

TINNITUS LABORATORY
THI
(Tinnitus Handicap Inventory)

DATE : _____
NAME : _____
EMAIL : _____

Reference : McCombe, A., Bagueley, D., Coles, R., McKenna, L., McKinney, C. & Windle-Taylor, P. (2001), Guidelines for the grading of tinnitus severity : the results of a working group commissioned by the British Association of Otolaryngologists, Head and Neck Surgeons, 1999, Clin Otolaryngol 26, 388-393.	yes	no	sometimes
1. Because of your Tinnitus is it difficult for you to concentrate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Does the loudness of your Tinnitus make it difficult for you to hear people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Does your Tinnitus make you angry?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Does your Tinnitus make you confused?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Because of your Tinnitus are you desperate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Do you complain a great deal about your Tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Because of your Tinnitus do you have trouble falling to sleep at night?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you feel as though you cannot escape your Tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Does your Tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the cinema)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Because of your Tinnitus do you feel frustrated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Because of your Tinnitus do you feel that you have a terrible disease?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Does your Tinnitus make it difficult to enjoy life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Does your Tinnitus interfere with your job or household responsibilities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Because of your Tinnitus do you find that you are often irritable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Because of your Tinnitus is it difficult for you to read?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Does your Tinnitus make you upset?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Do you feel that your Tinnitus has placed stress on your relationships with members of your family and friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Do you find it difficult to focus your attention away from your Tinnitus and on to other things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Do you feel that you have no control over your Tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Because of your Tinnitus do you often feel tired?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Because of your Tinnitus do you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Does your Tinnitus make you feel anxious?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Do you feel you can no longer cope with your Tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Does your Tinnitus get worse when you are under stress?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Does your Tinnitus make you feel insecure?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compare your total THI score with the following grad:
(yes = 4 points, no = 0 point and sometimes = 2 points)

score	Description	Grade
0 – 16	Slight (Only heard in quiet environments)	1
18 – 36	Mild (Easily masked by environmental sounds and easily forgotten with activities)	2
38 – 56	Moderate (Noticed in presence of background noise, although daily activities can still be performed)	3
58 – 76	Severe (Almost always heard, leads to disturbed sleep patterns and can interfere with daily activities)	4
78 – 100	Catastrophic (Always heard, disturbed sleep patterns, difficulty with any activities)	5