

Appendix A:

Post study questionnaire for Widex Zen Therapy study **Subject** _____
Date _____ **Audiologist** _____

1. How would you rate your tinnitus now as compared to prior to beginning this study?

| | | | | | |
|------------|----------------|------|-----------------|-------------|------------------------|
| -2 | -1 | 0 | 1 | 2 | 3 |
| Much worse | somewhat worse | same | somewhat better | much better | no longer a Problem |

2. How would you rate the benefit of the following components of the therapy?

Scale: 1 no benefit
 2 some benefit
 3 great benefit
 NA not applicable to me

| | | | | |
|---|---|---|---|----|
| Informational counseling | 1 | 2 | 3 | NA |
| Hearing aid/amplification | 1 | 2 | 3 | NA |
| Zen tones | 1 | 2 | 3 | NA |
| In depth counseling (i.e. cognitive behavioral counseling) | 1 | 2 | 3 | NA |
| Relaxation exercises | 1 | 2 | 3 | NA |
| Follow-up with audiologist (i.e. frequent contact) | 1 | 2 | 3 | NA |
| Other (please explain _____) | 1 | 2 | 3 | NA |

3. How do the following possible outcomes of this study apply to you?

Scale: 1 No change
 2 Somewhat
 3 A great deal
 4 NA not applicable to me

| | | | | | |
|---|---|---|---|----|----|
| 1. My tinnitus problem is improved | | 1 | 2 | 3 | NA |
| 2. I feel less distressed about my tinnitus | 1 | 2 | 3 | NA | |
| 3. I feel more relaxed in general | 1 | 2 | 3 | NA | |
| 4. I am sleeping better | | 1 | 2 | 3 | NA |
| 5. I am not as worried about my tinnitus | 1 | 2 | 3 | NA | |
| 6. I am not as aware of my tinnitus | 1 | 2 | 3 | NA | |