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Date: _____

TINNITUS QUESTIONNAIRE

"Tinnitus" (TIN-i-tis or tin-NIH-tis) refers to any sounds heard that aren't physically present in the environment.

Name: _____ Date of Birth: _____

Where do you sense that you hear your tinnitus?

Both Ears Same	More Right	More Left	In the Head	Outside the Head
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If in both ears, do you hear the same sound on each side? Please explain.

When did your tinnitus start? Was there any specific event or illness related to the start? Has your tinnitus changed since it first appeared? Please explain.

Does your tinnitus seem to be linked to any other symptoms? Please explain.

Would you say your tinnitus ... Is Constantly Present Comes and Goes

Are you ever completely free of tinnitus? YES NO

Is your tinnitus more likely to occur in the ...

Morning	Afternoon	Evening	Night	No time of day difference
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Is there any activity that seems to bring on the tinnitus? Please explain.

Is the tinnitus related to ...

Stress	Seasonal Changes	Hormonal Changes	Food Drink	Cigarettes Alcohol
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Please explain. _____

Have you found anything that makes the tinnitus go away? Please explain.

What else have you tried?

Is there anything that makes the tinnitus less disturbing? Please explain.

How would you describe the tinnitus?

Do any of these characteristics apply?	Ringling	Hissing	Crickets	High-pitch	Low-pitch
	Roaring	Humming	Pulsing	Grinding	Screeching

Please circle the numbers indicating the responses that most closely match your experience.

MODIFIED TINNITUS HANDICAP INVENTORY	YES	SOMETIMES	NO
Because of your tinnitus is it difficult for you to concentrate?	2	1	0
Does your tinnitus make you angry?	2	1	0
Does your tinnitus make you confused?	2	1	0
Because of your tinnitus do you feel desperate?	2	1	0
Do you complain a great deal about your tinnitus?	2	1	0
Do you feel as though you cannot escape your tinnitus?	2	1	0
Does your tinnitus interfere with your ability to enjoy social activities (such as going out to dinner or to the movies)?	2	1	0
Because of your tinnitus do you feel frustrated?	2	1	0
Because of your tinnitus do you feel that you have a disease?	2	1	0
Does your tinnitus make it difficult for you to enjoy life?	2	1	0
Does your tinnitus interfere with work/home responsibilities?	2	1	0
Because of your tinnitus do you find that you are often irritable?	2	1	0
Because of your tinnitus is it difficult for you to read?	2	1	0
Does your tinnitus make you upset?	2	1	0
Do you feel that your tinnitus has placed stress on your relationship with members of your family and friends?	2	1	0
Is it difficult to focus your attention away from the tinnitus?	2	1	0
Do you feel that you have control over your tinnitus?	2	1	0
Because of your tinnitus do you feel tired?	2	1	0
Because of your tinnitus do you feel depressed?	2	1	0
Does your tinnitus make you feel anxious?	2	1	0
Do you feel that you can no longer cope with your tinnitus?	2	1	0
Does your tinnitus make you feel insecure?	2	1	0

MODIFIED TINNITUS HEARING QUESTIONNAIRE	NOT A PROBLEM	A SMALL PROBLEM	A PROBLEM	A BIG PROBLEM	A VERY BIG PROBLEM
Over the last week, tinnitus kept me from sleeping.	0	1	2	3	4
Over the last week, tinnitus kept me from concentrating on reading.	0	1	2	3	4
Over the last week, tinnitus kept me from relaxing.	0	1	2	3	4
Over the last week, I couldn't get my mind off of my tinnitus.	0	1	2	3	4
Over the last week, I couldn't understand what others were saying in noisy or crowded places.	0	1	2	3	4
Over the last week, I couldn't understand what people were saying on TV or in movies.	0	1	2	3	4
Over the last week, I couldn't understand people with soft voices.	0	1	2	3	4
Over the last week, I couldn't understand what was being said in group conversations.	0	1	2	3	4
Over the last week, everyday sounds were too loud for me.	0	1	2	3	4