

Tinnitus Reaction Questionnaire (TRQ)

Name Date Completed:

This questionnaire is designed to find out what sort of effects tinnitus has had on your lifestyle, general well-being, etc. Some of the effects below may apply to you, some may not. Please answer <u>all</u> questions by circling the number that <u>best</u> reflects how your tinnitus has affected you **over the past week.**

1. My tinnitus has made me unhappy. 0 1 2 3 4 2. My tinnitus has made me feel tense. 0 1 2 3 4 3. My tinnitus has made me feel el irritable. 0 1 2 3 4 4. My tinnitus has made me feel angry. 0 1 2 3 4 5. My tinnitus has led me to cry. 0 1 2 3 4 6. My tinnitus has led me to avoid quiet situations. 0 1 2 3 4 7. My tinnitus has made me feel less interested in going out. 0 1 2 3 4 8. My tinnitus has made me feel depressed. 0 1 2 3 4 9. My tinnitus has made me feel depressed. 0 1 2 3 4 10. My tinnitus has made me feel confused. 0 1 2 3 4 11. My tinnitus has interfered with my enjoyment of life. 0 1 2 3 4 12. My tinnitus has made it hard for me to concentrate. 0		Not at all	A little of the time	Some of the time	A good deal of the time	Almost all of the time
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Total	26. My tinnitus has made me feel tormented.	0	1	2	3	4
·	Total					

Wilson et al. 1991