



Tinnitus Inventory

INSTRUCTIONS: This questionnaire has 27 questions.

Please indicate your experience by rating scale. Your reaction may range from 0 to 100.

A zero 0 indicates that you strongly **disagree** up to one hundred 100, meaning you strongly **agree**, or anywhere in between.

Please do not skip any questions.

0 = strongly disagree.....up to 100= strongly agree

1. I am unable to follow conversations during meetings because of tinnitus. _____
2. Tinnitus creates family problems. _____
3. I think I have a healthy outlook on tinnitus. _____
4. I feel uneasy in social situations because of tinnitus. _____
5. I have trouble falling asleep at night because of tinnitus. _____
6. Tinnitus contributes to a feeling of general ill health. _____
7. Tinnitus interferes with my ability to tell where sounds are coming from. _____
8. I have support from my friends regarding my tinnitus. _____
9. I am unable to relax because of tinnitus. _____
10. I do not enjoy life because of tinnitus. _____
11. My tinnitus has gotten worse over the years/months/weeks _____
12. I cannot concentrate because of tinnitus. _____

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13. Tinnitus makes me feel tired. _____
14. Tinnitus causes me to feel depressed. _____
15. The general public does not know about the devastating nature of tinnitus. _____
16. Tinnitus causes me to avoid noisy situations. _____
17. Tinnitus interferes with my speech understanding when talking with someone in a noisy room. _____
18. I find it difficult to explain what tinnitus to others. _____
19. I complain more because of tinnitus. _____
20. Tinnitus makes me feel annoyed. _____
21. Tinnitus makes me feel insecure. _____
22. Tinnitus interferes with my speech understanding when listening to the television. _____
23. Tinnitus affects the quality of my relationships. _____
24. Tinnitus has caused a reduction in my speech understanding ability. _____
25. Tinnitus causes stress. _____
26. Tinnitus makes me feel anxious. _____
27. I feel frustrated frequently because of tinnitus. _____