

SOUND SENSITIVITY QUESTIONNAIRE

Name _____ Date _____

Instructions: Mark the box corresponding to the answer which best applies to you.

		NO	YES, A LITTLE	YES, QUITE A BIT	YES, A LOT
1	Do you ever use earplugs or earmuffs to reduce your noise perception (Do not consider the use of hearing protection during abnormally high noise exposure situations)?				
2	Do you find it harder to ignore sounds around you in everyday situations?				
3	Do you have trouble reading in a noisy or loud environment?				
4	Do you have trouble concentrating in noisy surroundings?				
5	Do you have difficulty listening to conversations in noisy places?				
6	Has anyone you know ever told you that you tolerate noise or certain kinds of sound badly?				
7	Are you particularly sensitive to or bothered by street noise?				
8	Do you find the noise unpleasant in certain social situations (e.g. night clubs, pubs or bars, concerts, firework displays, cocktail receptions)?				
9	When someone suggests doing something (going out, to the cinema, to a concert, etc.), do you immediately think about the noise you are going to have to put up with?				
10	Do you ever turn down an invitation or not go out because of the noise you would have to face?				
11	Do noises or particular sounds bother you more in a quiet place than in a slightly noisy room?				
12	Do stress and tiredness reduce your ability to concentrate in noise?				
13	Are you less able to concentrate in noise towards the end of the day?				
14	Do noise and certain sounds cause you stress and irritation?				
TOTALS					



SCORING

No = 0
 Yes, a little = 1
 Yes, quite a bit = 2
 Yes, a lot = 3
Maximum Score = 42

SOUND SENSITIVITY SEVERITY

≥28 = Severe
 16-27 = Moderate
 4-15 = Mild
 0-3 = Normal

Khalfa S, et al. ORL otorhinolaryngol relat spec. 2002 Nov-Dec; 64(6): 436-42

This questionnaire is designed to screen for those who may be suffering from sound sensitivity. The information obtained herein is considered a preliminary result only and does not diagnose or constitute confirmation of any specific medical problems. It is not a substitute for proper medical examination.