

REFERENCE AND READING LIST
FOR PSYCHOLOGICAL ASPECTS OF TINNITUS TREATMENT

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Useful Information for Those with Tinnitus

The Tinnitus Association of Canada (TAC)

23 Ellis Park Road
Toronto, Ontario, M6S 2V4
Phone: 416-762-1490
Membership: \$ 10.00 annually
Twice yearly Newsletter

The American Tinnitus Association (ATA)

Portland, Oregon 97207-0005
Phone: 503-284-9985
FAX: 503-284-0024
Membership: \$35.00 annually
Quarterly publication: Tinnitus Today
www.ata.org

The British Tinnitus Association

Phone: 01142730122
FAX:: 01142796222
Publication: "Quiet"
Email: BTA@tinnitus.org.uk
www.tinnitus.org.uk

American Hyperacusis Association

P.O. Box 4229
Vancouver, Washington 98782
www.hyperacusis.org

The Hyperacusis Network

444 Edgewood Dr.
Green Bay, Wisconsin 54302
Email: malcore@netnet.net
www.hyperacusis.net

International Tinnitus Journal (published twice per year)

To Order: 718-773-8888

www.tinnitus.com

Pawel Jastreboff

Emory Tinnitus & Hyperacusis Center
(OHSU)
Emory University, Atlanta, Georgia
www.tinnitus-pjj.com

Jonathan Hazell

The Tinnitus and Hyperacusis Centre
London, England
audiology.com/
www.tinnitus.org

Oregon Hearing Research Center

Oregon Health Sciences University

www.ohsu.edu/ohrc-otda/

Jack Vernon 503-494-7954 Fri 8-4

Oregon – Tinnitus and Hyperacusis

Treatment Center

www.tinnitus-

Tinnitus Support Message Board

<http://pub63.ezboard.com/tinnitussupport92262frm1>

Tinnitus Community Message Board

[Http://pub21.ezboard.com/ftinnituscommunitymessageboardfrm1](http://pub21.ezboard.com/ftinnituscommunitymessageboardfrm1)

Tinnitus and Hyperacusis Support Board

<http://pub39.ezboard.com/ftinnitusandhyperacusissupportboardftm2>

Educational Videos

Tinnitus: Learn to Live WITHOUT it

Thoughts on TRT – 2 hours

By Stephen Nagler

404-531-3979

www.tinn.com

Tinnitus: Ringing in the Ears

Masking application & origins of tinnitus treatments – 1 hour

By Jack Vernon

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Mid-Atlantic Tinnitus Conference

What's new in tinnitus research, brain Techniques – PET scanning....3-hours

Featuring Richard Salvi, Ph.D

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For Patients

Tinnitus – Questions and Answers by Jack Vernon & Barbara Tabachnick Sanders
ISBN 0-205-32685-4
Price: about \$ 55.00 Canadian

Tinnitus – A Self Management Guide for the Ringing in Your Ears by Jane Henry & Peter Wilson
ISBN 0-205-31537-2
Price: about \$ 41.00 Canadian

For Professionals

The Psychological Management of Chronic Tinnitus – A Cognitive-Behavioral Approach
By Jane Henry and Peter Wilson
ISBN 0-205-31365-5
Price: about \$ 58.00 Canadian (hard cover)

PSYCHOMETRIC EVALUATION OF TINNITUS EFFECTS

Tinnitus Reaction Questionnaire (TRQ)

- developed by Wilson et al, 1991 to measure general distress related to Tinnitus

Tinnitus Handicap Questionnaire (THQ)

- developed by Kuk et al, 1990 to measure perceived degree of handicap associated with Tinnitus, on 3 subscales (emotional, social, physical), (hearing and communication), and (appraisal of the tinnitus)

Tinnitus Questionnaire (TQ) also known as Tinnitus Effects Questionnaire (TEQ)

- developed by Hallman, Jakes and Hinchcliffe, 1988 to measure dimensions of complaints about Tinnitus including insomnia, emotional distress, auditory perceptual difficulties, intrusiveness and somatic complaints

All three questionnaires have considerable merit in the assessment of psychological impairment associated with Tinnitus.

Tinnitus Cognitions Questionnaire (TCQ)

- developed by Wilson, Henry, 1998 and is a self-report scale designed to measure the kinds of thoughts (negative & positive) in response to their Tinnitus

Tinnitus Coping Style Questionnaire (TCSQ)

- developed by Budd & Pugh, 1996 and measures types of coping strategies

Subjective Tinnitus Severity Scale (STSS)

- developed by Halford and Anderson, 1991 to provide an index of general distress related to Tinnitus