# 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)

	(Noviced by Salbard Jellininis Nab, Bellish 2012)	4
Name:	Date Completed:	
My tinnitus is:	Mildly Obtrusive Moderate Significant Severe Profound	
I notice my tinn	nitus% 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 in the last 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			ž,		

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 no	tice his tinnitus and what
$\overline{\%}$ of that time $\alpha$	does it bother him?

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I notice m	v tinnitus	% of the day	It bothers me	% of the time.
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Answer all questions by circling the number that best reflects how your tinnitus has affected you in the last week.	Not at All	A little of the time	Some of the time	A good deal of the time	Almost all of the time
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# Beginning Neuromonics Treatment – Suggestons 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!

Name

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 <u>all</u> questions by circling the number that <u>best reflects</u> how your tinnitus has affected you <u>over the past week</u>.

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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 3 2 15 64	24. My tinnitus has led me to think about suicide.			(3)		
26. My tinnitus has made me feel tormented.  Total  (3)  (4)  (5)  (7)  (8)  (9)  (1)  (1)  (2)  (3)  (4)  (4)  (5)  (6)  (7)  (7)  (8)  (9)  (9)  (1)  (1)  (1)  (1)  (2)  (3)  (4)  (4)  (5)  (6)  (7)  (7)  (8)  (8)  (9)  (9)  (1)  (1)  (1)  (1)  (1)  (1				3	-	/
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Vilisoff et al. 1991		4		Vilson et a	. /	44

First office visit

Name: D

Date Completed:

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.

	1000				
	Not at	A little of the time	Some of the time	A good deal of the	Almost all of the
<ol> <li>My tinnitus has made me unhappy.</li> </ol>	0	(1)	2	time	time
<ol><li>My tinnitus has made me feel tense.</li></ol>	0 .	(3)		3	4
3. My tinnitus has made me feel irritable.	0,	1)	2	3	4
<ol><li>My tinnitus has made me feel angry.</li></ol>	(6)	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
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	ES			
My tinnitus has made me feel annoyed.	0	(1)	2	3	4
10. My tinnitus has made me feel confused.	(0)		2	3	4
11. My tinnitus has "driven me crazy".		1	2	3	4
12. My tinnitus has interfered with my enjoyment of life.	0	2	2	3	4
13. My tinnitus has made it hard for me to concentrate.	120000000000000000000000000000000000000	(.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.	@	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
	(0)	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	(1)			
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	7	2	3	4
26. My tinnitus has made me feel tormented.			2	3	4
otal (1)	0	(1)	2	3	4
	4	17 1	()	0	0
	•	- , VV	ilson et al.	1991	•

Day of Neuromonics eval

Name

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
My tinnitus has made me unhappy.	(0)	1	2	3	4
My tinnitus has made me feel tense.	6	1	2	3	4
My tinnitus has made me feel irritable.	(0)	1	2	3	4
4. My tinnitus has made me feel angry.	<b>(</b> 0)	1	2	3	
5. My tinnitus has led me to cry.	(0)	1	2		4
<ol><li>My tinnitus has led me to avoid quiet situations.</li></ol>	0	1		3	4
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			
<ol><li>My tinnitus has made me feel annoyed.</li></ol>	0	1	2	3	4
10. My tinnitus has made me feel confused.	10	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.	(6.)	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 feet f	6	1	2	3	4
<ul><li>17. My tinnitus has made me feel frustrated with things.</li><li>18. My tinnitus has interfered with things.</li></ul>	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.	<b>6</b>	1	2	3	4
21. My tinnitus has led me to avoid social situations.	0	1	2	3	4
<ol> <li>My tinnitus has made me feel hopeless about the future.</li> </ol>	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	79	1			
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	(b)	1	2	3	4
26. My tinnitus has made me feel tormented.		1	2	3	4
Total (C)	0	1	2	3	4
	40-1	105	Ison et al.	100	

12 wks after starting treatment

Name W.P.

Date Completed: ()5-11-09

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 <u>all</u> questions by circling the number that <u>best</u> <u>reflects</u> how your tinnitus has affected you **over the past week.** 

N<10% /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
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.	9	1	2	3	4
<ol> <li>My tinnitus has made me feel less interested in going out.</li> </ol>	0	1	2	3	4
8. My tinnitus has made me feel depressed.	(Q)	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.	9	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	<b>%</b>	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.	6	1	2	3	4
25. My tinnitus has made me feel panicky.	9	1	2 .	3	4
26. My tinnitus has made me feel tormented.	O	1	2	3	4
Total			Wilson et	al. 1991	

1 yr after completion

Page 1 of 1

DocNo 00179 Rev 4

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

Tinnitus Treatment
Center, LLC

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>/ 00</u> % of the day. Of the time	Not at	A little	Some	A good	Almost
I notice my tinnitus, it bothers me $\frac{100}{\%}$ of the time.	all	of the	of the	deal of	all of
γ .		time	time	the time	the time
1. My tinnitus has made me unhappy.	0	1	(2)	3	4
2. My tinnitus has made me feel tense.	0	1	0	3	4
3. My tinnitus has made me feel irritable.	0	1	0	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.	70)	1	2	3	4
7. My tinnitus has made me feel less interested	(0)	1	2	3	4
in going out.					
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.	(9)	1	2	3 .	4
17. My tinnitus has made me feel frustrated with things.	0	(i)	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	(0)	1	2	3	4
the future.		***	_		•
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		2	3	4
Total (21)		14)	(14)	夕	
	*			Wilson et	al 1991

