

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**.**

P	Over the PAST WEEK...
<p>1. What percentage of your time awake were you consciously AWARE OF your tinnitus? <i>Never aware</i> ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ <i>Always aware</i></p> <p>2. How STRONG or LOUD was your tinnitus? <i>Not at all strong or loud</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Extremely strong or loud</i></p> <p>3. What percentage of your time awake were you ANNOYED by your tinnitus? <i>None of the time</i> ► 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ◀ <i>All of the time</i></p>	
SC	Over the PAST WEEK...
<p>4. Did you feel IN CONTROL in regard to your tinnitus? <i>Very much in control</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Never in control</i></p> <p>5. How easy was it for you to COPE with your tinnitus? <i>Very easy to cope</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Impossible to cope</i></p> <p>6. How easy was it for you to IGNORE your tinnitus? <i>Very easy to ignore</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Impossible to ignore</i></p>	
C	Over the PAST WEEK how much did your tinnitus interfere with...
<p>7. Your ability to CONCENTRATE? <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p> <p>8. Your ability to THINK CLEARLY? <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p> <p>9. Your ability to FOCUS ATTENTION on other things besides your tinnitus? <i>Did not interfere</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Completely interfered</i></p>	
SL	Over the PAST WEEK...
<p>10. How often did your tinnitus make it difficult to FALL ASLEEP or STAY ASLEEP? <i>Never had difficulty</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Always had difficulty</i></p> <p>11. How often did your tinnitus cause you difficulty in getting AS MUCH SLEEP as you needed? <i>Never had difficulty</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>Always had difficulty</i></p> <p>12. How much of the time did your tinnitus keep you from SLEEPING as DEEPLY or as PEACEFULLY as you would have liked? <i>None of the time</i> ► 0 1 2 3 4 5 6 7 8 9 10 ◀ <i>All of the time</i></p>	

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...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	13. Your ability to HEAR CLEARLY ?	0	10
	14. Your ability to UNDERSTAND PEOPLE who are talking?	0	10
	15. Your ability to FOLLOW CONVERSATIONS in a group or at meetings?	0	10

R	Over the PAST WEEK, how much has your tinnitus interfered with...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	16. Your QUIET RESTING ACTIVITIES ?	0	10
	17. Your ability to RELAX ?	0	10
	18. Your ability to enjoy " PEACE AND QUIET ?"	0	10

Q	Over the PAST WEEK, how much has your tinnitus interfered with...	<i>Did not interfere</i>	<i>Completely interfered</i>
		▼	▼
	19. Your enjoyment of SOCIAL ACTIVITIES ?	0	10
	20. Your ENJOYMENT OF LIFE ?	0	10
	21. Your RELATIONSHIPS with family, friends and other people?	0	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>