Tinnitus Reaction Questionnaire (TRQ)

Name: _____   Date Completed:_____

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer **all** questions by circling the number that best reflects how your tinnitus has affected you **over the past week.**

	Not at all (0)	A little of the time (1)	Some of the time (2)	A good deal of the time (3)	Almost all of the time (4)
1. My tinnitus has made me unhappy.					
2. My tinnitus has made me feel tense.					
3. My tinnitus has made me feel irritable.					
4. My tinnitus has made me feel angry.					
5. My tinnitus has led me to cry.					
6. My tinnitus has led me to avoid quiet situations.					
7. My tinnitus has made me feel less interested in going out.					
8. My tinnitus has made me feel depressed.					
9. My tinnitus has made me feel annoyed.					
10. My tinnitus has made me feel confused.					
11. My tinnitus has "driven me crazy".					
12. My tinnitus has interfered with my enjoyment of life.					
13. My tinnitus has made it hard for me to concentrate.					
14. My tinnitus has made it hard for me to relax.					
15. My tinnitus has made me feel distressed.					
16. My tinnitus has made me feel helpless.					
17. My tinnitus has made me feel frustrated with things.					
18. My tinnitus has interfered with my ability to work.					
19. My tinnitus has led me to despair.					
20. My tinnitus has led me to avoid noisy situations.					
21. My tinnitus has led me to avoid social situations.					
22. My tinnitus has made me feel hopeless about the future.					
23. My tinnitus has interfered with my sleep.					
24. My tinnitus has led me to think about suicide.					
25. My tinnitus has made me feel panicky.					
26. My tinnitus has made me feel tormented.					
Total					

Over the past week, what percentage of time were you aware of your tinnitus?	%
During the time that you were aware of your tinnitus, what percentage of that time was it bothersome?	%