



TINNITUS HANDICAP INVENTORY

Name: _____

Date: _____

INSTRUCTIONS: The purpose of this questionnaire is to identify difficulties that you may be experiencing because of your tinnitus. Please answer every question. **Please do not skip any questions.**

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

FOR CLINICAL USE ONLY

Total Per Column

	x4		x2		x0
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Total Score = + +

Adapted from Newman, Jacobson & Spitzer, 1996