

1. Print out pages two through five.
2. Using a copier create a double-sided copy from pages four and five.
3. Using a copier create a double-sided copy using pages two and three.
4. Set aside the single-sided pages from the printer.
5. Place page four facing up towards you.
6. Place page two facing up towards you, on top of page four.
7. Staple the two pages together at the upper-left corner.
8. Fold the document in thirds, folding the bottom third, under the top third.

Note: Text at the margins of the page cutoff? Try using the shrink to fit option of your print command.

**DATA SET 1 - OVERALL SAMPLE NUMBER: 1630**

**TINNITUS HISTORY**

**Age and Gender**

	Males	Females	All
<i>Age group (years)</i>	Column %	Column %	Column %
Less than 30	4.7	5.6	5.0
30 - 39	16.0	13.3	15.2
40 - 49	27.6	14.6	23.9
50 - 59	27.0	22.3	25.6
60 - 69	17.3	23.4	19.0
<u>70 and older</u>	<u>7.5</u>	<u>20.8</u>	<u>11.3</u>
Column Total	100.0	100.0	100.0
	n = 1164	n = 466	n = 1630

**TINNITUS HISTORY**

**Duration of Tinnitus**

<i>Duration (years)</i>	N	%
Less than/equal to 1	350	21.7
More than 1, less than/equal to 2	176	10.9
More than 2, less than/equal to 5	311	19.3
More than 5, less than/equal to 10	226	14.0
More than 10, less than/equal to 20	266	16.5
More than 20	275	17.0
<u>Other answer*</u>	<u>9</u>	<u>0.5</u>
Total	1613	100.0

\* Patient unsure, or tinnitus stopped and started several times.

**Loudness Changes Since Onset**

	N	%
No changes	482	29.8
Louder now	1001	61.8
Quieter now	42	2.6
Both types of change occurred	79	4.9
Unsure	14	0.9
<u>Other answer</u>	<u>2</u>	<u>0.1</u>
Total	1620	100.0

**Localization Changes Since Onset**

	N	%
No changes	1373	85.0
Started on 1 side, now on both	176	10.9
First in 1 location, now in different location	23	1.4
Now in fewer locations than at start	7	0.4
Location(s) too variable to code	9	0.6
Patient unsure if changed	6	0.4
<u>Other answer</u>	<u>21</u>	<u>1.3</u>
Total	1615	100.0

**Past Intermittency**

	N	%
No changes	540	48.8
Now hear tinnitus more of the time	432	39.1
Now hear tinnitus less of the time	23	2.1
Patient unsure	110	9.9
<u>Other answer</u>	<u>1</u>	<u>0.1</u>
Total*	1106	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

**Onset Factors Reported: All Patients**

	N	% of 1625
<b>TRAUMATIC ONSET FACTORS REPORTED</b>		
Long-duration noise	211	13.0
Brief noise (non-explosive)	65	4.0
Explosion (fireworks, gunfire, etc.)	108	6.6
Head injury	125	7.7
Neck injury/whiplash	93	5.7
Head + neck injury*	53	3.3
Barotrauma	11	0.7

**MEDICAL ONSET FACTORS REPORTED (conditions/treatments)**

	N	%
Ear infection/inflammation	49	3.0
"Sudden hearing loss"	15	0.9
Other ear problem	50	3.1
Colds, sinus infection	48	3.0
Other illnesses	62	3.8
Drugs, medications	56	3.4
Surgery	26	1.6
Possible TMJ syndrome	16	1.0
Allergies, hayfever	7	0.4
Stress	40	2.5

**OTHER CIRCUMSTANCES**

Total	140	8.6
Total	---	---

\* Head injury and neck injury occurring at the same time are here treated as a single onset factor.

Three dashes (---) in the Total row indicates a multiple-response question; patients choosing more than one response are counted more than once, therefore Totals are not meaningful.

**Onset Rapidity**

	N	%
Gradual (more than 1 month)	811	50.9
Rapid (more than 1 week, less than/equal to 1 month)	115	7.2
Sudden (less than/equal to 1 week)	619	38.8
Patient unsure	41	2.6
<u>Other answer</u>	<u>8</u>	<u>0.5</u>
Total	1594	100.0

**TINNITUS ATTRIBUTES**

**Number of Tinnitus Sounds Heard**

	N	%
1 sound	868	53.3
2 sounds	428	26.3
3 sounds	154	9.5
More than 3 sounds	94	5.8
More than 1, unsure how many	74	4.5
<u>Other answer</u>	<u>9</u>	<u>0.5</u>
Total	1627	100.0

## TINNITUS ATTRIBUTES

**Predominant Tinnitus Sound(s): All Patients**

	N	% of 1625
Ringings	925	56.9
Hissing	317	19.5
Sizzling	123	7.6
Pulsating	97	6.0
Clear tone	281	17.3
Buzzing	195	12.0
Transformer noise	116	7.1
Pounding	18	1.1
More than one tone	150	9.2
Hum	97	6.0
High tension wire	231	14.2
Ocean roar	78	4.8
Whistle	97	6.0
Music	6	0.4
Crickets, insects	101	6.2
Clicking	8	0.5
<u>Other</u>	<u>207</u>	<u>12.7</u>
Total	---	---

Three dashes (---) in the Total row indicates a multiple-response question; patients choosing more than one response are counted more than once, therefore Totals are not meaningful.

