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.

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.