

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**.

I 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 HEAR CLEARLY ?	0	1	2	3	4	5	6	7	8	9	10	
14.	Your ability to UNDERSTAND PEOPLE who are talking?	0	1	2	3	4	5	6	7	8	9	10	
15.	Your ability to FOLLOW CONVERSATIONS 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 QUIET RESTING ACTIVITIES ?	0	1	2	3	4	5	6	7	8	9	10	
17.	Your ability to RELAX ?	0	1	2	3	4	5	6	7	8	9	10	
18.	Your ability to enjoy "PEACE AND QUIET"?	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 SOCIAL ACTIVITIES ?	0	1	2	3	4	5	6	7	8	9	10	
20.	Your ENJOYMENT OF LIFE ?	0	1	2	3	4	5	6	7	8	9	10	
21.	Your RELATIONSHIPS 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 WORK OR OTHER TASKS , 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 ANXIOUS or WORRIED 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 BOTHERED or UPSET 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 DEPRESSED 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>												