

## Tinnitus Handicap Inventory

The aim of this questionnaire is to find out what problem tinnitus might be giving you. Check yes, sometimes, or no for each question.

|     |   |     |           |    |
|-----|---|-----|-----------|----|
| F1  | Because of your Tinnitus is it difficult for you to concentrate?  | Yes | Sometimes | No |
| F2  | Does the loudness of your Tinnitus make it difficult for you to hear people?  | Yes | Sometimes | No |
| E3  | Does your Tinnitus make you angry?  | Yes | Sometimes | No |
| F4  | Does your Tinnitus make you confused?   | Yes | Sometimes | No |
| C5  | Because of your Tinnitus are you desperate?   | Yes | Sometimes | No |
| E6  | Do you complain a great deal about your Tinnitus?   | Yes | Sometimes | No |
| F7  | Because of your tinnitus do you have trouble falling asleep at night?   | Yes | Sometimes | No |
| C8  | Do you feel as though you cannot escape from your Tinnitus?   | Yes | Sometimes | No |
| F9  | Does your Tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the cinema)? | Yes | Sometimes | No |
| E10 | Because of your Tinnitus do you feel frustrated?  | Yes | Sometimes | No |
| C11 | Because of your Tinnitus do you feel that you have a terrible disease?  | Yes | Sometimes | No |
| F12 | Does your Tinnitus make it difficult to enjoy life?   | Yes | Sometimes | No |
| F13 | Does your Tinnitus interfere with your job or household responsibilities?   | Yes | Sometimes | No |
| F14 | Because of your Tinnitus do you find that you are often irritable?  | Yes | Sometimes | No |
| F15 | Because of your Tinnitus is it difficult for you to read?   | Yes | Sometimes | No |
| E16 | Does your Tinnitus make you upset?  | Yes | Sometimes | No |
| E17 | Do you feel that your Tinnitus has placed stress on your relationships with members of your family and friends?         | Yes | Sometimes | No |
| F18 | Do you find it difficult to focus your attention away from your Tinnitus and on to other things?                        | Yes | Sometimes | No |
| C19 | Do you feel that you have no control over your Tinnitus?  | Yes | Sometimes | No |
| F20 | Because of your Tinnitus do you often feel tired?   | Yes | Sometimes | No |
| E21 | Because of your Tinnitus do you feel depressed?   | Yes | Sometimes | No |
| E22 | Does your Tinnitus make you feel anxious?   | Yes | Sometimes | No |
| C23 | Do you feel you can no longer cope with your Tinnitus?  | Yes | Sometimes | No |
| F24 | Does your Tinnitus get worse when you are under stress?   | Yes | Sometimes | No |
| E25 | Does your Tinnitus make you feel insecure?  | Yes | Sometimes | No |

THI Classification: Incomplete (0 / 25)

- Newman, C.W., Jacobson, G.P., & Spitzer, J.B. (1996). Development of the Tinnitus Handicap Inventory. Archives of Otolaryngology, 122, 143-148.
- Newman, C.W., Sandridge, S.A., Jacobson, G.P. (1998). Psychometric adequacy of the Tinnitus Handicap Inventory (THI) for evaluating treatment outcome. Journal of the American Academy of Audiology, 9, 153-160.