



**EUTINNET**

European Tinnitus Network

**The  
EUTINNET-  
Survey**

About the web-based  
database

**This study aims to provide information about the relationship between tinnitus, hyperacusis and other comorbidities, such as stress, anxiety and depression. This is done by comparing the data of affected persons entered via the two tinnitus questionnaires and three further comorbidity questionnaires.**

**In the long term, a longitudinal data follow-up is planned to include further survey results in the database.**

### The six questionnaires:

The **socio-demographic questions** ask for specific characteristics about the person, which are important in order to be able to carry out the scientific evaluation of the subsequent surveys on tinnitus, hyperacusis as well as stress, anxiety and depression in a more differentiated way and to derive the correct scientific results and findings per group.

The **Mini-Tinnitus Questionnaire (Mini-TF12)** provides information about the intensity with which the tinnitus influences your feelings and attitudes.

The aim of the **Tinnitus Impairment Questionnaire (TBF12)** is to give you, as a person affected, the opportunity to state concrete difficulties and impairments that you personally experience due to your ringing in the ears.

The **Mini Hyperacusis Questionnaire (Mini-HQ9)** asks about discomfort you experience from external noises of any kind. The aim is to find out if your noise hypersensitivity has any influence on your feelings, behaviour or attitude.

The **Perceived Stress Questionnaire (PSQ9)** is used to determine your subjective perception, evaluation and processing of stress factors, because the subjective feeling of stress is one of the decisive factors for the course of various diseases and disorders.

Finally, the **Hospital Anxiety and Depression Scale (HADS)** measures various forms of anxiety and depression in patients with physical illnesses or (possibly psychogenic) physical complaints.

### Who is the study aimed at?

The survey is aimed at people in Europe who suffer from tinnitus and/or hyperacusis and who are willing to provide information about related concomitant diseases and impairments as part of a Europe-wide survey.

### Why is your participation important?

The more people participate in the Europe-wide study, the more data can be collected and analysed by the EUTINNET Scientific Board. The results should provide new insights to improve diagnostic possibilities as well as therapeutic and medical treatment options.

### Participation:



Your start: The two-step login

Please register via the first input mask with your surname, first name, e-mail address and mobile number. You will be asked to enter a password. Please save your password in a safe place to be able to participate in further questions at a later date. You will then receive two confirmation codes: One by SMS and another by e-mail. A second input mask will appear asking you to enter the confirmation codes one after the other into separate fields. If the entry is correct, you will receive a confirmation message and the notice that you can now participate in the study.



What you should please note when completing the questionnaires

After successful registration, you can start answering the questionnaires. Simply click on the "Begin" button to the right of the first questionnaire. A window will then open with a short introduction about the content and objectives of the respective questionnaire as well as concrete instructions on how to answer the questions. As soon as you have answered a questionnaire, you will automatically be taken back to the selection menu and can start answering the next questionnaire. You can only print out the evaluation of the two questionnaires Mini-TF12 and TBF12 after answering all questions. Your data will be encrypted and stored in a database for the evaluation, so that no conclusions can be drawn about your person (for further information: see privacy policy).



## How long does it take to participate?

In total, the study comprises 134 questions. Only if all questions are answered can your answers be used for scientific evaluation. Once you have answered a question, it will be saved and you will not be able to answer that question again! It is not possible to skip individual questions. Therefore, think about your answers thoroughly, but please do not think too long either. If you answer the questions quickly one after the other, you will need about 25 minutes. However, you have a total of 24 hours to complete all the questionnaires. An information box will tell you how much time you have left for the remaining questionnaires.

If you do not complete the questionnaires within the 24 hours, your data will not be saved by the system and your already cached answers will be deleted. The function "Print" of the results of the two tinnitus questionnaires will not be available to you in this case.



## How will your data be evaluated later?

The **EUTINNET Scientific Board** meets once a year to review and evaluate the collected data. After an evaluation is completed, the results are published in scientific journals. We will continuously inform you about the publication dates on our website.

## **If you have any questions about the Europe-wide data collection within the framework of the present study, please contact:**

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### **Published by:**

EUROPEAN TINNITUS NETWORK EUTINNET  
c/o Deutsche Stiftung Tinnitus & Hören Charité  
Luisenstr. 13  
10117 Berlin  
Germany  
December 2022