



Tinnitus Handicap Inventory

The purpose of this scale is to identify the problems your tinnitus may be causing you. Circle “Yes”, “Sometimes”, or “No” for each question. Do not skip a question.

Patient Name: _____ Date _____

F-1. Because of your tinnitus it is difficult to concentrate?	Yes	Sometimes	No
F-2. Does the loudness of your tinnitus make it difficult for you to hear people?	Yes	Sometimes	No
E-3. Does your tinnitus make you angry?	Yes	Sometimes	No
F-4. Does your tinnitus make you confused?	Yes	Sometimes	No
C-5. Because of your tinnitus do you feel desperate?	Yes	Sometimes	No
E-6. Do you complain a great deal about your tinnitus?	Yes	Sometimes	No
F-7. Because of your tinnitus do you have trouble falling to sleep at night?	Yes	Sometimes	No
C-8. Do you feel as though you cannot escape from your tinnitus?	Yes	Sometimes	No
F-9. Does your tinnitus interfere with your ability to enjoy social activities (such as going out to dinner, to the movies)?	Yes	Sometimes	No
E-10. Because of your tinnitus do you feel frustrated?	Yes	Sometimes	No
C-11. Because of your tinnitus do you feel that you have a terrible disease?	Yes	Sometimes	No
F-12. Does your tinnitus make it difficult for you to enjoy life?	Yes	Sometimes	No
F-13. Does your tinnitus interfere with your job or household duties?	Yes	Sometimes	No
E-14. Because of your tinnitus do you find that you are often irritable?	Yes	Sometimes	No
F-15. Because of your tinnitus is it difficult for you to read?	Yes	Sometimes	No
E-16. Does your tinnitus make you upset?	Yes	Sometimes	No

E-17. Do you feel that your tinnitus problem has placed stress on your relationship with members of your family and friends?	Yes	Sometimes	No
F-18. Do you find it difficult to focus your attention away from your tinnitus and on other things?	Yes	Sometimes	No
C-19. Do you feel that you have no control over your tinnitus?	Yes	Sometimes	No
F-20. Because of your tinnitus do you feel tired?	Yes	Sometimes	No
E-21. Because of your tinnitus do you feel depressed?	Yes	Sometimes	No
E-22. Does your tinnitus make you feel anxious?	Yes	Sometimes	No
C-23. Do you feel that you can no longer cope with your tinnitus?	Yes	Sometimes	No
F-24. Does your tinnitus get worse when you are under stress?	Yes	Sometimes	No
E-25. Does your tinnitus make you feel insecure?	Yes	Sometimes	No

The Tinnitus Handicap Inventory (THI) is a 25-item self-assessment scale. A “yes” response to an item is awarded 4 points, a “sometimes” 2 points, and a “no”, 0 points.

Possible scores on the THI range from 0 (suggesting no handicap) to 100, indicating significant perceived handicap (Neuman, Jacobson, and Spitzer, 1996)