

Appendix

Appendix A

|     | Q1   | Q2   | Q3   | Q4   | Q5   | Q6   | Q7          | Q8          | Q9   | Q10         | Q11         | Q12         | Q13         | Q14  | Q15  | Q16  | Q17  | Q18  | Q19  | Q20  | Q21  | Q22  | Q23         | Q24  | Q25 |  |
|-----|------|------|------|------|------|------|-------------|-------------|------|-------------|-------------|-------------|-------------|------|------|------|------|------|------|------|------|------|-------------|------|-----|--|
| Q1  | 1.00 |      |      |      |      |      |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q2  | 0.55 | 1.00 |      |      |      |      |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q3  | 0.56 | 0.48 | 1.00 |      |      |      |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q4  | 0.26 | 0.32 | 0.35 | 1.00 |      |      |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q5  | 0.38 | 0.53 | 0.60 | 0.53 | 1.00 |      |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q6  | 0.50 | 0.59 | 0.51 | 0.41 | 0.66 | 1.00 |             |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q7  | 0.39 | 0.45 | 0.49 | 0.42 | 0.69 | 0.50 | 1.00        |             |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q8  | 0.34 | 0.40 | 0.48 | 0.43 | 0.66 | 0.46 | <b>0.89</b> | 1.00        |      |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q9  | 0.35 | 0.46 | 0.48 | 0.48 | 0.70 | 0.50 | <b>0.84</b> | <b>0.84</b> | 1.00 |             |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q10 | 0.25 | 0.34 | 0.39 | 0.28 | 0.52 | 0.37 | 0.50        | 0.50        | 0.52 | 1.00        |             |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q11 | 0.27 | 0.34 | 0.40 | 0.25 | 0.50 | 0.37 | 0.50        | 0.49        | 0.50 | 0.86        | 1.00        |             |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q12 | 0.34 | 0.35 | 0.44 | 0.27 | 0.50 | 0.39 | 0.49        | 0.49        | 0.48 | 0.79        | 0.89        | 1.00        |             |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q13 | 0.25 | 0.26 | 0.21 | 0.13 | 0.18 | 0.22 | 0.26        | 0.30        | 0.26 | 0.09        | 0.07        | 0.10        | 1.00        |      |      |      |      |      |      |      |      |      |             |      |     |  |
| Q14 | 0.25 | 0.23 | 0.22 | 0.14 | 0.18 | 0.18 | 0.29        | 0.34        | 0.27 | <b>0.11</b> | <b>0.11</b> | <b>0.14</b> | <b>0.90</b> | 1.00 |      |      |      |      |      |      |      |      |             |      |     |  |
| Q15 | 0.25 | 0.25 | 0.18 | 0.09 | 0.17 | 0.18 | 0.28        | 0.30        | 0.25 | 0.06        | 0.07        | <b>0.11</b> | 0.82        | 0.87 | 1.00 |      |      |      |      |      |      |      |             |      |     |  |
| Q16 | 0.34 | 0.46 | 0.48 | 0.44 | 0.64 | 0.58 | 0.61        | 0.58        | 0.62 | 0.52        | 0.50        | 0.51        | 0.23        | 0.21 | 0.19 | 1.00 |      |      |      |      |      |      |             |      |     |  |
| Q17 | 0.35 | 0.47 | 0.53 | 0.47 | 0.67 | 0.60 | 0.69        | 0.65        | 0.71 | 0.59        | 0.59        | 0.60        | 0.22        | 0.22 | 0.20 | 0.87 | 1.00 |      |      |      |      |      |             |      |     |  |
| Q18 | 0.26 | 0.45 | 0.41 | 0.43 | 0.57 | 0.53 | 0.50        | 0.46        | 0.52 | 0.44        | 0.42        | 0.43        | 0.21        | 0.19 | 0.17 | 0.81 | 0.74 | 1.00 |      |      |      |      |             |      |     |  |
| Q19 | 0.34 | 0.33 | 0.47 | 0.25 | 0.52 | 0.40 | 0.54        | 0.56        | 0.55 | 0.31        | 0.32        | 0.34        | 0.39        | 0.39 | 0.35 | 0.50 | 0.56 | 0.37 | 1.00 |      |      |      |             |      |     |  |
| Q20 | 0.31 | 0.42 | 0.56 | 0.39 | 0.66 | 0.46 | 0.64        | 0.66        | 0.67 | 0.38        | 0.40        | 0.40        | 0.30        | 0.30 | 0.28 | 0.60 | 0.67 | 0.51 | 0.76 | 1.00 |      |      |             |      |     |  |
| Q21 | 0.31 | 0.28 | 0.51 | 0.28 | 0.53 | 0.37 | 0.59        | 0.62        | 0.58 | 0.36        | 0.36        | 0.39        | 0.37        | 0.39 | 0.33 | 0.45 | 0.55 | 0.37 | 0.78 | 0.75 | 1.00 |      |             |      |     |  |
| Q22 | 0.29 | 0.35 | 0.43 | 0.34 | 0.58 | 0.38 | 0.67        | 0.68        | 0.66 | 0.38        | 0.42        | 0.41        | 0.27        | 0.32 | 0.31 | 0.47 | 0.53 | 0.41 | 0.59 | 0.68 | 0.64 | 1.00 |             |      |     |  |
| Q23 | 0.29 | 0.43 | 0.52 | 0.39 | 0.68 | 0.51 | 0.65        | 0.63        | 0.65 | 0.44        | 0.46        | 0.49        | 0.14        | 0.17 | 0.13 | 0.56 | 0.65 | 0.48 | 0.57 | 0.73 | 0.66 | 0.67 | 1.00        |      |     |  |
| Q24 | 0.34 | 0.49 | 0.54 | 0.45 | 0.70 | 0.60 | 0.66        | 0.62        | 0.71 | 0.46        | 0.46        | 0.50        | 0.16        | 0.16 | 0.17 | 0.58 | 0.67 | 0.51 | 0.56 | 0.72 | 0.60 | 0.60 | <b>0.81</b> | 1.00 |     |  |
| Q25 | 0.24 | 0.39 | 0.48 | 0.39 | 0.65 | 0.46 | 0.61        | 0.60        | 0.66 | 0.43        | 0.41        | 0.42        | 0.20        | 0.20 | 0.19 | 0.50 | 0.60 | 0.45 | 0.51 | 0.69 | 0.61 | 0.55 | 0.74        | 0.74 | 1   |  |

