

# TINNITUS FUNCTIONAL INDEX

Today's Date \_\_\_\_\_  
 \_\_\_\_\_  
 Month / Day / Year

Your Name \_\_\_\_\_  
 \_\_\_\_\_  
 Please Print

Please read each question below carefully. To answer a question, select **ONE** of the numbers that is listed for that question, and draw a **CIRCLE** around it like this: **10%** or **1**.

## I Over the PAST WEEK...

1. What percentage of your time awake were you consciously **AWARE OF** your tinnitus?  
 Never aware ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ Always aware
2. How **STRONG** or **LOUD** was your tinnitus?  
 Not at all strong or loud ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Extremely strong or loud
3. What percentage of your time awake were you **ANNOYED** by your tinnitus?  
 None of the time ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ All of the time

## SC Over the PAST WEEK...

4. Did you feel **IN CONTROL** in regard to your tinnitus?  
 Very much in control ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Never in control
5. How easy was it for you to **COPE** with your tinnitus?  
 Very easy to cope ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Impossible to cope
6. How easy was it for you to **IGNORE** your tinnitus?  
 Very easy to ignore ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Impossible to ignore

## C Over the PAST WEEK...

7. Your ability to **CONCENTRATE**?  
 Did not interfere ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Completely interfered
8. Your ability to **THINK CLEARLY**?  
 Did not interfere ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Completely interfered
9. Your ability to **FOCUS ATTENTION** on other things besides your tinnitus?  
 Did not interfere ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Completely interfered

## SL Over the PAST WEEK...

10. How often did your tinnitus make it difficult to **FALL ASLEEP** or **STAY ASLEEP**?  
 Never had difficulty ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Always had difficulty
11. How often did your tinnitus cause you difficulty in getting **AS MUCH SLEEP** as you needed?  
 Never had difficulty ► 0 1 2 3 4 5 6 7 8 9 10 ◀ Always had difficulty
12. How much of the time did your tinnitus keep you from **SLEEPING** as **DEEPLY** or as **PEACEFULLY** as you would have liked?  
 None of the time ► 0 1 2 3 4 5 6 7 8 9 10 ◀ All of the time

Please read each question below carefully. To answer a question, select **ONE** of the numbers that is listed for that question, and draw a **CIRCLE** around it like this: **10%** or **1**.

**A** Over the **PAST WEEK**, how much has your tinnitus interfered with... *Did not interfere* *Completely interfered*

13. Your ability to **HEAR CLEARLY**? 0 1 2 3 4 5 6 7 8 9 10

14. Your ability to **UNDERSTAND PEOPLE** who are talking? 0 1 2 3 4 5 6 7 8 9 10

15. Your ability to **FOLLOW CONVERSATIONS** in a group or at meetings? 0 1 2 3 4 5 6 7 8 9 10

**R** Over the **PAST WEEK**, how much has your tinnitus interfered with... *Did not interfere* *Completely interfered*

16. Your **QUIET RESTING ACTIVITIES**? 0 1 2 3 4 5 6 7 8 9 10

17. Your ability to **RELAX**? 0 1 2 3 4 5 6 7 8 9 10

18. Your ability to enjoy **PEACE AND QUIET**? 0 1 2 3 4 5 6 7 8 9 10

**Q** Over the **PAST WEEK**, how much has your tinnitus interfered with... *Did not interfere* *Completely interfered*

19. Your enjoyment of **SOCIAL ACTIVITIES**? 0 1 2 3 4 5 6 7 8 9 10

20. Your **ENJOYMENT OF LIFE**? 0 1 2 3 4 5 6 7 8 9 10

21. Your **RELATIONSHIPS** with family, friends and other people? 0 1 2 3 4 5 6 7 8 9 10

22. How often did your tinnitus cause you to have difficulty performing your **WORK OR OTHER TASKS**, such as home maintenance, school work, or caring for children or others?

*Never had difficulty* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Always had difficulty*

**E** Over the **PAST WEEK**...

23. How **ANXIOUS** or **WORRIED** has your tinnitus made you feel?

*Not at all anxious or worried* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Extremely anxious or worried*

24. How **BOTHERED** or **UPSET** have you been because of your tinnitus?

*Not at all bothered or upset* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Extremely bothered or upset*

25. How **DEPRESSED** were you because of your tinnitus?

*Not at all depressed* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Extremely depressed*