

5 Minute Hearing Test

	Almost Always	Half of the time	Occasionally	Never
1. I have a problem hearing over the telephone.				
2. I have trouble following the conversation when two or more people are talking at the same time.				
3. People complain that I have the volume on the TV too high.				
4. I have to strain to understand conversations.				
5. I miss hearing some common sounds like the phone or door bell ringing.				
6. I have trouble hearing conversations in a noisy background such as a party or a school/busy lunch setting				
7. I get confused about where sounds come from.				
8. I misunderstand some words in a sentence and need to ask people to repeat themselves.				
9. I especially have trouble understand the speech of women and children.				

10. I have worked in a noisy environment for long periods of time (near assembly lines, jackhammers, jet engines, as a musician in a band)				
11. Many people I talk to seems to mumble.				
12. People get annoyed because I misunderstand what they say.				
13. I misunderstand what others are saying and make inappropriate responses				
14. I avoid social activities because I cannot hear well and fear that I'll reply improperly.				
15. Have others said "you need hearing aids", or "go get your hearing tested", or suggested you have a hearing loss?				

Scoring:

To calculate your score, give yourself:

3 points for every time you checked the "Almost Always" column

2 points for every time you checked the "Half of the Time" column

1 point for every time you checked the "Occasionally" column

0 points for the "Never" column

** If you have a blood relative that has a hearing loss then add an additional 3 points.

The American Academy of Otolaryngology- Head and Neck Surgery recommends the following:

- 0-5, your hearing is fine. (Please take the APD test)
- 6-9, Suggestion: See an Ear-Nose-Throat specialist (otolaryngologist)
- 10 and above, STRONGLY recommend you see an Ear-Nose-Throat specialist (otolaryngologist)