

IOWA TINNITUS HANDICAP QUESTIONNAIRE

INSTRUCTIONS: This questionnaire has 27 questions. Please indicate **0** if you strongly disagree (up to) **100** if you strongly agree. Please do not skip any questions.

1	I do not enjoy life because of tinnitus.	
2	My tinnitus has gotten worse over the years.	
3	Tinnitus interferes with my ability to tell where sounds are coming from.	
4	I am unable to follow conversation during meetings because of tinnitus.	
5	Tinnitus causes me to avoid noisy situations.	
6	Tinnitus interferes with my speech understanding when talking with someone in a noisy room.	
7	I feel uneasy in social situations because of tinnitus.	
8	The general public does not know about the devastating nature of tinnitus.	
9	I cannot concentrate because of tinnitus.	
10	Tinnitus creates family problems.	
11	Tinnitus causes me to feel depressed.	
12	I find it difficult to explain what tinnitus is to others.	
13	Tinnitus causes stress.	
14	I am unable to relax because of tinnitus.	
15	I complain more because of tinnitus.	
16	I have trouble falling asleep at night because of tinnitus.	
17	Tinnitus makes me feel tired.	
18	Tinnitus makes me feel insecure.	
19	Tinnitus contributes to a feeling of general ill health.	
20	Tinnitus affects the quality of my relationships.	
21	Tinnitus has caused a reduction in my speech understanding ability.	
22	Tinnitus makes me feel annoyed.	
23	Tinnitus interferes with my speech understanding when listening to the television.	
24	Tinnitus makes me feel anxious.	
25	I think I have a healthy outlook on tinnitus.	
26	I have support from my friends regarding my tinnitus.	
27	I feel frustrated frequently because of tinnitus.	

Subject ID: _____ Date: _____ Test interval: _____