About you

* **1.** Are you...

- 🔵 Male
- 🔵 Female
- Transgender
- Prefer not to say

* 2. Please let us know your age.

- Under 18
- 18-24
- 25-34
- 35-44
- 0 45-54
- 55-64
- 65-74
- 75+
- Prefer not to say

* 3. How long have you had tinnitus for? (when did it first begin?)

- Less than 3 months
- 4-6 months
- 6-12 months
- 1-2 years
- 2-3 years
- 3-5 years
- 5-10 years
- 10-20 years
- 20+ years

About your tinnitus

* 4. What is the primary cause of your tinnitus?

(think of the main thing, what set it off when you first noticed it?)

\$

* 5. Can you identify a secondary cause for your tinnitus?

O Yes

🔵 No

About your tinnitus (continued)

* 6. What is the secondary cause of your tinnitus?

* 7. Can you identify a tertiary (third) cause for your tinnitus?

\$

O Yes

🔿 No

About your tinnitus (continued)

* 8. What is the tertiary cause of your tinnitus?

\$

4

Noise and Somatic

* 9. Is your tinnitus reactive to noise?

Mixture - some sounds make it better and some make it worse

- Some sounds make it a lot worse
- Some sounds make it a little worse
- Sounds don't really affect me
- Some sounds make it a little better
- Some sounds make it a lot better
- 🔵 I don't know

* 10. Do you have hyperacusis?

(hyperacusis is a sensitivity to sounds, often you will think sounds are irritating and painfully loud when others hear them as normal)

- O No
- Mildly
- Moderately
- Severely
- 🔵 Don't know

* 11. Do you have pulsatile tinnitus?

(tinnitus that is rhythmic, generally in time with the heartbeat - often a whooshing or pulsing)

- Yes
- 🔵 No
- 🔵 Unsure

* 12. Do you have somatic tinnitus?

(this means you can change the volume, for example by clenching teeth or moving the jaw or neck)

🔵 Yes

) No

🔵 Don't know

* 13. Do you have problems with your jaw or neck?
(think about the past week)
Problems with jaw
Problems with neck
Problems with jaw and neck
None

Your hearing

* 14. Do you have any hearing loss?

None known of

Mild hearing loss
 (may struggle a little to keep up with conversations)

Moderate hearing loss
 (generally struggle to keep up with conversations without a hearing aid)

Severe hearing loss (often rely on lip reading as well as hearing aids to keep up with conversation)

Your hearing (continued)	Tinnitus Hub (Tir	nnitus Talk) 2	2016				
 One ear Both ears * 16. What is the main frequency range of your hearing loss? (phone users - scroll horizontally to see all choices) Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) 	Your hearing (cont	tinued)					
 One ear Both ears * 16. What is the main frequency range of your hearing loss? (phone users - scroll horizontally to see all choices) Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) (4kHz-8kHz) (8kHz+) hearing 							
 Both ears * 16. What is the main frequency range of your hearing loss? (phone users - scroll horizontally to see all choices) Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) (4kHz-8kHz) (8kHz+) hearing 	* 15. Is your hea	ring loss in					
* 16. What is the main frequency range of your hearing loss? (phone users - scroll horizontally to see all choices) Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) (4kHz-8kHz) (8kHz+) hearing	One ear						
(phone users - scroll horizontally to see all choices) Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) (4kHz-8kHz) (8kHz+) hearing	O Both ears						
Low / mid (up Mid (1kHz- Mid / high Very high Several dips in Unsure to 1kHz) 3kHz) (4kHz-8kHz) (8kHz+) hearing				earing loss?			
			Low / mid (up				
	Frequency	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

Treatments

* 17. Have you tried any treatments for your tinnitus?

