

Tinnitus Reaction Questionnaire (TRQ)

Patient Name _____ **Date** _____

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 | A little of the time | Some of the time | A good deal of the time | Almost all of the time |
|---|------------|----------------------|------------------|-------------------------|------------------------|
| 1. My tinnitus has made me unhappy. | 0 | 1 | 2 | 3 | 4 |
| 2. My tinnitus has made me feel tense. | 0 | 1 | 2 | 3 | 4 |
| 3. My tinnitus has made me feel irritable. | 0 | 1 | 2 | 3 | 4 |
| 4. My tinnitus has made me feel angry. | 0 | 1 | 2 | 3 | 4 |
| 5. My tinnitus has led me to cry. | 0 | 1 | 2 | 3 | 4 |
| 6. My tinnitus has led me to avoid quiet questions. | 0 | 1 | 2 | 3 | 4 |
| 7. My tinnitus has made me feel less interested in going out. | 0 | 1 | 2 | 3 | 4 |
| 8. My tinnitus has made me feel depressed. | 0 | 1 | 2 | 3 | 4 |
| 9. My tinnitus has made me feel annoyed. | 0 | 1 | 2 | 3 | 4 |
| 10. My tinnitus has made me feel confused. | 0 | 1 | 2 | 3 | 4 |
| 11. My tinnitus has "driven me crazy." | 0 | 1 | 2 | 3 | 4 |
| 12. My tinnitus has interfered with my enjoyment of life. | 0 | 1 | 2 | 3 | 4 |
| 13. My tinnitus has made it hard for me to concentrate. | 0 | 1 | 2 | 3 | 4 |
| 14. My tinnitus has made it hard for me to relax. | 0 | 1 | 2 | 3 | 4 |
| 15. My tinnitus has made me feel distressed. | 0 | 1 | 2 | 3 | 4 |
| 16. My tinnitus has made me feel helpless. | 0 | 1 | 2 | 3 | 4 |
| 17. My tinnitus has made me feel frustrated with things. | 0 | 1 | 2 | 3 | 4 |
| 18. My tinnitus has interfered with my ability to work. | 0 | 1 | 2 | 3 | 4 |
| 19. My tinnitus has led me to despair. | 0 | 1 | 2 | 3 | 4 |
| 20. My tinnitus has led me to avoid noisy situations. | 0 | 1 | 2 | 3 | 4 |
| 21. My tinnitus has led me to avoid social situations. | 0 | 1 | 2 | 3 | 4 |
| 22. My tinnitus has made me feel hopeless about the future. | 0 | 1 | 2 | 3 | 4 |
| 23. My tinnitus has interfered with my sleep. | 0 | 1 | 2 | 3 | 4 |
| 24. My tinnitus has led me to think about suicide. | 0 | 1 | 2 | 3 | 4 |
| 25. My tinnitus has made me feel panicky. | 0 | 1 | 2 | 3 | 4 |
| 26. My tinnitus has made me feel tormented. | 0 | 1 | 2 | 3 | 4 |
| Total | | | | | |
| Grade 1 Slight (0-16) Grade 2 Mild (18-36) Grade 3 Moderate (38-56) Grade 4 Severe (58-76) Grade 5 Catastrophic (78-100) | | | | | |

(Wilson et al. 1991)