

Industrial Physical Therapy, Inc.

Tinnitus Handicap Inventory

Name: _____ **Signature:** _____ **Date:** _____

Instructions: The Purpose of this scale is to identify the problems your tinnitus may be causing you. Please circle "Yes", "Sometimes", or "No" for each question. Do not skip a question.

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