

# Survey questions

How old are you in years? (e.g., 55)

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What gender are you?

- Male
- Female
- Gender diverse
- Prefer not to say

Where are you presently living?

Which state? Please specify:

Have you been diagnosed by a health professional with: (select all that apply)

- NONE OF THESE
- Hypertension
- Cardiac disease
- Chronic allergy
- Chronic neck and/or back pain
- Osteoarthritis
- Chronic bronchitis
- Diabetes
- Stroke
- Chronic migraine and/or other frequent chronic headaches
- Cancer
- Multiple sclerosis
- Thyroid disease
- Head Injury
- Temporomandibular joint disorder

Have you ever been diagnosed with a mental health condition by a health professional with:  
(select all that apply)

- No
- Depression
- Anxiety
- Other psychiatric disorders

How are you managing this mental health condition? (select all that apply)

- Not doing anything
- With medication
- With an online intervention or tool
- Seeing a professional
- Other, please state \_\_\_\_\_

Do you have: (select all that apply)

- NONE OF THESE
- Tinnitus (the term for hearing a sound in the head and/or ears in the absence of any external sound, lasting for more than five minutes at a time)
- Hearing difficulties/ problems
- Hearing difficulties/ problems only in background noise
- Hyperacusis (the term for reduced tolerance to sound)
- Misophonia (the term for severe sensitivity to specific soft sounds)

How long have you had tinnitus? State the number of years (e.g., 0.5 or 7):

\_\_\_\_\_

Answer the following questions regarding how bothersome your tinnitus is on a scale of 0-5:

	Not at all bothersome	Slightly bothersome	Moderately bothersome	Very bothersome	Extremely bothersome
Prior to the coronavirus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At present, following the coronavirus outbreak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the last week:

	Yes	Sometimes	No
Because of your tinnitus is it difficult for you to concentrate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you complain a great deal regarding your tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you feel as though you cannot escape your tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does your tinnitus make you feel confused?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because of your tinnitus, do you feel frustrated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you feel that you can no longer cope with your tinnitus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does your tinnitus make it difficult for you to enjoy life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does your tinnitus make you upset?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because of your tinnitus do you have trouble falling asleep at night?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because of your tinnitus, do you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which device/s do you use to help you with your hearing-related difficulties and/or tinnitus?  
(select all that apply)

- None
- Hearing aid (one ear)
- Hearing aid (both ears)
- Wearable sound generator for tinnitus (one ear)
- Wearable sound generator for tinnitus (both ears)
- Cochlear implant (one ear)
- Cochlear implant (both ears)
- Bone anchored hearing aid (one ear)
- Bone anchored hearing aid (both ears)
- Hearable or smart earbud (one ear)
- Hearable or smart earbud (both ears)

Have you sought help or treatment for your tinnitus/ hyperacusis/misophonia in the past or at present? (select all that apply)

- No
- Yes, sought advice/ help from a professional, such as an audiologist or ENT Consultant
- Yes, had group therapy
- Yes, undertook an internet intervention
- Yes, self-help support such as reading books
- Yes, help via a charity or non-profit organization/ helpline

Which professional have you consulted regarding your tinnitus/hyperacusis/misophonia? (select all that apply):

- General practitioner/ primary care doctor
- Ear Nose and Throat Consultant (ENT)/Audiovestibular physician using national healthcare (NHS)
- Ear Nose and Throat Consultant (ENT)/Audiovestibularphysician privately
- Audiologist/hearing therapist using national healthcare (NHS)
- Audiologist/hearing therapist privately
- Psychologist/Psychiatrist
- Other. Please explain

Prior to the coronavirus pandemic, were you involved in a tinnitus support group?

- No
- Yes, in-person meetings
- Yes, online support or information from the support group
- Involved in tinnitus online discussion forums

Were you negatively affected by the inability to attend support group meetings in person due to social distancing restrictions?

- No
- Yes
- Partly, as I now attend online support group meetings

Are you currently:

- Self-isolation (if you or someone in your household has symptoms)
- Self-isolation due to being at higher risk of contracting the virus (due to other illnesses or older age)
- Self-isolation due to fear of contracting the virus (no social interactions outside your household)
- Rigorously following social distancing advice (reducing social interactions with others)
- Informally following social distancing advice
- Unwell and on sick leave
- Living normally (e.g., continuing to go to a place of work and do the same activities as prior to the pandemic)

What resources are you using to cope in the pandemic?

- Contacting friends/ family
- Relaxation
- Mindfulness
- Yoga/ Pilates
- Exercising indoors
- Exercising outdoors
- Spending time outdoors
- Other. Please explain
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Due to current circumstances, would you say you:

- Never drink alcohol
- Consume less alcohol than normal
- Drink similar amounts of alcohol
- Drink more alcohol than normal
- Engage in more substance abuse than normal
- Other. Please specify

Are the people you live with understanding and/or supportive regarding issues or the negative impact related to your tinnitus (e.g., the inability to sleep or concentrate)?

- Not at all supportive
- Somewhat supportive
- Very supportive
- I live alone



Has understanding or support regarding your tinnitus from the people you live with changed since the coronavirus?

- Less supportive/ understanding
- No change
- More supportive/ understanding
- I live alone

Have you sought additional professional support for managing your tinnitus, after the onset of the coronavirus pandemic? (select all that apply)

- No
- Contacted a helpline or chat service
- Been in contact with my usual clinic for advice
- Continuing with ongoing support from my usual clinic
- Received remote support from a professional (e.g., a skype or telephone consultation) free of charge
- Received remote support from a professional (e.g., a skype or telephone consultation) that I paid for
- Searched on the internet for advice
- Please provide information of who you contacted e.g., The British Tinnitus Association \_\_\_\_\_

How helpful has this support been?

- Not helpful
- Somewhat helpful
- Very helpful
- Other. Please explain: \_\_\_\_\_

Are you concerned that you will be unable to seek help for other health-related issues (not related to the coronavirus), because of the demands on hospitals caring for those with coronavirus? (select all that apply)

- I am not concerned
- Worried I cannot get help with my hearing aids or hearing-related issues
- Concerned that I cannot speak to a professional
- Concerned that I cannot contact a helpline
- Worried I cannot seek help for other health-related issues
- Worried I cannot seek help for other mental-health-related issues

What type of support would help you better manage your tinnitus or hearing related issues during these uncertain times?

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What advice/suggestions for healthcare professionals and/or researchers can you offer so that we might provide/develop more effective care for the future?

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Please provide any further information that may be helpful that has not been included in this survey

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