**Present Intermittency**

	N	%
Constant tinnitus	1475	90.9
Intermittent, heard more than 50% of time	78	4.8
Intermittent, heard less than 50% of time	10	0.6
Intermittent, no information about percent of time heard	54	3.3
<u>Other answer</u>	<u>6</u>	<u>0.4</u>
Total	1623	100.0

**Tinnitus Localization: All Locations Reported**

(occurring alone or in combinations)

	N	% of 1629
Both ears	1026	63.0
Left ear	212	13.0
Inside head-left	91	5.6
Outside head-left	9	0.6
Not sure-left	2	0.1
Right ear	176	10.8
Inside head-right	80	4.9
Outside head-right	11	0.7
Not sure-right	--	--
Fills head	186	11.4
Inside top of head	22	1.4
Outside top of head	3	0.2
Surrounds head	5	0.3
Back of head	49	3.0
<u>Other answer</u>	<u>96</u>	<u>5.9</u>
Total	---	---

Three dashes (---) in the Total row indicates a multiple-response question; patients choosing more than one response are counted more than once, therefore Totals are not meaningful.

## TINNITUS ATTRIBUTES

**Tinnitus Localization: Where is Tinnitus "Worst"**

	N	%
Left ear or side	645	39.6
Right ear or side	525	32.2
Both ears or sides	281	17.2
Head (not lateralized)	123	7.6
Head + one or both ears	16	1.0
Variable location	22	1.4
Patient unsure	6	0.4
<u>Other answer*</u>	<u>11</u>	<u>0.7</u>
Total	1629	100.0

\* "Other" answers typically included locations outside the head.

**Loudness Rating (Subjective)**

Scale Value	N	%
0.0 - 2.0	20	1.8
2.1 - 4.0	151	13.8
4.1 - 6.0	328	30.0
6.1 - 8.0	377	34.5
8.1 - 10.0	209	19.1
<u>Variable loudness</u>	<u>9</u>	<u>0.8</u>
Total*	1094	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this loudness rating scale was first added to the questionnaire.

**Loudness Fluctuations: Magnitude**

	N	%
No fluctuations in loudness	437	26.9
Barely noticeable fluctuations	88	5.4
Moderate fluctuations	381	23.5
Very marked fluctuations	356	21.9
Fluctuations vary in size	298	18.4
Loudness fluctuates, but no information on size	47	2.9
<u>Other answer</u>	<u>16</u>	<u>1.0</u>
Total	1623	100.0

**Loudness Fluctuations: Frequency of Occurrence**

	N	%
Fluctuates rarely	76	10.2
Fluctuates several times per month	106	14.3
Fluctuates several times per week	173	23.3
Fluctuates daily	353	47.5
Patient unsure	17	2.3
<u>Other answer</u>	<u>18</u>	<u>2.4</u>
Total*	743	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire; in addition, only those patients with loudness fluctuations responded to this item.

TINNITUS SEVERITY

TINNITUS SEVERITY

**Sleep Interference Caused by Tinnitus**

	N	%
No	467	28.8
Yes, sometimes	720	44.5
Yes, often	398	24.6
Yes, no information about frequency	22	1.4
<u>Other answer</u>	11	0.6
Total	1618	100.0

**Feel Irritable or Nervous Because of Tinnitus**

	N	%
No	291	18.2
Yes, sometimes	685	42.7
Yes, often	608	38.0
Yes, no information about frequency	17	1.1
<u>Other answer</u>	1	0.1
Total	1602	100.0

**Feel Tired or Ill Because of Tinnitus**

	N	%
No	726	46.5
Yes, sometimes	435	27.9
Yes, often	384	24.7
Yes, no information about frequency	5	0.3
<u>Other answer</u>	10	0.7
Total	1560	100.0

**Difficulty Relaxing Caused by Tinnitus**

	N	%
No	290	18.0
Yes, sometimes	558	34.7
Yes, often	730	45.4
Yes, no information about frequency	28	1.7
<u>Other answer</u>	1	0.1
Total	1607	100.0

**Uncomfortable in Quiet Because of Tinnitus**

	N	%
No	409	25.6
Yes, sometimes	378	23.7
Yes, often	710	44.5
<u>Yes, no information about frequency</u>	98	6.1
Total	1595	100.0

**Difficulty Concentrating Caused by Tinnitus**

	N	%
No	345	21.5
Yes, sometimes	530	33.0
Yes, often	614	38.2
<u>Yes, no information about frequency</u>	118	7.3
Total	1607	100.0