(think of masking, pharmacological, physical treatments as well as specialist tinnitus treatments)

O Yes



Treatments (continued)

	Which treatments have you tried?
sele	ct all that apply)
	TRT (Tinnitus Retraining Therapy
	In-ear maskers (not as part of TRT program)
	CBT (Cognitive Behavioural Therapy)
	Psychiatrist
	Psychologist
	Neuromonics
	SoundCure
	Acoustic Neuromodulation
	Notched music therapy
	Hearing aid
	Self-administered sound therapy (masking, nature sounds)
	Bio / Neuro feedback, meditation
	Antidepressants
	GABA type drugs
	Retigabine (Trobalt / Potiga)
	Transcranial Stimulation Treatments (rTMS, tDCS, tACS)
	HBOT (Hyperbaric Oxygen Therapy)
	Steroids
	Low-Level Laser Treatment (LLLT)
	Off-label medication
	Surgical procedure
	Acupuncture
	Chiropractor
	Supplements / herbal medicines
	Tinnitus cure eBooks
	Homeopathic treatment
	Other (please specify)

Treatments (continued)

* 19. How effective was each treatment for you?

	Big improvement	Small improvement	No change	Made me slightly worse	Made me a lot worse
TRT (Tinnitus Retraining Therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	0
In-ear maskers (not as part of TRT program)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	0
CBT (Cognitive Behavioural Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychiatrist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychologist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Neuromonics	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
SoundCure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acoustic Neuromodulation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Notched music therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Hearing aid	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Self-administered sound therapy (masking, nature sounds)	\bigcirc	\bigcirc	0	\bigcirc	0
Bio / Neuro feedback, meditation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Antidepressants	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
GABA type drugs	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Retigabine (Trobalt / Potiga)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Transcranial Stimulation Treatments (rTMS, tDCS, tACS)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

	Big improvement	Small improvement	No change	Made me slightly worse	Made me a lot worse
HBOT (Hyperbaric Oxygen Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Steroids	\bigcirc	\bigcirc	\bigcirc	\bigcirc	0
Low-Level Laser Treatment (LLLT)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Off-label medication	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Surgical procedure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acupuncture	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Chiropractor	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Supplements / herbal medicines	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Tinnitus cure eBooks	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Homeopathic treatment	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Other (please specify)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

* 20. How long did you try each treatment for?

	Currently trying this treatment	Less than 1 month	1-2 months	2-4 months	4-6 months	More than 6 months
TRT (Tinnitus Retraining Therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
In-ear maskers (not as part of TRT program)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
CBT (Cognitive Behavioural Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychiatrist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychologist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Neuromonics	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
SoundCure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acoustic Neuromodulation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Notched music therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

	Currently trying this treatment	Less than 1 month	1-2 months	2-4 months	4-6 months	More than 6 months
Hearing aid	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Self-administered sound therapy (masking, nature sounds)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Bio / Neuro feedback, meditation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Antidepressants	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
GABA type drugs	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Retigabine (Trobalt / Potiga)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Transcranial Stimulation Treatments (rTMS, tDCS, tACS)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
HBOT (Hyperbaric Oxygen Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Steroids	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Low-Level Laser Treatment (LLLT)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Off-label medication	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Surgical procedure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acupuncture	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Chiropractor	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Supplements / herbal medicines	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Tinnitus cure eBooks	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Homeopathic treatment	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Other (please specify)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

* 21. When did you last try each treatment?

	Currently undergoing this treatment	Less than 3 months ago	3-6 months ago	6-12 months ago	More than 1 year ago
TRT (Tinnitus Retraining Therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
In-ear maskers (not as part of TRT program)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
CBT (Cognitive Behavioural Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychiatrist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Psychologist	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Neuromonics	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
SoundCure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acoustic Neuromodulation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Notched music therapy	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Hearing aid	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Self-administered sound therapy (masking, nature sounds)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Bio / Neuro feedback, meditation	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Antidepressants	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
GABA type drugs	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Retigabine (Trobalt / Potiga)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Transcranial Stimulation Treatments (rTMS, tDCS, tACS)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
HBOT (Hyperbaric Oxygen Therapy)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Steroids	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Low-Level Laser Treatment (LLLT)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Off-label medication	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

