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Tinnitus Questionnaire

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

Date: _____ Name: _____ Date of Birth: _____

1. When did your tinnitus start? Was there any specific illness, injury, hazardous exposure, event, or medication related to the start?

2. Has your tinnitus changed since it first appeared?

3. Does your tinnitus seem to be linked to other symptoms, medical conditions, or activities?

4. Is your tinnitus affected by stress, seasonal changes, hormonal changes, food, drink, tobacco, or alcohol?

5. Have you found anything that makes the tinnitus go away or less disturbing?
What have you tried?

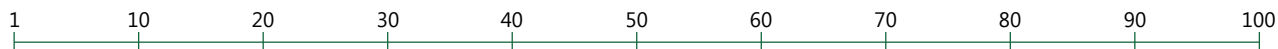
6. Describe the tinnitus:

What is the location?

Both Ears Equally More Left More Right In the Head Outside the Head

↳ If in both ears, do you hear the same sound on each side? Yes No

What is the most prominent pitch on a scale of 1 (low tone/pitch) - 100 (high tone/pitch)?



What is the annoyance of your tinnitus on a scale of 1 (not at all annoying) - 100 (extremely annoying)?



Characteristics:

Ringling	Hissing	Crickets	Roaring
Humming	Pulsing	Grinding	Screeching

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

Tinnitus Handicap Inventory	YES	SOMETIMES	NO
Because of your tinnitus, is it difficult for you to concentrate?	4	2	0
Does the loudness of your tinnitus make it difficult for you to hear people?	4	2	0
Does your tinnitus make you angry?	4	2	0
Does your tinnitus make you feel confused?	4	2	0
Because of your tinnitus, do you feel desperate?	4	2	0
Do you complain a great deal about your tinnitus?	4	2	0
Because of your tinnitus, do you have trouble falling asleep at night?	4	2	0
Do you feel as though you cannot escape your tinnitus?	4	2	0
Does your tinnitus interfere with your ability to enjoy your social activities (such as going out to dinner or to the movies)?	4	2	0
Because of your tinnitus, do you feel frustrated?	4	2	0
Because of your tinnitus, do you feel that you have a terrible disease?	4	2	0
Does your tinnitus make it difficult for you to enjoy life?	4	2	0
Does your tinnitus interfere with your job or household responsibilities?	4	2	0
Because of your tinnitus, do you find that you are often irritable?	4	2	0
Because of your tinnitus, is it difficult for you to read?	4	2	0
Does your tinnitus make you upset?	4	2	0
Do you feel that your tinnitus problem has placed stress on your relationships with members of your family and friends?	4	2	0
Do you find it difficult to focus your attention away from your tinnitus and on other things?	4	2	0
Do you feel that you have no control over your tinnitus?	4	2	0
Because of your tinnitus, do you often feel tired?	4	2	0
Because of you tinnitus, do you feel depressed?	4	2	0
Does your tinnitus make you feel anxious?	4	2	0
Do you feel that you can no longer cope with your tinnitus?	4	2	0
Does your tinnitus get worse when you are under stress?	4	2	0
Does your tinnitus make your feel insecure?	4	2	0

Tinnitus & Hearing Survey	NOT A PROBLEM	SMALL PROBLEM	PROBLEM	BIG PROBLEM	VERY BIG PROBLEM
Over the last week...					
...tinnitus kept me from sleeping.					
...tinnitus kept me from concentrating on reading.					
...tinnitus kept me from relaxing.					
...I couldn't get my mind off tinnitus.					
...I couldn't understand what others were saying in noisy or crowded places.					
...I couldn't understand what people were saying on TV or in movies.					
...I couldn't understand people with soft voices.					
...I couldn't understand what was being said in group conversations.					
...everyday sounds were too loud for me.					