Values presented in bold are below or above the recommended criteria (<0.30 to >0.85).

Appendix B

| Scale items | Percentage of responses for items on the TFI   |             |      |      |      |      |      |      |      |      | Mean (±SD) |           |      |        |
|-------------|--|-------------|------|------|------|------|------|------|------|------|------------|-----------|------|--------|
|             | 0  | 1           | 2    | 3    | 4    | 5    | 6    | 7    | 8    | 9    |            | 10        |      |        |
| Int1        | What percentage of your time awake were you consciously aware of your tinnitus?  | 0.4         | 6.4  | 7.1  | 8.1  | 7.1  | 10.2 | 8.1  | 11.0 | 17.3 | 12.4       | 12        | 6.20 | (2.79) |
| Int2        | How strong or loud was your tinnitus?  | 0.0         | 1.4  | 3.2  | 9.5  | 10.2 | 12.4 | 12.0 | 20.8 | 19.8 | 7.4        | 3         | 6.14 | (2.10) |
| Int3        | What percentage of your time awake were you annoyed by your tinnitus?  | 9.2         | 23.3 | 13.1 | 12.0 | 4.2  | 11.7 | 5.7  | 9.5  | 6.7  | 3.2        | 1         | 3.58 | (2.76) |
| SOC4        | Did you feel in control in regard to your tinnitus?  | 5.3         | 5.3  | 8.1  | 11.0 | 6.7  | 9.9  | 5.3  | 7.4  | 10.2 | 9.2        | <b>22</b> | 5.95 | (3.27) |
| SOC5        | How easy was it for you to cope with your tinnitus?  | 6.7         | 8.8  | 10.6 | 14.5 | 10.2 | 17.0 | 9.9  | 15.5 | 5.3  | 0.7        | 1         | 4.23 | (2.38) |
| SOC6        | How easy was it for you to ignore with your tinnitus?  | 2.1         | 5.3  | 6.7  | 10.2 | 6.4  | 13.4 | 10.2 | 12.4 | 14.1 | 9.9        | 9         | 5.84 | (2.74) |
| Cog7        | How much did your tinnitus interfere with your ability to concentrate?   | <b>16.3</b> | 11.7 | 14.1 | 8.1  | 5.3  | 9.5  | 11.0 | 12.0 | 7.1  | 3.2        | 2         | 3.86 | (2.91) |
| Cog8        | How much did your tinnitus interfere with your ability to think clearly?   | <b>22.6</b> | 12.4 | 10.2 | 11.0 | 7.1  | 11.3 | 7.8  | 7.8  | 7.1  | 1.8        | 1         | 3.35 | (2.81) |
| Cog9        | How much did your tinnitus interfere with your ability to focus attention on other things beside your tinnitus?  | <b>19.1</b> | 14.8 | 11.3 | 13.4 | 7.4  | 8.5  | 8.1  | 7.8  | 7.1  | 2.1        | 0         | 3.32 | (2.73) |
| Slp10       | How often did your tinnitus make it difficult to fall asleep or stay asleep?   | <b>19.1</b> | 9.9  | 12.0 | 7.8  | 8.1  | 5.3  | 4.9  | 10.6 | 10.2 | 4.2        | 8         | 4.18 | (3.35) |
| Slp11       | How often did your tinnitus cause you difficulty in getting as much sleep as you needed?   | <b>23.0</b> | 11.3 | 10.6 | 9.2  | 4.2  | 5.7  | 7.4  | 7.8  | 7.8  | 5.3        | 8         | 3.92 | (3.42) |
