



TINNITUS FUNCTIONAL INDEX FOR THE TINNITUS HEALING RETREATS IN SARDINIA

Name _____

Date _____

Result (see end) _____

For each of the following 25 questions, please select the box under the number that best reflects your current condition.

1. OVER THE PAST WEEK, 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	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%	Always aware

4. Did you feel IN CONTROL in regard to your tinnitus?

Very much in control	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	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	1	2	3	4	5	6	7	8	9	10	Impossible to ignore



7. How much did your tinnitus interfere with your ability to CONCENTRATE?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

8. How much did your tinnitus interfere with your ability to THINK CLEARLY?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

9. How much did your tinnitus interfere with your ability to FOCUS ATTENTION on other things besides your tinnitus?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

10. How often did your tinnitus make it difficult to FALL ASLEEP or STAY ASLEEP?

Never had difficulties	1	2	3	4	5	6	7	8	9	10	Always had difficulties

11. How often did your tinnitus cause you difficulty in getting AS MUCH SLEEP as you needed?

Never had difficulties	1	2	3	4	5	6	7	8	9	10	Always had difficulties

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	1	2	3	4	5	6	7	8	9	10	All of the time

13. How much has your tinnitus interfered with your ability to HEAR CLEARLY?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

14. How much has your tinnitus interfered with your ability to UNDERSTAND PEOPLE who are talking?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered



15. How much has your tinnitus interfered with your ability to FOLLOW CONVERSATIONS in a group or at meetings?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

16. How much has your tinnitus interfered with your QUIET RESTING ACTIVITIES?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

17. How much has your tinnitus interfered with your ability to RELAX?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

18. How much has your tinnitus interfered with your ability to enjoy "PEACE AND QUIET"?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

19. How much has your tinnitus interfered with your enjoyment of SOCIAL ACTIVITIES?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

20. How much has your tinnitus interfered with your ENJOYMENT OF LIFE?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

21. How much has your tinnitus interfered with your RELATIONSHIPS with family, friends and other people?

Did not interfere	1	2	3	4	5	6	7	8	9	10	Completely interfered

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 difficulties	1	2	3	4	5	6	7	8	9	10	Always had difficulties

23. How ANXIOUS or WORRIED has your tinnitus made you feel?

Not anxious or worried at all	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 bothered or upset at all	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	1	2	3	4	5	6	7	8	9	10	Extremely depressed

Now add up all the answers. For the percentage numbers just cross off the "0" - so 30% becomes 3, 70% becomes 7 etc.

Put the total here: (maximum score 250) _____

Then divide this number by 10 _____

Then multiply this number by 4 to get a number out of 100

Please write your score in the box

