

# 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**.**

<b>P</b>	<b>Over the PAST WEEK...</b>
<p>1. What percentage of your time awake were you consciously <b>AWARE OF</b> your tinnitus?  <i>Never aware</i> ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ <i>Always aware</i></p> <p>2. How <b>STRONG</b> or <b>LOUD</b> was your tinnitus?  <i>Not at all strong or loud</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Extremely strong or loud</i></p> <p>3. What percentage of your time awake were you <b>ANNOYED</b> by your tinnitus?  <i>None of the time</i> ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ <i>All of the time</i></p>	
<b>SC</b>	<b>Over the PAST WEEK...</b>
<p>4. Did you feel <b>IN CONTROL</b> in regard to your tinnitus?  <i>Very much in control</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Never in control</i></p> <p>5. How easy was it for you to <b>COPE</b> with your tinnitus?  <i>Very easy to cope</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Impossible to cope</i></p> <p>6. How easy was it for you to <b>IGNORE</b> your tinnitus?  <i>Very easy to ignore</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Impossible to ignore</i></p>	
<b>C</b>	<b>Over the PAST WEEK how much did your tinnitus interfere with...</b>
<p>7. Your ability to <b>CONCENTRATE</b>?  <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p> <p>8. Your ability to <b>THINK CLEARLY</b>?  <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p> <p>9. Your ability to <b>FOCUS ATTENTION</b> on other things besides your tinnitus?  <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p>	
<b>SL</b>	<b>Over the PAST WEEK...</b>
<p>10. How often did your tinnitus make it difficult to <b>FALL ASLEEP</b> or <b>STAY ASLEEP</b>?  <i>Never had difficulty</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Always had difficulty</i></p> <p>11. How often did your tinnitus cause you difficulty in getting <b>AS MUCH SLEEP</b> as you needed?  <i>Never had difficulty</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Always had difficulty</i></p> <p>12. How much of the time did your tinnitus keep you from <b>SLEEPING</b> as <b>DEEPLY</b> or as <b>PEACEFULLY</b> as you would have liked?  <i>None of the time</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>All of the time</i></p>	

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...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	13. Your ability to <b>HEAR CLEARLY</b> ?	0	10
	14. Your ability to <b>UNDERSTAND PEOPLE</b> who are talking?	0	10
	15. Your ability to <b>FOLLOW CONVERSATIONS</b> in a group or at meetings?	0	10

R	Over the PAST WEEK, how much has your tinnitus interfered with...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	16. Your <b>QUIET RESTING ACTIVITIES</b> ?	0	10
	17. Your ability to <b>RELAX</b> ?	0	10
	18. Your ability to enjoy " <b>PEACE AND QUIET</b> ?"	0	10

Q	Over the PAST WEEK, how much has your tinnitus interfered with...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	19. Your enjoyment of <b>SOCIAL ACTIVITIES</b> ?	0	10
	20. Your <b>ENJOYMENT OF LIFE</b> ?	0	10
	21. Your <b>RELATIONSHIPS</b> with family, friends and other people?	0	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>