| Slp12       | How much of the time did your tinnitus keep you from sleeping as deeply or as peacefully as you would have liked?  | <b>23.3</b> | 10.6 | 11.7 | 10.6 | 3.9  | 7.8  | 3.9  | 6.4  | 8.1  | 7.4        | 6         | 3.83 | (3.39) |
| Aud13       | How much did your tinnitus interfere with your ability to hear clearly?  | <b>18.4</b> | 13.4 | 10.2 | 11.3 | 7.8  | 13.1 | 7.8  | 8.1  | 7.1  | 1.4        | 1         | 3.51 | (2.76) |
| Aud14       | How much did your tinnitus interfere with your ability to understand people who are talking?   | <b>25.4</b> | 11.0 | 11.3 | 11.7 | 8.1  | 7.8  | 7.4  | 6.4  | 8.5  | 1.1        | 1         | 3.20 | (2.85) |
| Aud15       | How much did your tinnitus interfere with your ability to follow conversations in a group or at meetings?  | <b>23.3</b> | 9.9  | 10.2 | 10.6 | 10.2 | 6.0  | 6.4  | 9.2  | 5.3  | 5.3        | 4         | 3.61 | (3.10) |
| Relx16      | How much did your tinnitus interfere with your quiet resting activities?   | 8.8         | 7.4  | 8.8  | 8.1  | 7.1  | 9.2  | 9.5  | 12.4 | 14.8 | 6.7        | 7         | 5.17 | (3.06) |
| Relx17      | How much did your tinnitus interfere with your ability to relax?   | 9.5         | 11.0 | 9.9  | 8.1  | 9.9  | 11.0 | 6.4  | 14.5 | 8.8  | 7.1        | 4         | 4.62 | (2.98) |
| Relx18      | How much did your tinnitus interfere with your ability to peace and quiet?   | 4.9         | 4.2  | 5.3  | 7.4  | 6.0  | 6.0  | 5.3  | 10.6 | 12.0 | 12.7       | <b>25</b> | 6.62 | (3.18) |
| QOL19       | How much did your tinnitus interfere with your enjoyment of social activities?   | <b>32.9</b> | 11.0 | 12.4 | 9.5  | 4.9  | 7.4  | 5.3  | 7.4  | 5.3  | 1.8        | 2         | 2.84 | (2.92) |
| QOL20       | How much did your tinnitus interfere with your enjoyment of life?  | <b>25.8</b> | 13.1 | 11.7 | 11.3 | 6.0  | 6.4  | 6.4  | 7.4  | 4.6  | 3.9        | 4         | 3.23 | (3.05) |
| QOL21       | How much did your tinnitus interfere with your relationships with family, friends and other people?  | <b>37.5</b> | 17.3 | 9.5  | 7.4  | 4.2  | 8.8  | 4.6  | 3.5  | 3.5  | 2.5        | 1         | 2.33 | (2.72) |
| QOL22       | 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? | <b>32.2</b> | 15.5 | 11.7 | 8.1  | 4.2  | 7.4  | 3.5  | 8.1  | 5.3  | 2.8        | 1         | 2.74 | (2.90) |
| Emo23       | How anxious or worried has your tinnitus made you feel?  | <b>23.7</b> | 16.6 | 14.8 | 10.6 | 3.5  | 8.5  | 5.7  | 8.1  | 4.9  | 1.8        | 2         | 2.99 | (2.81) |
| Emo24       | How bothered or upset have you been because of your tinnitus?  | <b>14.8</b> | 15.9 | 14.8 | 7.4  | 6.7  | 12.0 | 5.7  | 8.8  | 5.3  | 6.0        | 2         | 3.72 | (2.97) |
| Emo25       | How depressed were you because of your tinnitus?   | <b>41.0</b> | 14.1 | 10.2 | 8.1  | 3.9  | 7.8  | 5.7  | 3.9  | 2.5  | 2.5        | 0         | 2.20 | (2.63) |

Values presented in bold exceed the recommended criteria (endorsed by >15% of respondents).