

Tinnitus Handicap Inventory (THI)

The THI (Tinnitus Handicap Inventory) is a standardized questionnaire designed to assess the impact of tinnitus on patients' quality of life. It was developed by Newman, Jacobson, and Spitzer in 1996, and it is commonly used by health professionals to quantify the psychological and emotional effects of tinnitus.

Number of questions	25 questions
Estimated duration	6 minutes
Language	English
Original name	Tinnitus Handicap Inventory

Preview of the 25 questions

Because of your tinnitus, is it difficult for you to concentrate?

Yes | Sometimes | No

Does the loudness of your tinnitus make it difficult for you to hear people?

Yes | Sometimes | No

Does your tinnitus make you angry?

Yes | Sometimes | No

Does your tinnitus make you feel confused?

Yes | Sometimes | No

Because of your tinnitus, do you feel desperate?

Yes | Sometimes | No

The full questionnaire (25 questions) is administered online on Mentaal.

Administer this questionnaire online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org

Scoring & interpretation

Automatic scoring with Mentaal

The scored results will be sent to you automatically as soon as your patient completes the questionnaire. Here's an example:

Scoring

Score: 46/100

0 — 16	Slight handicap: the tinnitus is only heard in a quiet environment
18 — 36	Mild handicap: the tinnitus is easily masked by environmental sounds and forgotten during activities
38 — 56	**Moderate handicap: the tinnitus is noticed even with background noise, without noticeably affecting daily activities** ◀ 46
58 — 76	Severe handicap: the tinnitus is almost always heard, disturbs sleep and interferes with daily activities
78 — 100	Catastrophic handicap: associated with disturbed sleep and major disruption of daily activities

Functional subscale: 22/44

Items about stress, loss of concentration, sleep, and interference with work, family life and social activities.

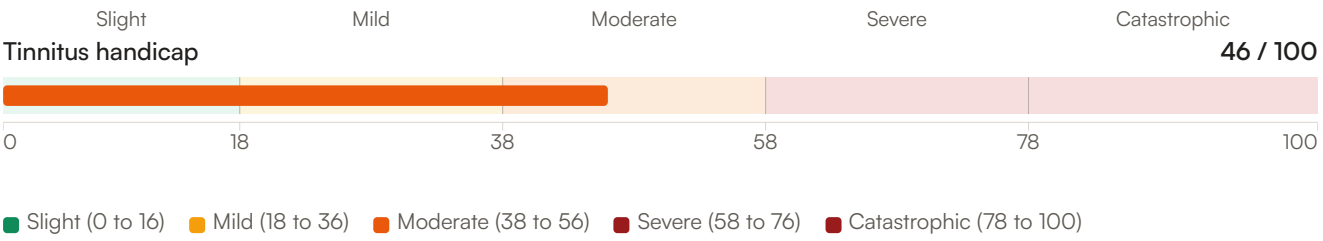
Emotional subscale: 12/36

Items about distress, frustration, irritability, anxiety, depression and insecurity: the emotional responses to the tinnitus.

Catastrophic subscale: 12/20

Items about desperation, being unable to escape the tinnitus, believing one has a terrible disease, and a lack of control.

TOTAL SCORE



Slight (0 to 16) Mild (18 to 36) Moderate (38 to 56) Severe (58 to 76) Catastrophic (78 to 100)