

Member Survey

ATA is constantly working to improve our services to the tinnitus and hyperacusis community...and we need your help!



By taking this short survey you can help ATA and researchers discover how to best meet your needs. Please share your opinions by completing the short survey below.

All survey questions are optional but we ask that you answer everything thoroughly. ATA wants to meet your specific needs and improve the programs and services we provide. Your responses are anonymous.

You may also complete this survey online at:
www.ATA.org/survey

When complete, remove this page from the magazine and return it to ATA in the attached donation envelope.

Thank you in advance for your time, ideas and support!

See next page

About You and Your Tinnitus

1. What does tinnitus most-often sound like to you? (Select one)

- Ringing/Single tone
- Crickets/Cicadas
- Siren/Screeching
- Whooshing/hissing
- Clicking/Pulsing
- Other _____

2. Where do you perceive tinnitus?

- Just my left ear
- Just my right ear
- Both ears
- In my head/Not in my ears

3. What is the nature of your tinnitus?

- It is constant, always at the same volume and sound
- It is constant, but the volume and/or sound changes
- It is intermittent, it comes and goes
- I no longer experience tinnitus

4. What do you believe most caused your tinnitus? (Select one)

- A sudden, loud noise
- Listening to music or attending loud events (sports, concerts)
- Work activities/loud environment daily
- Military activities
- Physical injury (TBI, whiplash) or medical surgery
- Illness (virus, cold, ear infections, etc.)
- Recreational activity over time (boating, diving, hunting, motorcycling, etc.)
- Physiological reason (earwax buildup, TMJ, grinding teeth, etc.)
- I do not know
- Other _____

5. How long have you had tinnitus?

- Less than one year
- 1 to 3 years
- 4 to 10 years
- More than 10 years

6. On a scale of 1-10, how much does tinnitus impact your life on a daily basis?

1 = tinnitus is barely noticeable;
10 = tinnitus is the most impactful thing in your life _____

7. What best describes how tinnitus affects your day-to-day life? (Select all that apply)

- I barely notice it
- It is annoying, but does not impact my life
- It is annoying and does impact my life
- I have trouble sleeping
- I have trouble concentrating
- I feel regular anxiety
- I feel socially isolated
- I am unable to work
- I have ongoing depression

8. Do you have any of the following associated conditions? (Select all that apply)

- Hearing loss
- Hyperacusis (Sensitivity to normal sound)
- Meniere's Disease
- Misophonia (Sensitivity to repetitive sounds)
- Sleep Problems
- TMJ-Related Jaw Problems
- Anxiety
- Depression or other diagnosed mental health issue

9. Please select your gender

- Male
- Female

10. Please select your age

- 18-30
- 31-40
- 41-55
- 56-69
- 70+

11. Please select your highest level of education

- Some High School
- High School diploma
- Vocational/Trade School
- Some College
- College degree
- Post-graduate degree
- (MD, PhD, MA, MS, etc.)

12. Do you regularly see a health care provider who treats tinnitus/hyperacusis?

If so, what kind of provider?

Write in only top 3 priorities ranked by: 1) First most important, 2) Second 3) Third.

- _____ None
- _____ Primary Care Provider
- _____ Audiologist
- _____ Otolaryngologist (ENT), Otolologist
- _____ Oto-Neurologist, Neurologist
- _____ Psychologist, Psychiatrist
- _____ Behavioral Health Therapist
- _____ Alternative Care Provider

Continued on following page.

About You and ATA

13. What do you believe is the primary function of our ATA?

Write in only top 3 priorities ranked by: 1) *First most important*, 2) *Second* 3) *Third*.

- Awareness of tinnitus (T) and hyperacusis (H)
- Research advancement or cures
- Education on management of T & H
- Education on T & H research and trials
- Advocacy to obtain government budgets toward research
- Advocacy to require quieter public environments
- Insurance coverage for T & H treatment
- Insurance coverage for hearing screening tests
- Information about treatments for T & H
- Provide T & H health professionals in my community
- Educate health care professionals with tinnitus specific training to most effectively treat patients
- Support groups in my community
- Online or phone support for T & H

14. What information would you like presented in the magazine, on the website or in a webinar?

- Detailed scientific research articles
- Research studies, but written or spoken in easy-to-understand language
- Updates on treatment options that are currently available.
- Personal stories from people who have successfully managed their tinnitus
- Prevention options and education.
- Information about products and services that may help tinnitus
- Public policy updates from Washington, DC
- Questions and Answers from hearing health professionals
- Events & seminars discussing tinnitus & hyperacusis
- Trials for tinnitus & hyperacusis
- ATA activities across the nation

15. What resources are most helpful to you in managing your tinnitus? Write in only top 3 priorities ranked by: 1) *First most important*, 2) *Second* 3) *Third*.

- Health care professionals
- Devices (hearing aids, sound generators, neuromodulators, etc.)
- Cognitive Behavioral Therapy
- Tinnitus Retraining Therapy
- Progressive Tinnitus Management Program
- Other tinnitus management program _____
- Medication
- Lifestyle modifications (diet, stress management, environment)
- Job change, disability
- Mindfulness training
- Relaxation techniques
- Supplements
- Alternative therapy _____
- Nothing helps my tinnitus

16. What content would you like posted on the ATA website or on social media?

Write in only top 3 priorities ranked by: 1) *First most important*, 2) *Second* 3) *Third*.

- Up-to-date worldwide news on tinnitus or hyperacusis
- Talk on various topics related to tinnitus and hyperacusis
- The latest research by tinnitus & hyperacusis researchers

- Support group locations and events
- Webinar presentations
- Clinical recommendations
- Oto-toxic medications
- Trials being conducted around the world
- Prevention tools for tinnitus & hyperacusis
- Tinnitus & hyperacusis conferences with presenters

17. What advocacy efforts would you like to see ATA engaged in?

Write in only top 3 priorities ranked by: 1) *First most important*, 2) *Second* 3) *Third*.

- Lobbying for tinnitus and hyperacusis research funding in Washington, DC
- Advocating for Medicare/pvt insurance coverage for hearing screenings
- Advocating for Medicare/pvt insurance coverage for hearing aids
- Educating primary doctors, ENTs, Neurologists, Audiologists regarding tinnitus & hyperacusis
- Advocating for lower cost management solutions
- Advocating for public policy to require quieter public environments

18. What are your priorities for ATA as a donor or member?

- Research funding to discover cures
- Education & webinars on promising research
- Education for management of tinnitus and hyperacusis
- Community support online
- Support groups in-person

You and Your ATA Membership

For your membership fee of \$40 annually you receive three issues of Tinnitus Today magazine, 5 educational webinars free (\$25 value), rich content such as management tools, health care providers, research, support, prevention tips and up-to-date news on the website.

19. If ATA could provide you one new member benefit, what would that be?

20. How do you feel about your ATA membership? (Select all that apply)

- The \$40 annual membership fee is worth it.
- The membership benefits have improved.
- Very satisfied Generally satisfied Very unsatisfied
- I'm not an ATA Member I want to donate, but not be a member

21. Do you like helping ATA and researchers with surveys so we can advance the research for tinnitus and hyperacusis?

- Yes No Please add any other comments or ideas you would like to share.