### Tinnitus Handicap Inventory (THI)

#### Availability:

Please visit this website for more information about this instrument:

[Tinnitus Handicap Inventory](#).

#### Classification:

Supplemental: Sports-Related Concussion (SRC) Subacute (after 72 hours to 3 months) and Persistent/Chronic (3 months and greater post concussion), and Acute Hospitalized, Concussion/Mild TBI, Epidemiology, Moderate/Severe TBI: Rehabilitation Traumatic Brain Injury (TBI)

#### Short Description of Instrument:

The Tinnitus Handicap Inventory is a self-report questionnaire that is a standardized and validated instrument that measures severity of tinnitus. This 25 item questionnaire is divided into three subgroups: Functional (11 questions); Emotional (9 questions); and Catastrophic (5 questions).

Sports-Related Concussion Specific: May be used when tinnitus reported.

Advantages: The THI showed significant correlations with the symptom rating scales, depression, and anxiety and can be used in a busy clinical practice to quantify the impact of tinnitus on daily living. (Newman et al., 1996; Kleinstäuber et al., 2015). The measurement is brief, has a simple response format, and is easy to score and interpret (Newman et al. 1996). THI showed internal consistency (Kleinstäuber et al., 2015).

Limitations: Future research is needed to replicate this result in different tinnitus populations (Kleinstäuber et al., 2015).
Scoring:

**Scoring:** Yes = 4; Sometimes = 2; No = 0

**Total Score:**

**Grade 1:** 0 – 16 Slight: Only heard in quiet environments; No interference with sleep or daily activities.

**Grade 2:** 18 – 36 Mild: Easily masked by environmental sounds and easily forgotten with activities: May occasionally interfere with sleep, but not daily activities

**Grade 3:** 38 – 56 Moderate: Noticed in presence of background noise, although daily activities can still be performed

**Grade 4:** 58 – 76 Severe: Almost always heard, rarely if ever, masked; Leads to disturbed sleep patterns and can interfere with daily activities; Quiet activities adversely affected.

**Grade 5:** 78 – 100 Catastrophic: Always heard, disturbed sleep patterns, difficulty with any activity.

References:

**Key Reference:**


