

Tinnitus Handicap Inventory (THI)

Name:

Date:

The purpose of these questions is to identify problems your tinnitus may be causing you. To fill out the questionnaire, mark a value next to each question.

	10	0	5	Points
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?				
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 can't escape your tinnitus?	Yes	No	Sometimes	
9. Does your tinnitus interfere with your ability to enjoy social situations? (e.g. movie, restaurant)	Yes	No	Sometimes	
10. Because of your tinnitus, do you feel you have a terrible disease?	Yes	No	Sometimes	
11. Because of your tinnitus, do you feel frustrated?	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 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 =

Total your points by adding the numbers in the last column.

0 – 16 = Slight

18 – 36 = Mild

38 – 56 = Moderate

58 – 76 = Severe

78 – 100 = Very Severe

Changes of 20 points or more over time are considered significant.