	Currently undergoing this treatment	Less than 3 months ago	3-6 months ago	6-12 months ago	More than 1 year ago
Surgical procedure	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Acupuncture	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Chiropractor	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Supplements / herbal medicines	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Tinnitus cure eBooks	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Homeopathic treatment	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Other (please specify)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

Other (please specify)

Your health

* 22. Did you have any pre-existing health conditions before the onset of tinnitus?					
(select all that apply)					
No existing health conditions					
Stress					
Anxiety					
Depression					
Panic attacks					
OCD type conditions					
Jaw or neck problems					
Physical disability					
Alcohol abuse					
Drug abuse					

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Your health (continued)

* 23. Has tinnitus had an effect on these conditions?

		Made a little		Made a little	
	Made a lot worse	worse	No difference	better	Made a lot better
No existing health conditions	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Stress	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Anxiety	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Depression	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Panic attacks	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
OCD type conditions	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Jaw or neck problems	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Physical disability	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Alcohol abuse	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Drug abuse	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Other (please specify)	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

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Your health (continued)

* 24. Has tinnitus caused you any health-related conditions? (select all that apply)
No health conditions caused
Stress
Anxiety
Panic attacks
Depression
OCD type condition
Insomnia
Concentration / focus problems
Alcohol abuse
Drug abuse
Other (please specify)

Your health (continued)

	Do any of the following dietary items have an effect on your tinnitus? t all that apply)
	Dietary items do not have an effect
	Caffeine
	Sugar
	Salt
	Spices / spicy food
	MSG (Monosodium glutamate)
F	Fatty (junk / takeaway) foods
	Alcohol
	Citrus
	Chocolate
F	Red meat
	Other (please specify)

Your health (continued)

* 26. What effect do they have?

(phone users scroll along to see all choices)

	Make it a lot worse	Make it a little worse	Make it a little better	Make it a lot better
Dietary items do not have an effect	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Caffeine	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Sugar	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Salt	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Spices / spicy food	\bigcirc	\bigcirc	\bigcirc	\bigcirc
MSG (Monosodium glutamate)	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Fatty (junk / takeaway) foods	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Alcohol	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Citrus	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Chocolate	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Red meat	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Other (please specify)	\bigcirc	\bigcirc	\bigcirc	\bigcirc

About your tinnitus - Last page YEAH!

* 27. Di	d you kn	ow what t	innitus w	as before	you got i	t?				
⊖ Ye	es									
Had heard of it but didn't really understand										
	0									
* 28. W	here do y	vou percei	ive your t	innitus?						
() OI	ne ear									
ОВС	O Both ears									
	ore in the b	orain								
🔵 In	the ear/s a	and the brai	n							
	ot sure									
20 Ho	v dooc v	ur tinnitu	o bobovo	during th	a dav2					
29. How does your tinnitus behave during the day?										
<u> </u>		he evening								
_		but there is								
_	doesn't cha									
\bigcirc it		ange at an								
* 30. How		-	-		the last v	week?				
(phone use	rs - scroll ł	norizontally	to see all o	choices)						
Not heard it	1	2	3	4	5	6	7	8	9	Heard it constantly
\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
* 31. How	often has	s your tinr	nitus both	nered you	over the	last week	?			
(phone use	rs - scroll ł	norizontally	to see all	choices)						
Not bothered										Bothered me
me at all	1	2	3	4	5	6	7	8	9	constantly
\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

* 32. How often has your tinnitus increased feelings of frustration over the last week? (phone users - scroll horizontally to see all choices)										
No frustration	1	2	3	4	5	6	7	8	9	Constant frustration
\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
33. Please enter your email if you would like to take part in future surveys and make your voice heard amongst the research community										

Your details will be kept safe and you can opt out at any time - no spam and we'll ask first before including you on any surveys

Email Address