

Subject ID: _____

Tinnitus Knowledge Inventory – Audiology Session 1

INSTRUCTIONS: Please read each statement and circle the best answer.

1. The main goal of using soothing sound is to:
 - (a) make you feel better as soon as you hear it
 - (b) shift your attention away from your tinnitus
 - (c) reduce contrast to make it easier to ignore your tinnitus
 - (d) make your tinnitus quieter

2. The main goal of using background sound is to:
 - (a) make you feel better as soon as you hear it
 - (b) shift your attention away from your tinnitus
 - (c) reduce contrast to make it easier to ignore your tinnitus
 - (d) make your tinnitus quieter

3. The main goal of using interesting sound is to:
 - (a) make you feel better as soon as you hear it
 - (b) shift your attention away from your tinnitus
 - (c) reduce contrast to make it easier to ignore your tinnitus
 - (d) make your tinnitus quieter

4. Which of these is a goal of tinnitus management?
 - (a) cure tinnitus
 - (b) reduce emotional reactions
 - (c) make tinnitus quieter
 - (d) make tinnitus go away

5. Your Sound Plan Worksheet should be used:
 - (a) only once, without making changes
 - (b) to plan how to use sound when tinnitus is a problem
 - (c) to plan how to use sound to make tinnitus quieter
 - (d) to plan how to use sound to help you hear better

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Tinnitus Knowledge Inventory – Mental Health Session 1

INSTRUCTIONS: Please read each statement and circle the best answer.

1. Cognitive behavioral therapy:
 - (a) can help change how you think and what you do to manage tinnitus
 - (b) is only helpful for mental health problems
 - (c) is only helpful for tinnitus
 - (d) can help change thoughts but not emotions

2. Which of these would help you reduce stress?
 - (a) practice relaxation exercises
 - (b) think of stress as a threat
 - (c) avoid exercise
 - (d) practice short and quick breathing

3. Relaxation exercises:
 - (a) quiet your tinnitus
 - (b) help you focus on your tinnitus
 - (c) speed up your breath and heart rate
 - (d) slow down your breath and heart rate

4. Deep breathing exercises:
 - (a) should be done in a quiet room
 - (b) should be done while standing
 - (c) involve holding your breath for 15 seconds
 - (d) involve slow breathing from your abdomen

5. Adding pleasant activities to your day will:
 - (a) make your tinnitus quieter
 - (b) distract you from your tinnitus
 - (c) make your tinnitus go away
 - (d) improve your hearing

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Tinnitus Knowledge Inventory – Audiology Session 2

INSTRUCTIONS: Please read each statement and circle the best answer.

1. Background sound:
 - (a) is so soft you almost can't hear it
 - (b) is always white noise
 - (c) might not help right away, but can help in the long run
 - (d) is soothing sound

2. The Sound Plan Worksheet:
 - (a) requires the use of soothing sound
 - (b) can be used over and over
 - (c) does not include wearable listening devices
 - (d) should not be changed

3. The "candle in a dark room" is used to explain why:
 - (a) soothing sound is helpful
 - (b) interesting sound is helpful
 - (c) background sound is helpful
 - (d) annoying sound is NOT helpful

4. Which of these is NOT a sound based method of tinnitus management?
 - (a) Tinnitus Masking
 - (b) Tinnitus Retraining Therapy
 - (c) Neuromonics Tinnitus Treatment
 - (d) Cognitive Behavioral Therapy

5. If your tinnitus bothers you at night, which of these might help you sleep?
 - (a) soothing sound
 - (b) background sound
 - (c) interesting sound
 - (d) all of the above

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Tinnitus Knowledge Inventory – Mental Health Session 2

INSTRUCTIONS: Please read each statement and circle the best answer.

1. Thought errors are:
 - (a) able to make you feel better
 - (b) negative thoughts
 - (c) out of your control
 - (d) helpful and healthy

2. Which of the following is a **corrected** thought error?
 - (a) Nothing I ever do is right
 - (b) I am a failure if I don't manage my tinnitus perfectly
 - (c) I am learning ways to have a good day even when my tinnitus is loud
 - (d) If my tinnitus is loud when I wake up, I know I will have a bad day

3. Which of the following is a **corrected** thought error?
 - (a) Last night my tinnitus kept me awake, but most nights I eventually fall asleep
 - (b) I was awake all night from tinnitus – this will happen every night
 - (c) I will never learn how to use my Sound Plan
 - (d) I will never learn how to use my Changing Thoughts and Feelings Plan

4. Before I can change my thoughts, I must first:
 - (a) identify thoughts I had before feeling bad
 - (b) listen to relaxing sounds
 - (c) consult with my mental health provider
 - (d) practice Deep Breathing

5. Which one of these statements is true?
 - (a) Thoughts affect health
 - (b) Feelings cannot be changed
 - (c) Feelings and thoughts are the same
 - (d) Thought errors are very rare

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Tinnitus Knowledge Inventory – Mental Health Session 3

INSTRUCTIONS: Please read each statement and circle the best answer.

1. Which of these statements is true?
 - (a) You might not notice relaxation exercises helping right away—but that does not mean they are not helping
 - (b) Reducing pleasant activities can help you get better at ignoring tinnitus
 - (c) It is best to practice relaxation exercises in a quiet environment
 - (d) Tinnitus is more likely to get your attention when you stay busy

2. Which of these can be a **FIRST** step toward changing your thoughts?
 - (a) Picture yourself having positive thoughts in the future
 - (b) Identify what was going on when you started to feel bad (the event itself)
 - (c) Think about bad feelings you were having
 - (d) Think about good feelings you were having

3. The step-by-step process of changing your thoughts includes:
 - (a) making a list of pleasant activities
 - (b) when you feel bad, using the Changing Thoughts Exercise to feel better
 - (c) ignoring your feelings
 - (d) doing the Changing Thoughts Exercise when you feel happy and content

4. The new positive thought should be:
 - (a) very detailed
 - (b) easy to remember
 - (c) what you want to think, even if you know it's not true
 - (d) long

5. Which of these is the **LAST** step toward changing your thoughts?
 - (a) picture yourself in the future
 - (b) identify what you were thinking before you started to feel bad
 - (c) think about bad feelings you were having
 - (d) think about evidence against bad thoughts