

Glasgow Benefit Inventory (GBI)

How to complete this Questionnaire:

<ul style="list-style-type: none"> • This questionnaire is designed to find out what sort of effects your recent operation (hearing implant) 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 selecting the number that best reflects how your tinnitus has affected you since your operation • Please Note – some of the questions are scored in reverse order (<i>i.e. 5 to 1, rather than 1 to 5</i>), so please read the statement and the scores carefully 	<p>1 = Much <i>worse</i> 2 = A little or somewhat <i>worse</i> 3 = No change 4 = A little or somewhat <i>better</i> 5 = Much <i>better</i></p>
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Situation	Degree of Problem
Has the result of the operation affected the things you do?	1 2 3 4 5
Have the results of the operation made your overall life better or worse?	5 4 3 2 1
Since the operation, have you felt more or less optimistic about the future?	5 4 3 2 1
Since your operation, do you feel more or less embarrassed when with a group of people?	1 2 3 4 5
Since your operation, do you have more or less self-confidence?	5 4 3 2 1
Since your operation, have you found it easier or harder to deal with company?	5 4 3 2 1
Since your operation, do you feel that you have more or less support from your friends?	5 4 3 2 1
Have you been to your family doctor, for any reason, more or less often, since your operation?	1 2 3 4 5
Since your operation, do you feel more or less confident about job opportunities?	5 4 3 2 1
Since your operation, do you feel more or less self-conscious?	1 2 3 4 5

Since your operation, are the more or fewer people who really care about you?	5 4 3 2 1
Since you had the operation, do you catch colds or infections more or less often?	1 2 3 4 5
Have you had to take more or less medicine for any reason, since your operation?	1 2 3 4 5
Since your operation, do you feel better or worse about yourself?	5 4 3 2 1
Since your operation, do you feel that you have had more or less support from your family?	5 4 3 2 1
Since your operation, are you more or less inconvenienced by your health problem?	1 2 3 4 5
Since your operation, have you been able to participate in more or fewer social activities?	5 4 3 2 1
Since your operation, have you been more or less inclined to withdraw from social situations?	1 2 3 4 5
TOTAL = [(sum responses / 18) – 3] x 50	_____