

Tinnitus Reaction Questionnaire (TRQ)

How to complete this Questionnaire:

<ul style="list-style-type: none"> This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer all questions by circling the number that best reflects how your tinnitus has affected you over the past week. 	<p>0 = Not at all 1 = a little of the time 2 = some of the time 3 = a good deal of the time 4 = almost all of the time</p>
---	--

Situation	Degree of Problem
My tinnitus has made me unhappy	0 1 2 3 4
My tinnitus has made me feel tense	0 1 2 3 4
My tinnitus has made me feel irritable	0 1 2 3 4
My tinnitus has made me feel angry	0 1 2 3 4
My tinnitus has led me to cry	0 1 2 3 4
My tinnitus has has led me to avoid quiet situations	0 1 2 3 4
My tinnitus has has made me feel less interested in going out.	0 1 2 3 4
My tinnitus has has made me feel depressed	0 1 2 3 4
My tinnitus has made me fell annoyed	0 1 2 3 4
My tinnitus has made me feel confused	0 1 2 3 4
My tinnitus has “driven me crazy”	0 1 2 3 4

My tinnitus has interfered with my enjoyment of life	0 1 2 3 4
My tinnitus has made it hard for me to concentrate	0 1 2 3 4
My tinnitus has made it hard for me to relax	0 1 2 3 4
My tinnitus has made me feel distressed	0 1 2 3 4
My tinnitus has made me feel helpless	0 1 2 3 4
My tinnitus has made me feel frustrated with things	0 1 2 3 4
My tinnitus has interfered with my ability to work	0 1 2 3 4
My tinnitus has led me to despair.	0 1 2 3 4
My tinnitus has led me to avoid noisy situations	0 1 2 3 4
My tinnitus has made me feel hopeless about the future.	0 1 2 3 4
My tinnitus has interfered with my sleep.	0 1 2 3 4
My tinnitus has led me to think about suicide.	0 1 2 3 4
My tinnitus has made me feel panicky	0 1 2 3 4
My tinnitus has made me feel tormented.	0 1 2 3 4
TOTAL 4 x 25 = 100 Max	_____

A Score of 17 or above, is considered indicative of significantly intrusive tinnitus
You may benefit from a consultation from us at MEG.

Feel free to contact us via the form below.

Wilson, P. H., et al. (1991). "Tinnitus reaction questionnaire: psychometric properties of a measure of distress associated with tinnitus." J Speech Hear Res 34(1): 197-201.