

# TINNITUS FUNCTIONAL INDEX

Today's Date \_\_\_\_\_  
Month / Day / Year

Your Name \_\_\_\_\_  
Please Print

**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**.**

**P Over the PAST WEEK...**

1. What percentage of your time awake were you consciously **AWARE OF** your tinnitus?  
*Never aware* ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ *Always aware*
2. How **STRONG** or **LOUD** was your tinnitus?  
*Not at all strong or loud* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Extremely strong or loud*
3. What percentage of your time awake were you **ANNOYED** by your tinnitus?  
*None of the time* ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ *All of the time*

**SC Over the PAST WEEK...**

4. Did you feel **IN CONTROL** in regard to your tinnitus?  
*Very much in control* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Never in control*
5. How easy was it for you to **COPE** with your tinnitus?  
*Very easy to cope* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Impossible to cope*
6. How easy was it for you to **IGNORE** your tinnitus?  
*Very easy to ignore* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Impossible to ignore*

**C Over the PAST WEEK how much did your tinnitus interfere with...**

7. Your ability to **CONCENTRATE**?  
*Did not interfere* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Completely interfered*
8. Your ability to **THINK CLEARLY**?  
*Did not interfere* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Completely interfered*
9. Your ability to **FOCUS ATTENTION** on other things besides your tinnitus?  
*Did not interfere* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Completely interfered*

**SL Over the PAST WEEK...**

10. How often did your tinnitus make it difficult to **FALL ASLEEP** or **STAY ASLEEP**?  
*Never had difficulty* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Always had difficulty*
11. How often did your tinnitus cause you difficulty in getting **AS MUCH SLEEP** as you needed?  
*Never had difficulty* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *Always had difficulty*
12. How much of the time did your tinnitus keep you from **SLEEPING** as **DEEPLY** or as **PEACEFULLY** as you would have liked?  
*None of the time* ► 0 1 2 3 4 5 6 7 8 9 10 ◀ *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 interfere	Completely interfered									
		▼	▼									
13.	Your ability to <b>HEAR CLEARLY</b> ?	0	1	2	3	4	5	6	7	8	9	10
14.	Your ability to <b>UNDERSTAND PEOPLE</b> who are talking?	0	1	2	3	4	5	6	7	8	9	10
15.	Your ability to <b>FOLLOW CONVERSATIONS</b> in a group or at meetings?	0	1	2	3	4	5	6	7	8	9	10

R	Over the PAST WEEK, how much has your tinnitus interfered with...	Did not interfere	Completely interfered									
		▼	▼									
16.	Your <b>QUIET RESTING ACTIVITIES</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 " <b>PEACE AND QUIET</b> ?"	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 interfere	Completely interfered									
		▼	▼									
19.	Your enjoyment of <b>SOCIAL ACTIVITIES</b> ?	0	1	2	3	4	5	6	7	8	9	10
20.	Your <b>ENJOYMENT OF LIFE</b> ?	0	1	2	3	4	5	6	7	8	9	10
21.	Your <b>RELATIONSHIPS</b> with family, friends and other people?	0	1	2	3	4	5	6	7	8	9	10
22.	How often did your tinnitus cause you to have difficulty performing your <b>WORK OR OTHER TASKS</b> , such as home maintenance, school work, or caring for children or others?  <i>Never had difficulty</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Always had difficulty</i>											

E	Over the PAST WEEK....
23.	How <b>ANXIOUS</b> or <b>WORRIED</b> has your tinnitus made you feel?  <i>Not at all anxious or worried</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Extremely anxious or worried</i>
24.	How <b>BOTHERED</b> or <b>UPSET</b> have you been because of your tinnitus?  <i>Not at all bothered or upset</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Extremely bothered or upset</i>
25.	How <b>DEPRESSED</b> were you because of your tinnitus?  <i>Not at all depressed</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Extremely depressed</i>