

# Tinnitus Interview

*This interview is intended to be completed with patients following their treatment for bothersome tinnitus. It is specifically for patients who have not made sufficient progress from their treatment. It should be administered immediately after thoroughly discussing the patient's responses to any questionnaires they have completed, for example, the Tinnitus and Hearing Survey, Tinnitus Functional Index, and global impression of change question. Results of the interview will assist in determining if further clinical services are needed for treating the persistently bothersome tinnitus. (Please note this interview does not cover tinnitus-specific information that was covered as part of the medical history that was done during the audiology appointment.)*

## 1. Does the loudness of your tinnitus change *on its own*?

- ☐ No → **Go to #2**
- ☐ Yes → How often does it change?
  - ☐ Never
  - ☐ Several times per month
  - ☐ Several times per week
  - ☐ Several times per day
  - ☐ Several times per hour

## 2. Do *sounds* ever change the loudness of your tinnitus?

- ☐ No effect → **Go to #3**
- ☐ Softer → **Go to #3**
- ☐ Louder

(if “louder”) **What kinds of sounds make your tinnitus louder? (check all categories that apply; circle any sounds that are identified as a problem; write in any additional sounds that are mentioned)**

- ☐ Very loud sounds/activities that would be expected to make the tinnitus louder (firing a gun, attending a concert, using power tools, \_\_\_\_\_) (*Clinician: If this is the only response from the patient, then exacerbation of tinnitus by sound would be considered a normal effect.*)
- ☐ Higher pitched sounds (squeals, squeaks, beeps, whistles, rings, \_\_\_\_\_)
- ☐ Lower pitched sounds (bass from radio, \_\_\_\_\_)
- ☐ Traffic (warning) sounds (emergency vehicle sirens, car horns, backup beeper on truck/van, \_\_\_\_\_)
- ☐ Traffic (background) sounds (road noise, road construction, diesel engines, garbage trucks, \_\_\_\_\_)
- ☐ Sudden impact sounds (door slam, car backfiring, objects dropping on floor, dishes clattering, \_\_\_\_\_)
- ☐ Voices (television, radio, movies, children's voices, dog barking, \_\_\_\_\_)
- ☐ Other (describe) \_\_\_\_\_

**When sound makes your tinnitus louder, how long does the change last?**

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| <input type="checkbox"/> 1-2          | <input type="checkbox"/> Second(s) |
| <input type="checkbox"/> 3-4          | <input type="checkbox"/> Minute(s) |
| <input type="checkbox"/> 5-10         | <input type="checkbox"/> Hour(s)   |
| <input type="checkbox"/> more than 10 | <input type="checkbox"/> Day(s)    |

**3. How does your tinnitus affect your life (not including difficulty hearing or understanding people talking)?**

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**4. Please describe everything you tried for your tinnitus prior to your most recent treatment. For each effort, what were you hoping would happen, and what actually did happen? [Clinician: Sometimes a pattern will emerge showing that repeated (unsuccessful) attempts were made to eliminate the tinnitus sensation or to at least reduce its intensity. Such efforts would only result in frustration because a cure does not yet exist. If this is the case, explain to the patient that the purpose of treatment is not to eliminate or reduce the tinnitus sensation, but to lessen the effects of tinnitus, ultimately leading to habituation.]**

What have you tried for tinnitus prior to your most recent treatment?	What were you hoping would happen?	What actually did happen?
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**5. Please describe any sounds you used to get relief from tinnitus during your most recent treatment. For each sound you tried, what were you hoping would happen, and what actually did happen? (Clinician: As for question 4, it's important to reinforce the idea that the goal of sound therapy is not to eliminate or reduce the tinnitus sensation, but to lessen the effects of tinnitus, ultimately leading to habituation.)**

What sounds have you tried to get relief from tinnitus?	What were you hoping would happen?	What actually did happen?
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**6. If you decide to move ahead with further treatment, then we will be making plans for using sound to help you habituate to your tinnitus. It will be helpful to have a list of sound-producing devices you have available to you. Which of the following devices do you own? (For each type of device listed below, provide additional details. For instance, if you own a radio, how many radios do you have? Are any of them portable? If not portable, where are they located? For each device you own, how is it currently being used for tinnitus management?)**

Type of device	How many are available?	Are any portable?	If not portable, where is it located?	How is it being used with respect to tinnitus?
<input type="checkbox"/> Television (smartTV? music channels available?)				
<input type="checkbox"/> Computer with internet (to access YouTube, radio stations, podcasts, etc.)				
<input type="checkbox"/> Smartphone capable of playing music and podcasts				
<input type="checkbox"/> Traditional radio				
<input type="checkbox"/> Satellite radio				
<input type="checkbox"/> CD or DVD player				
<input type="checkbox"/> Table top sound generator				
<input type="checkbox"/> Table top water fountain				
<input type="checkbox"/> Fan/air conditioner/etc.				
<input type="checkbox"/> Other				