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

Mildly obtrusive

Moderate

Significant

Severe

Profound

01/2010

Pre-Neuromonics

TINNITUS & TREATMEN	T	I	NN	1	TUS	98	·I	R	F	A	T	м	F	N	1
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	1.1/ 2	Tipe (	/	/
Name: _	UNZ	Date Completed:	1111	110
		Date Completed:	1001	10

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 time to a second					
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	0	2	3	4
2. My tinnitus has made me feel tense.	6	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.	60	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.	60	1	2	3	
11. My tinnitus has driven me crazy.	(0)	1	2		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	Ø	2	3	
15. My tinnitus has made me feel distressed.	(0)	1	2		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		4
18. My tinnitus has interfered with my ability to work.	6	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		4
21. My tinnitus has led me to avoid social situations.	6	1		3	4
22. My tinnitus has made me feel hopeless about the future.	6	1	2 2	3	4
4V)				9	
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	D	2	3	4
Total 4	0	4			

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

Wilson et al 1991

Neuromonics Graduation

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

Wilson et al 1991

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	Ø ·	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)	) d	20	15	16

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

I notice my tinnitus, it bothers me | 00 % of the time.

TINNITUS % TREATMENT

Name:	V	1		2		Date Completed:	4.	30-	12
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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 gone at the state of the sta	- timitas nas a	Treeted you	i ili tile 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.	6	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.	9	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	<u></u>	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	
12. My tinnitus has interfered with my enjoyment of life.	0	0	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2		4
14. My tinnitus has made it hard for me to relax.	0	0	2	3	4
15. My tinnitus has made me feel distressed.	(0)	1		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			3	4
18. My tinnitus has interfered with my ability to work.	0	1 1	2	3	4
19. My tinnitus has led me to despair.			2	3	4
20. My tinnitus has led me to avoid noisy situations.		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.		1	2	3	4
	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	2	
24. My tinnitus has led me to think about suicide.	0	1		3	4
25. My tinnitus has made me feel panicky.	(0)		2	3	4
26. My tinnitus has made me feel tormented.		1	2	3	4
Total.	3	1 4	2	3	4

I notice my tinnitus 10 % of the day. Of that time, plus 10-20 % A wight

Wilson et al 1991

I notice my tinnitus, it bothers me  $\frac{6}{2}$ % of the time.

Graduation

Advanced Audiology, Inc.
Hearing and Tinnitus Center

www.AdvancedAudiology.info AdvancedAudiology@gmail.com



9137 East Mineral Circle, Suite 300 Centennial, CO 80112

> Phone: 303-649-2122 Fax: 303-649-9808

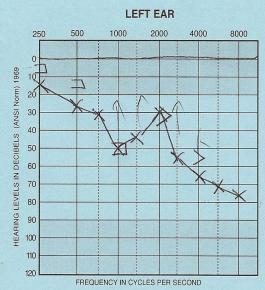
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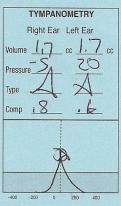
HX HCX (O gro; HAS but doesn't wear; May 2012 -) high fog Plast &

Timulus;

RELIABILITY good



KEY	Right	Left			
air conduction	0	X			
masked air	Δ				
bone conduction	<	>			
masked bone					
no response	<b>\</b>	1			
warbled tone	W				
aided	А				
could not test	CN	Γ			
did not test	DNT				



# Ear PTA SAT Speech Discrimination Otoscopic Right dB ZS dB 92 % S5 dBHL Clary Left dB 30 dB 80 % 60 dBHL Clary SING dB dB L18 % 58 dBHL

STAPEDIUS REFLEX THRESHOLDS									
	500	1000	2000	4000					
RE	MR				CONTRA				
Stimulus in:	MR-			5	CONTRA				
Stim	M-			€	IPSI				
LE	NR-			$\ni$	IPSI				
RE	CV	Ti	Ref		,				
LE			Dec	ay +	1-				

**SUMMARY AND RECOMMENDATIONS** 

Name: Dandra

Date Completed: 7/30/12



This questionnaire is de well being, etc Please a has affected you over the

sort of effects tinnitus has had on your lifestyle, general circling the number that **best** reflects how your tinnitus

	,	,			·
I notice my tinnitus $30\%$ of the day. Of the time I notice my tinnitus, it bothers me $10\%$ 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	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	0	1	2	3	4
in going out.					
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	<b>4</b>
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	0	1	2	3	4
the future.					
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 48		/	8	A 7 Wilson e	t al 1991

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

Mildly obtrusive

Moderate

Significant

Severe

Profound