

E.N.T. Voice & Sinus Center of Nevada
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Appendix, Tinnitus Severity Index questions

Directions: For the questions below, please circle the number that best describes you.

	Never	Rarely	Sometimes	Usually	Always
Does your tinnitus...					
1. make your feel irritable or nervous?	1	2	3	4	5
2. make you feel tired or stressed?	1	2	3	4	5
3. make it difficult for you to relax?	1	2	3	4	5
4. make it uncomfortable to be in a quiet room?	1	2	3	4	5
5. make it difficult to concentrate?	1	2	3	4	5
6. make it harder to interact pleasantly with others?	1	2	3	4	5
7. interfere with your social activities (work, home, care, or other responsibilities)?	1	2	3	4	5
8. interfere with your social activities or other things you do in your leisure time?	1	2	3	4	5
9. interfere with your overall enjoyment of life?	1	2	3	4	5
10. Does your tinnitus interfere with sleep?					
No	1				
Yes, sometimes	2				
Yes, often	3				
11. How much of an effort is it for you to ignore tinnitus when it is present?					
Can easily ignore it	1				
Can ignore it with some effort	2				
It takes considerable effort	3				
Can never ignore it	4				
12. How much discomfort do you usually experience when your tinnitus is present?					
No discomfort	1				
Mild discomfort	2				
Moderate discomfort	3				
A great deal of discomfort	4				

On the scale below, please circle the number that best describes the loudness of your usual tinnitus.

1	2	3	4	5	6	7	8	9	10
Very quiet		Intermediate							Very loud