

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?															
		Never had difficulty	▶	0	1	2	3	4	5	6	7	8	9	10	◀	Always had difficulty
E	Over the PAST WEEK...															
	23. How ANXIOUS or WORRIED has your tinnitus made you feel?															
		Not at all anxious or worried	▶	0	1	2	3	4	5	6	7	8	9	10	◀	Extremely anxious or worried
	24. How BOTHERED or UPSET have you been because of your tinnitus?															
		Not at all bothered or upset	▶	0	1	2	3	4	5	6	7	8	9	10	◀	Extremely bothered or upset
	25. How DEPRESSED were you because of your tinnitus?															
		Not at all depressed	▶	0	1	2	3	4	5	6	7	8	9	10	◀	Extremely depressed