**Tinnitus Handicap Inventory (THI)**

**Instructions:** The purposes of the THI is to define the subjective severity of your tinnitus and how it’s affecting your life. Please circle a response for every question. Do not skip questions.

1. Because of your tinnitus, is it difficult for you to concentrate?  
2. Does the loudness of your tinnitus make it difficult for you to hear people?  
3. Does your tinnitus make you angry?  
4. Does your tinnitus make you feel confused?  
5. Because of your tinnitus, do you feel desperate?  
6. Do you complain a great deal about your tinnitus?  
7. Because of your tinnitus, do you have trouble falling asleep at night?  
8. Do you feel as though you cannot escape your tinnitus?  
9. Does your tinnitus interfere with your ability to enjoy your social activities (such as going out to dinner, going to the movies)?  
10. Because of your tinnitus, do you feel frustrated?  
11. Because of your tinnitus, do you feel that you have a terrible disease?  
12. Does your tinnitus make it difficult for you to enjoy life?  
13. Does your tinnitus interfere with your job or household responsibilities?  
14. Because of your tinnitus, do you find that you are often irritable?  
15. Because of your tinnitus, is it difficult for you to read?  
16. Does your tinnitus make you upset?  
17. Do you feel that your tinnitus problem has placed stress on your relationships with members of your family and/or friends?  
18. Do you find it difficult to focus your attention away from your tinnitus and on other things?  
19. Do you feel that you have no control over your tinnitus?  
20. Because of your tinnitus, do you often feel tired?  
21. Because of your tinnitus, do you feel depressed?  
22. Does your tinnitus make you feel anxious?  
23. Do you feel that you can no longer cope with your tinnitus?  
24. Does your tinnitus get worse when you are under stress?  
25. Does your tinnitus make you feel insecure?  

For Clinician Use Only

<table>
<thead>
<tr>
<th>Total Score Per Column</th>
<th>__</th>
<th>__</th>
<th>__</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total THI Score:</td>
<td>__</td>
<td>__</td>
<td>__</td>
</tr>
<tr>
<td>(number of “yes” responses x4) + (number of “sometimes” responses x2) = Total Score</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

0-16: Slight (only heard in quiet environments)  
18-36: Mild (easily masked by environmental sounds and easily forgotten with activities)  
38-56: Moderate (noticed in presence of background noise, although daily activities can still be performed)  
58-76: Severe (almost always heard, leads to disturbed sleep patterns and can interfere with daily activities)  
78-100: Catastrophic (always heard, disturbed sleep patterns, difficulty with any activities)

**References:**