i>92 % 55</i> dBHL	<i>clear</i>	
Left	dB	<i>30</i> dB	<i>80 % 60</i> dBHL	<i>clear</i>	
<i>S/M 8</i>	dB	dB	<i>48 % 58</i> dBHL		

**STAPEDIUS REFLEX THRESHOLDS**

	500	1000	2000	4000	
Stimulus in:					
RE	<i>NR</i>	<i>NR</i>	<i>NR</i>	<i>NR</i>	CONTRA
LE	<i>NR</i>	<i>NR</i>	<i>NR</i>	<i>NR</i>	CONTRA
RE	<i>NR</i>	<i>NR</i>	<i>NR</i>	<i>NR</i>	IPSI
LE	<i>NR</i>	<i>NR</i>	<i>NR</i>	<i>NR</i>	IPSI
RE	<i>CNT</i>				Reflex Decay + / -
LE					

**SUMMARY AND RECOMMENDATIONS**

# Tinnitus Reaction Questionnaire (TRQ)

Name: Sandra

Date Completed: 7/30/12



This questionnaire is designed to measure the sort of effects tinnitus has had on your lifestyle, general well being, etc. Please answer each question by circling the number that **best** reflects how your tinnitus has affected you over the

I notice my tinnitus <u>30</u> % of the day. Of the time I notice my tinnitus, it bothers me <u>10</u> % of the time.	Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
1. My tinnitus has made me unhappy.	0	1	<u>2</u>	3	4
2. My tinnitus has made me feel tense.	0	1	<u>2</u>	3	4
3. My tinnitus has made me feel irritable.	0	1	2	<u>3</u>	4
4. My tinnitus has made me feel angry.	0	1	2	<u>3</u>	4
5. My tinnitus has led me to cry.	<u>0</u>	1	2	3	4
6. My tinnitus has led me to avoid quiet situations.	0	1	2	<u>3</u>	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	<u>3</u>	4
8. My tinnitus has made me feel depressed.	0	1	2	<u>3</u>	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	<u>4</u>
10. My tinnitus has made me feel confused.	0	<u>1</u>	2	3	4
11. My tinnitus has driven me crazy.	0	1	2	<u>3</u>	4
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	<u>4</u>
13. My tinnitus has made it hard for me to concentrate.	0	1	<u>2</u>	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	<u>3</u>	4
15. My tinnitus has made me feel distressed.	<u>0</u>	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	<u>3</u>	4
18. My tinnitus has interfered with my ability to work.	0	1	<u>2</u>	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	<u>0</u>	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	<u>3</u>	4
22. My tinnitus has made me feel hopeless about the future.	<u>0</u>	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	<u>4</u>
24. My tinnitus has led me to think about suicide.	<u>0</u>	1	2	3	4
25. My tinnitus has made me feel panicky.	<u>0</u>	1	2	3	4
26. My tinnitus has made me feel tormented.	<u>0</u>	1	2	3	4
Total	<u>48</u>	<u>1</u>	<u>8</u>	<u>27</u>	<u>12</u>

Wilson et al 1991

I would consider my tinnitus to be (circle all that apply):

Mildly obtrusive

Moderate

Significant

Severe

Profound