## TINNITUS FUNCTIONAL INDEX

Today's Date _				Your Na	ame _							
Dia and wood	Month / Day							Please				
Please read each question below carefully. To answer a question, select ONE of the numbers that is listed for that question, and draw a CIPCLE around it like this (10%) or (1)												
numbers that is listed for that question, and draw a <i>CIRCLE</i> around it like this: (10%) or (1).												
I Ove	r the PAST	WEEK										
1. What percentage of your time awake were you consciously AWARE OF your tinnitus?												
Never awa	are ► 0% 10%	° 20%	30% 40	0% 50%	60%	70%	80%	90%	100% ◀ Always aware			
2. How <b>STR</b>	ONG or LOL	JD was y	our tinni	tus?								
Not at all strong	g or loud ▶0	1 2	3	4 5	6	7	8	9 10	C < Extremely strong or loud			
3. What percentage of your time awake were you <b>ANNOYED</b> by your tinnitus?												
None of the tim	e► 0% 10%	% 20%	30% 40	% 50%	60%	70%	80%	90%	100%    All of the time			
SC Ove	r the PAST	WEEK										
4. Did you fe	el IN CONTI	ROL in re	gard to	your tinn	itus?							
-	n control <b>⊳</b> 0	1 2	3	4 5	6	7	8	9 1	0 ৰ Never in control			
5. How easy	was it for vo	ou to <b>COF</b>	<b>PE</b> with v	your tinni	tus?							
-	to cope ► 0	1 2	3	4 5	6	7	8	9 1	0 < Impossible to cope			
	·				- 0							
6. How easy	-		•			7	0	0 1	0 dimensible te immere			
Very easy to	ignore ►0	1 2	3	4 5	6	7	8	9 1	0 ◀ Impossible to ignore			
C Ove	r the PAST	WEEK										
7. Your abilit	y to CONCE	NTRATE	?									
Did not i	nterfere ► 0	1 2	3	4 5	6	7	8	9 1	0 < Completely interfered			
8. Your abilit	y to THINK	CLEARL	Y?									
Did not i	nterfere ► 0	1 2	3	4 5	6	7	8	9 1	0 < Completely interfered			
9. Your abili	ty to FOCUS	ATTEN	TION or	n other th	ings b	esides	s your	tinnitu	s?			
Did not i	nterfere ► 0	1 2	3	4 5	6	7	8	9 1	0 < Completely interfered			
SL Ove	r the PAST	WEEK										
10. How ofte	n did your tir	nnitus ma	ake it dif	ficult to F		SLEE	EP or	STAY	ASLEEP?			
	ifficulty $\blacktriangleright$ 0	1 2		4 5	6	7			0 ◀ Always had difficulty			
11. How ofte	n did vour tir		use vou	difficulty	in gett	ting <b>A</b>	S MU	CH SL	EEP as you needed?			
	ifficulty $\blacktriangleright$ 0	1 2	•	4 5	6	7	8		0 ◀ Always had difficulty			
12. How muc									, , , , , , , , , , , , , , , , , , ,			
	ULLY as you	•				JLE						
	ne time ► 0	1 2	3	4 5	6	7	8	9 1	0 ◀ All of the time			

Please read each question below carefully. To answer a question, select *ONE* of the numbers that is listed for that question, and draw a *CIRCLE* around it like this: 10% or 1

			•													/
A	Over the PAST WEEK, how much has your tinnitus interfered with						Did not Completely interfere interfered									
13	Your ability to <b>HEAR</b>	CLEAR	LY?			0	1	2	3	4	5	6	7	8	9	10
14.	Your ability to <b>UNDEF</b> are talking?	RSTAN	) PEO	PLE w	vho	0	1	2	3	4	5	6	7	8	9	10
15	Your ability to <b>FOLLC</b> in a group or at mee		IVERS	SATIO	NS	0	1	2	3	4	5	6	7	8	9	10
R	Over the PAST WEE your tinnitus interference	Did not Complete interfere interfer								-						
16	Your QUIET RESTING	G ACTI	VITIES	<b>S</b> ?		0	1	2	3	4	5	6	7	8	9	10
17	Your ability to <b>RELAX</b>	(?				0	1	2	3	4	5	6	7	8	9	10
18	Your ability to enjoy "I	PEACE	AND	QUIET	<u>"?</u>	0	1	2	3	4	5	6	7	8	9	10
Q	Over the PAST WEEK, how much has your tinnitus interfered with						Did not Completely interfere interfered									-
19	Your enjoyment of SC			TIES?	)	0	1	2	3	4	5	6	7	8	9	10
20	Your ENJOYMENT O	F LIFE	?			0	1	2	3	4	5	6	7	8	9	10
21	21. Your <b>RELATIONSHIPS</b> with family, friends and other people?						1	2	3	4	5	6	7	8	9	10
22	How often did your tin <b>TASKS</b> , such as ho		•				•••								ER	
	Never had difficulty 🕨	0 1	2	3	4	5	6	7	8	9	10	•	Alwa	ys had	d diffic	culty
E	Over the PAST WEE	К														
23	How ANXIOUS or WO	ORRIED	has y	our tin	nitus	mac	le you	u fee	el?							
	Not at all anxious or ► worried	0 1	2	3	4	5	6	7	8	9	10	•	Extre or wo		anxio	us
24	How <b>BOTHERED</b> or I	UPSET	have y	ou be	en be	ecaus	se of	your	<sup>.</sup> tinni	tus?						
	Not at all bothered or ► upset	0 1	2	3	4	5	6	7	8	9	10	•	Extre or up	-	bothe	red
25	How <b>DEPRESSED</b> we	ere you	becau	ise of y	your t	tinnitu	us?									
	Not at all depressed ►	0 1	2	3	4	5	6	7	8	9	10	•	Extrei	nely d	depre	ssed
Car	wright Oragon Health & Saia	a Iniva	aite.													2 15 09