NORTHWEST
HEARING + TINNITUS

Tinnitus Handicap Inventory

Instructions: The purpose of this questionnaire is to identify problems your tinnitus may be causing you. Check **Yes**, **Sometimes**, or **No** for each question. Do not skip a question.

		Yes (4)	Sometimes (2)	No (0)
1F	Because of your tinnitus is it difficult for you to concentrate?	☐	☐	☐
2F	Does the loudness of your tinnitus make it difficult for you to hear people?	☐	☐	☐
3E	Does your tinnitus make you angry?	☐	☐	☐
4F	Does your tinnitus make you feel confused?	☐	☐	☐
5C	Because of your tinnitus do you feel desperate?	☐	☐	☐
6E	Do you complain a great deal about your tinnitus?	☐	☐	☐
7F	Because of your tinnitus do you have trouble falling to sleep at night?	☐	☐	☐
8C	Do you feel as though you cannot escape your tinnitus?	☐	☐	☐
9F	Does your tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the movies)?	☐	☐	☐
10E	Because of your tinnitus do you feel frustrated?	☐	☐	☐
11C	Because of your tinnitus do you feel that you have a terrible disease?	☐	☐	☐
12F	Does your tinnitus make it difficult for you to enjoy life?	☐	☐	☐
13F	Does your tinnitus interfere with your job or household responsibilities?	☐	☐	☐
14F	Because of your tinnitus do you find that you are often irritable?	☐	☐	☐
15F	Because of your tinnitus is it difficult for you to read?	☐	☐	☐
16E	Does your tinnitus make you upset?	☐	☐	☐
17E	Do you feel that your tinnitus problem has placed stress on your relationship with members of your family and friends?	☐	☐	☐
18F	Do you find it difficult to focus your attention away from your tinnitus and on other things?	☐	☐	☐
19C	Do you feel that you have no control over your tinnitus?	☐	☐	☐
20F	Because of your tinnitus do you often feel tired?	☐	☐	☐
21E	Because of your tinnitus do you feel depressed?	☐	☐	☐
22E	Does your tinnitus make you feel anxious?	☐	☐	☐
23C	Do you feel that you can no longer cope with your tinnitus?	☐	☐	☐
24F	Does your tinnitus get worse when you are under stress?	☐	☐	☐
25E	Does your tinnitus make you feel insecure?	☐	☐	☐
	Total	___	___	___

F denotes an item on the functional subscale; E, an item on the emotional subscale; and C, an item on the catastrophic response subscale.

Newman, C. W., Jacobson, G. P., & Spitzer, J. B. (1996). Development of the Tinnitus Handicap Inventory. *Archives of Otolaryngology—Head and Neck Surgery, 122*, 143–148.