

How Does Tinnitus Commonly Affect People?

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AccuNotes newsletter result:

Open rate	Click through rate
Patient -19.51%	Patient -29.95%
Non-patient - 20.56%	Non-patient - 47.17%

Fortunately, most people with chronic tinnitus are not too bothered by it. Many people never seek medical attention for their tinnitus, and many who see a doctor only want to know that their tinnitus is not a harbinger of serious disease or impending deafness.

On the other hand, many patients (tinnitus “sufferers”) are very much bothered by their [tinnitus](#). They may say that it is annoying, intrusive, upsetting, and distracting. It prevents some patients from carrying out certain critical activities in their daily lives.

However, it has been impossible to predict from tinnitus sensation—its loudness, pitch, and quality—whether or not a person will be a tinnitus sufferer. While tinnitus sufferers often describe their tinnitus as very loud, their matching levels are not significantly different from those measured for patients with non-bothersome tinnitus.

Tinnitus sufferers who were members of a small tinnitus self-help group were asked to list difficulties they have had as a result of the tinnitus. Among the 72 who responded, the most frequently reported problems were:

- Getting to sleep (57 percent)
- Persistence of tinnitus (49 percent)
- Understanding speech (38 percent)
- Despair, frustration, or depression (36 percent)
- Annoyance, irritation, or inability to relax (35 percent)
- Poor concentration or confusion (33 percent)

Most other descriptive studies of suffering related to tinnitus have come to similar conclusions. Self-reported tinnitus problems tend to cluster into the categories of sleep, hearing, emotion, and concentration.

The persistence of the tinnitus seems to be key. Many patients state that their tinnitus is not particularly unpleasant except for the fact that, like a dripping faucet, it will not go away. Concerns that the tinnitus is a sign of something serious, won't go away, or cannot be eliminated or controlled can make it difficult for some people to ignore their [tinnitus](#), leading to problems with sleep, concentration, and emotion.

The hearing difficulties tinnitus sufferers report are considered to be attributable to their hearing loss rather than to the tinnitus itself.

Also, many tinnitus sufferers complain of difficulty tolerating external sounds of even moderate intensity, a condition called hyperacusis.

Why do some people with tinnitus become tinnitus sufferers, while others do not? Psychological factors present before the onset of tinnitus may be very important. Many, if not most, patients with really bothersome tinnitus are found to have a major depressive disorder. About half of depressed tinnitus patients reported previous episodes of depression, before they ever noticed their tinnitus.

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at: http://hearinghealthfoundation.org//index.php?pg=what_is_tinnitus