



# Tinnitus Handicap Inventory

Please rate the severity of your tinnitus from 0 to 10. **Please circle number:**



0  
No tinnitus

1

2

3

4

5

6

7

8

9

10

Distressing tinnitus

Unbearable tinnitus

**CIRCLE ONE:**

- |  |      |                           |                                |
|--|------|---------------------------|--------------------------------|
| 1. Because of your tinnitus, is it difficult for you to concentrate?   | Yes  | Sometimes                 | No                             |
| 2. Does the loudness of your tinnitus make it difficult for you to hear people?  | Yes  | Sometimes                 | No                             |
| 3. Does your tinnitus make you angry?  | Yes  | Sometimes                 | No                             |
| 4. Does your tinnitus make you feel confused?  | Yes  | Sometimes                 | No                             |
| 5. Because of your tinnitus, do you feel desperate?  | Yes  | Sometimes                 | No                             |
| 6. Do you complain a great deal about your tinnitus?   | Yes  | Sometimes                 | No                             |
| 7. Because of your tinnitus, do you have trouble falling to sleep at night?  | Yes  | Sometimes                 | No                             |
| 8. Do you feel as though you cannot escape tinnitus?   | Yes  | Sometimes                 | No                             |
| 9. Does your tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the movies)? | Yes  | Sometimes                 | No                             |
| 10. Because of your tinnitus, do you feel frustrated?  | Yes  | Sometimes                 | No                             |
| 11. Because of your tinnitus, do you feel that you have a terrible disease?  | Yes  | Sometimes                 | No                             |
| 12. Does your tinnitus make it difficult for you to enjoy life?  | Yes  | Sometimes                 | No                             |
| 13. Does your tinnitus interfere with your job or household responsibilities?  | Yes  | Sometimes                 | No                             |
| 14. Because of your tinnitus, do you find that you are often irritable?  | Yes  | Sometimes                 | No                             |
| 15. Because of your tinnitus, is it difficult for you to read?   | Yes  | Sometimes                 | No                             |
| 16. Does your tinnitus make you upset?   | Yes  | Sometimes                 | No                             |
| 17. Do you feel that your tinnitus problem has placed stress on your relationship with members of your family and friends? | Yes  | Sometimes                 | No                             |
| 18. Do you find it difficult to focus your attention away from your tinnitus and on other things?                          | Yes  | Sometimes                 | No                             |
| 19. Do you feel that you have no control over your tinnitus?   | Yes  | Sometimes                 | No                             |
| 20. Because of your tinnitus, do you often feel tired?   | Yes  | Sometimes                 | No                             |
| 21. Because of your tinnitus, do you feel depressed?   | Yes  | Sometimes                 | No                             |
| 22. Does your tinnitus make you feel anxious?  | Yes  | Sometimes                 | No                             |
| 23. Do you feel that you can no longer cope with your tinnitus?  | Yes  | Sometimes                 | No                             |
| 24. Does your tinnitus get worse when you are under stress?  | Yes  | Sometimes                 | No                             |
| 25. Does your tinnitus make you feel insecure?   | Yes  | Sometimes                 | No                             |
| 26. Your insomnia from tinnitus is best described as:  | None | less than 3 times a month | less than 3 times a week Daily |

**For Questions or Emergency Care:**

Call the office at **601-984-5160**. You may need to speak with the doctor on call.