**Select the answer that best applies to you.**

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)?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

2. Do you find it harder to ignore sounds around you in everyday situations?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

3. Do you have trouble reading in a noisy or loud environment?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

4. Do you have trouble concentrating in noisy surroundings?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

5. Do you have difficulty listening to conversations in noisy places?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

6. Has anyone you know ever told you that you tolerate noise or certain kinds of sound badly?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

7. Are you particularly sensitive to or bothered by street noise?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

8. Do you find the noise unpleasant in certain social situations (e.g. night clubs, pubs or bars, concerts, firework displays, cocktail receptions)?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

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?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

10. Do you ever turn down an invitation or not go out because of the noise you would have to face?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

11. Do noises or particular sounds bother you more in a quiet place than in a slightly noisy room?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

12. Do stress and tiredness reduce your ability to concentrate in noise?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

13. Are you less able to concentrate in noise towards the end of the day?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

14. Do noise and certain sounds cause you stress and irritation?

\_0. No \_1. Yes, a little \_2. Yes, quite a lot \_3. Yes, a lot

Notes:

Total score is the sum of all responses.

Reference:

Khalfa, S., Dubal, S., Veuillet, E., et al. (2002). Psychometric normalization of a hyperacusis questionnaire. ORL J Otorhinolaryngol Relat Spec, 64, 436-42.

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the article.

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