



continued Conversations, The CEU Podcast:

Hyperacusis Assessment and Management

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I. Hyperacusis is a Symptom Associated with a Variety of Disorders and Diseases:

- Developmental disorders in children, e.g., William's Syndrome and Autism Spectrum Disorder (ASD)
- Neurological disorders, e.g., multiple sclerosis
- Brain injuries, e.g., traumatic brain injury (TBI)
- Psychological disorders, e.g., depression
- Chronic pain disorders, e.g., Migraine and fibromyalgia
- Family history of sensory hypersensitivity (e.g., photic, tactile)
- Hearing related disorders, e.g., Tinnitus and auditory processing disorder (APD)

II. Short List of Typical Bothersome Sounds for Patients with Hyperacusis

- Sirens (e.g., ambulance, police, fire)
- Vacuum cleaner
- Hair dryer
- High pitch "shrill" sounds
- Loud telephone ring
- Power tools (e.g., saw, drill, or compressor)
- Young children crying or screaming
- Clattering dishes or pots/pans



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III. To Manage or Not to Manage Hyperacusis? Six Questions to Ask

(Manage patients with one or more "Yes" answers)

1. Is hyperacusis a possible symptom of a disease or another disorder?
2. Is the hyperacusis disrupting the patient's important daily activities (e.g., school for children and work for adults)?
3. Does the patient avoid certain places because of hyperacusis (e.g., school, church, workplace, public places)?
4. Is the hyperacusis influencing the patient's quality of life?
5. Does the patient describe anxiety, fear, or depression because of the hyperacusis?
6. Does the patient have other sensitivities (e.g., light, touch, smell)?



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IV. Hyperacusis Priority Setting Partnership Steering Group - Top Ten Research Priorities for Hyperacusis

1. What is the most effective treatment approach for hyperacusis in children?
2. What is the prevalence of hyperacusis in a general population and other special populations (e.g., people with autism, mental health issues, learning disabilities, or hearing loss)?
3. Are there different meaningful types of hyperacusis?
4. What is the essential knowledge and training required for health professionals to appropriately refer or effectively manage hyperacusis?
5. Which treatment approaches are most effective for different types or severities of hyperacusis?
6. Is hyperacusis due to physical or psychological issues or is it a combination of both?
7. Which psychological therapy (e.g., counseling, cognitive behavioral therapy, or mindfulness) is most effective for hyperacusis?
8. What management approach for hyperacusis is most effective for adults and children with autism?
9. What is the best way of using sound in therapy for hyperacusis?
10. Which self-help interventions are effective for hyperacusis?

Source: Fackrell, K., Stratmann, L., Gronlund, T.A., & Hoare, D.J. (2019). Top ten hyperacusis research priorities in the UK. *Lancet*, 393, 404-405.



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V. Select References on Hyperacusis and Sound Tolerance Disorders

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V. Select References on Hyperacusis and Sound Tolerance Disorders (cont'd)

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