

Six Week Post-Workshop Telephone Interview

Note to clinician: The questions below are provided as a framework for guiding a conversation about how the patient has been doing since the workshops. No specific criteria are provided to guide decision making at the end of the interview. At the end of the interview the clinician and patient will have discussed general progress, and then can together make a decision about what to do next.

1. **Since the workshops, what have you been doing to manage your reactions to tinnitus?**
(Note to clinician: First, let the patient respond spontaneously. Then, ask specifically about use of sound, relaxation techniques, planning pleasant activities, and changing thoughts – if they haven't already been covered.)

Use of sound: _____

Relaxation techniques: _____

Planning pleasant activities: _____

Changing thoughts: _____

Other comments: _____

2. **What has been most helpful for you?**

3. **What has been least helpful for you?**

4. **Overall, how satisfied are you with how you are doing with your tinnitus?**

Note to clinician: Below are five options for how to proceed after this interview. Below each option is a description of patients who might be interested in that option. However, the decision for how to proceed after the interview is up the judgment and desires of both clinician and patient (even in cases when the decision does not match the descriptors well).

- **No further intervention**
 - Reasonably satisfied with how well tinnitus is managed
 - Does not desire further intervention
- **Attend all workshop sessions again**
 - Would like to review the content from all sessions
 - Would like to use the group interactions to provide motivation to carry through with using the techniques taught during all sessions
- **Attend some workshop sessions again**
 - Would like to review content from certain sessions, but not all sessions
 - Would like to use the group interactions to provide motivation to carry through with using the techniques taught during certain sessions
- **Watch videos that provide content from the workshops**
 - Would like to review the content from the sessions, but do not wish to engage in group interactions again, or who would prefer to review content without being required to return to the VA
- **Level 4 Interdisciplinary Evaluation**
 - Desires further intervention, but repeating the workshops is undesirable and/or deemed unlikely to be helpful