IOWA TINNITUS HANDICAP - QUESTIONNAIRE (4)

Patient Name: _____ Date: _____

INSTRUCTIONS: This questionnaire has 27 questions. Please indicate **0** that you strongly disagree (up to) **100** that you strongly agree. Please do not skip any questions.

1. I have support from my friends regarding my tinnitus.
2. Tinnitus creates family problems.
3. My tinnitus has gotten worse over the years.
4. I do not enjoy life because of tinnitus.
5. The general public does not know about the devastating nature of tinnitus.
6. I am unable to follow conversation during meetings because of tinnitus.
7. Tinnitus affects the quality of my relationships.
8. I think I have a healthy outlook on tinnitus.
9. I cannot concentrate because of tinnitus.
10. Tinnitus causes me to avoid noisy situations.
11. Tinnitus contributes to a feeling of general ill health.
12. Tinnitus interferes with my ability to tell where sounds are coming from.
13. Tinnitus makes me feel annoyed.
14. I am unable to relax because of tinnitus.
15. Tinnitus makes me feel insecure.
16. Tinnitus makes me feel anxious.
17. I feel frustrated frequently because of tinnitus.
18. Tinnitus makes me feel tired.
19. Tinnitus causes me to feel depressed.
20. Tinnitus interferes with my speech understanding when listening to the television.
21. Tinnitus has caused a reduction in my speech understanding ability.
22. Tinnitus interferes with my speech understanding when talking with someone in a noisy room.
23. I find it difficult to explain what tinnitus is to others.
24. I complain more because of tinnitus.
25. I have trouble falling asleep at night because of tinnitus.
26 I feel uneasy in social situations because of tinnitus.
27. Tinnitus causes stress.

IOWA TINNITUS HANDICAP SEVERITY SCALE

FACTOR		
1	Social, Emotional, and Behavioral Tinnitus Effects: (add responses to 4, 7, 9, 11, 13, 14, 15, 16, 17, 18, 19, 23, 24, 25, and 27	= ____ / 15 = _____%
2	Tinnitus and Hearing: (add responses to 2, 6, 10, 12, 20, 21, 22, and 26)	= ____ / 8 = _____%
3	Outlook on tinnitus: (add responses to 3, and 5, plus [100-response to 8] plus [100-response to 1]	= ____ / 4 = _____%
TOTAL	[(Factor 1 x 15/27) + (Factor 2 x 8/27) + (Factor 3 x 4/27)] = _____%	

FACTOR		RAW	%
1		0	0
2		0	0
3		200	50
TOTAL			7.4

*Kuk FK, Tyler RS, Russell D and Jordan H (1990).
The psychometric properties of a tinnitus handicap questionnaire. Ear Hear, 11(6): 434-442.