

Over the last two weeks, how often have you been bothered by any of the following problems?

1. Finding it difficult to tolerate sounds because they often seem too loud to you

0–1
days

2–6
days

7–10
days

11–14
days

2. Pain in your ears when hearing certain loud sounds

Examples include loud music, sirens, motorcycles, building work, lawn mowers, train stations, etc.

0–1
days

2–6
days

7–10
days

11–14
days

3. Discomfort (physical sensations other than pain) in your ears when hearing certain loud sounds

0–1
days

2–6
days

7–10
days

11–14
days

4. Feeling angry or anxious when hearing certain sounds related to eating, lip smacking, sniffing, breathing, clicking sounds or tapping

0–1
days

2–6
days

7–10
days

11–14
days

5. Fear that certain sounds may make your hearing and/or tinnitus worse

0–1
days

2–6
days

7–10
days

11–14
days