

Tinnitus Inventory

The purpose of this scale is to identify the problems your tinnitus may be causing you. Check 'Yes', 'Sometimes', or 'No' for each question. Do not skip any questions.

Name _____ Date _____		Point Value		
		4	0	2
1	Because of your tinnitus is it difficult for you to concentrate?	Yes	No	Sometimes
2	Does the loudness of your tinnitus make it difficult for you to hear people?	Yes	No	Sometimes
3	Does your tinnitus make you angry?	Yes	No	Sometimes
4	Does your tinnitus make you confused?	Yes	No	Sometimes
5	Because of your tinnitus are you desperate?	Yes	No	Sometimes
6	Do you complain a great deal about your tinnitus?	Yes	No	Sometimes
7	Because of your tinnitus do you have trouble falling asleep at night?	Yes	No	Sometimes
8	Do you feel as though you cannot escape your tinnitus?	Yes	No	Sometimes
9	Does your tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the cinema)?	Yes	No	Sometimes
10	Because of your tinnitus do you feel frustrated?	Yes	No	Sometimes
11	Because of your tinnitus do you feel that you have a terrible disease?	Yes	No	Sometimes
12	Does your tinnitus make it difficult to enjoy life?	Yes	No	Sometimes
13	Does your tinnitus interfere with your job or household responsibilities?	Yes	No	Sometimes
14	Because of your tinnitus do you find that you are often irritable?	Yes	No	Sometimes
15	Because of your tinnitus is it difficult for you to read?	Yes	No	Sometimes
16	Does your tinnitus make you upset?	Yes	No	Sometimes
17	Do you feel that your tinnitus has placed stress on your relationships with members of your family and friends?	Yes	No	Sometimes
18	Do you find it difficult to focus your attention away from your tinnitus and on to other things?	Yes	No	Sometimes
19	Do you feel that you have no control over your tinnitus?	Yes	No	Sometimes
20	Because of your tinnitus do you often feel tired?	Yes	No	Sometimes
21	Because of your tinnitus do you feel depressed?	Yes	No	Sometimes
22	Does your tinnitus make you feel anxious?	Yes	No	Sometimes
23	Do you feel you can no longer cope with your tinnitus?	Yes	No	Sometimes
24	Does your tinnitus get worse when you are under stress?	Yes	No	Sometimes
25	Does your tinnitus make you feel insecure?	Yes	No	Sometimes

Total THI Score: (number of 'Yes' responses x 4) + (number of 'Sometimes' responses x 2) = _____

0-16 Slight or No 18-36 Mild 38-56 Moderate 58-76 Severe 78-100 Catastrophic