

Name: _____

Date: _____

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**.

Rating Scale:

0 = Not at all, 1 = a little of the time, 2 = some of the time, 3 = a good deal of the time, 4 = almost all of the time

1. My tinnitus makes 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 had 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 made me feel tormented	0	1	2	3	4
25. My tinnitus has made me feel panicky	0	1	2	3	4
26. My tinnitus has led me to think about suicide	0	1	2	3	4

Total = _____

Over the past week, what percentage of time were you aware of your tinnitus?	%
During the time that you were aware of your tinnitus, what percentage of that time was it bothersome?	%