**Harder to Interact Pleasantly Because of Tinnitus**

	N	%
No	499	31.2
Yes, sometimes	511	31.9
Yes, often	482	30.1
Yes, no information about frequency	106	6.6
<u>Other answer</u>	1	0.1
Total	1599	100.0

**Amount of Effort to Ignore Tinnitus**

	N	%
Easily ignored	81	7.4
Ignore with some effort	314	28.5
Considerable effort to ignore	349	31.7
Can never ignore	350	31.8
<u>Other answer</u>	6	0.5
Total*	1100	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

**Amount of Discomfort from Usual Tinnitus**

	N	%
No discomfort	91	8.8
Mild discomfort	219	21.2
Moderate discomfort	367	35.6
Great deal of discomfort	344	33.4
<u>Other answer</u>	10	1.0
Total*	1031	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

**Interference with Work Activities**

	N	%
None	244	23.8
Slight interference	242	23.6
Moderate interference	307	29.9
Great deal of interference	227	22.1
<u>Other answer</u>	6	0.6
Total*	1026	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

**Interference with Social Activities**

	N	%
None	164	15.1
Slight interference	228	21.1
Moderate interference	398	36.3
Great deal of interference	287	26.5
<u>Other answer</u>	6	0.6
Total*	1083	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

**Interference with Overall Enjoyment**

	N	%
None	87	8.4
Slight interference	193	18.7
Moderate interference	398	38.6
Great deal of interference	348	33.8
<u>Other answer</u>	4	0.4
Total*	1030	100.0

\* Responses to this item were not available from patients prior to May 1986, the date when this item was first added to the questionnaire.

TINNITUS TEST RESULTS

Residual Inhibition - Type

Type of RI	N	%
No RI	173	11.9
Partial RI only	476	32.8
Complete RI only	34	2.3
<u>CRI + PRI</u>	768	52.9
Total*	1451	100.0

\* Omits 179 patients who were not tested for RI, primarily because a minimum masking level could not be obtained.



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Pocket Summary Data Set 1

TINNITUS TEST RESULTS

**Tinnitus Pitch Match**

Pitch Match (Hz)	N	%
0 - 1900	134	8.9
2000 - 3900	244	16.1
4000 - 5900	302	19.9
6000 - 7900	285	18.8
8000 - 9900	345	22.8
10000 - 16000	204	13.5
<b>Total*</b>	<b>1514</b>	<b>100.0</b>

\* Omits 116 patients who had different pitch matches in each ear, or who were unable to match their tinnitus pitch.

**Loudness Matches at Tinnitus Frequency**

Loudness Match (dB SL)	N	%
0 - 3	572	40.2
4 - 6	408	28.7
7 - 9	212	14.9
10 - 12	99	7.0
13 - 15	64	4.5
16 - 18	30	2.1
19 or more	37	2.6
<b>Total*</b>	<b>1422</b>	<b>100.0</b>

\* Omits 116 patients in whom tinnitus pitch could not be matched and an additional number in whom LM could not be obtained (either because of equipment limitations or patient's loudness intolerance).

**Residual Inhibition - Duration**

Duration (minutes)	N	%
0.01 - 1.9	554	56.8
2.0 - 3.9	224	23.0
4.0 - 5.9	109	11.2
6.0 - 7.9	40	4.1
8.0 - 9.9	24	2.5
10.0 or more	25	2.6
<b>Total*</b>	<b>976</b>	<b>100.0</b>

\* Results are for those patients whose right ears were tested for Residual Inhibition; similar tests in patients whose left ears were tested gave very similar results.

TINNITUS TEST RESULTS

**Tinnitus Loudness Matches at 1 kHz**

Loudness Match (dB SL)	N	%
0 - 3	114	9.1
4 - 6	148	11.8
7 - 9	214	17.0
10 - 12	184	14.6
13 - 15	178	14.2
16 - 18	126	10.0
19 - 21	96	7.6
22 - 24	70	5.6
25 - 27	40	3.2
28 - 30	31	2.5
<u>More than 30</u>	<u>56</u>	<u>4.5</u>
<b>Total*</b>	<b>1257</b>	<b>100.0</b>

\* Omits 373 patients from the early years of the Tinnitus Clinic who did not receive the test, or for whom test conditions were not yet standardized; omissions were unrelated to tinnitus loudness or to patients' hearing capabilities and are unlikely to have caused systematic bias.

**Minimum Masking Levels (MMLs)**

Minimum Masking Level (dB SL)	N	%
0 - 3	270	19.5
4 - 6	309	22.3
7 - 9	220	15.9
10 - 12	175	12.7
13 - 15	104	7.5
16 - 18	74	5.4
19 - 21	54	3.9
22 - 24	44	3.2
25 - 27	25	1.8
28 - 30	25	1.8
<u>More than 30</u>	<u>83</u>	<u>6.0</u>
<b>Total*</b>	<b>1383</b>	<b>100.0</b>

\* Omits 247 patients (15% of sample) in whom minimum masking levels could not be determined (due primarily to equipment limitations or to patients' reduced loudness tolerance).