

**EAST TEXAS SINUS AND DIZZINESS CENTER
TINNITUS QUESTIONNAIRE**

- I have had tinnitus (noise in the ear/head) for
 - Less than a year
 - 1-2 years
 - 2-3 years
 - 3-5 years
 - Longer than 5 years

- Before this form of tinnitus, I had mild tinnitus for _____ months/years.

- My tinnitus is primarily located in
 - The left ear
 - The right ear
 - Both ears equally
 - Both ears, but louder on one side
 - My head

- At its worst, my tinnitus is best represented, on a scale of 1 (mild) to 5 (moderate) to 10 (severe):

1	2	3	4	5	6	7	8	9	10
	Mild			moderate					severe

- The loudness of my tinnitus is
 - Fairly constant form day to day
 - Fluctuates widely from day to day
 - Usually constant but on rare occasions will decrease markedly

- On the same scale as above, indicate the pitch of your tinnitus (as with a piano keyboard)

1	2	3	4	5	6	7	8	9	10
Low pitch			middle pitch						high pitch

- Circle any response below that describes your tinnitus.
 - Hissing
 - Crickets
 - Pounding
 - Pulsating
 - Whistle
 - Ringing
 - Steam Whistle
 - Bells
 - Clanging
 - Ocean roaring

- My tinnitus is worse
 - When I'm tired
 - When I'm anxious or tense
 - When I'm relaxed

- After use of alcohol
- Are you a smoker? Yes No
 - If yes, how many years have you smoked? _____
 - If yes, how many packs a day? _____
- Do you drink coffee? Yes No
 - If yes, how many cups a day? _____
- Circle any of the following that give you relief from your tinnitus.
 - Listening to TV or radio
 - Traffic sounds
 - Sounds of running water
 - Medication _____
 - Changes in altitude
 - Other _____
- Have you ever had a head injury? Yes No
 - If so, did you lose consciousness? Yes No
 - How long ago? _____ years
- Have you ever been exposed to loud noise? Yes No
 - If so, what kind and how long?

 - Are you presently working around or exposed to loud noise? Yes No
 - Do you wear ear protection in noisy places? Yes No
- Do you have a hearing loss? Yes No
 - If so, which ear? Right Left Both
 - Which has the greatest hearing loss? Right Left Equal Both R>L Both L>R
- How badly does the tinnitus bother you?
 - Mild
 - Moderate
 - Severe
 - Extreme and intolerable