

## Online Appendix 1:

### Questionnaire

#### Young adults' awareness and experience of tinnitus: A survey of a

##### 1. INFORMATION ON THE STUDY

DISCIPLINE OF AUDIOLOGY  
SCHOOL OF HEALTH SCIENCES  
Tel: 031 260 7438  
Fax: 031 260 7622  
E-mail: sitholep2@ukzn.ac.za

##### INFORMATION ON THE STUDY

Dear student

Are you:

- a) currently registered in the School of Management, IT & Governance at UKZN Westville Campus?
- b) between the ages of 18 and 30?

Yes? Then you have been invited to participate in an online survey as part of a post-graduate study into young adult awareness and experience of tinnitus – the ringing or buzzing sensation occurring in the ears.

Why take the survey?

- It would greatly help me as this is a key component in my master's degree in Audiology.
- It only takes up to 10 minutes of your time.
- It is totally anonymous.

Should you have any further questions about tinnitus, you will be able to access an informational pamphlet which outlines tinnitus, its effects and risk factors which you can avoid. Also, if you are experiencing tinnitus or suspect you have any other ear-related problems there is the option to contact UKZN's Audiology Clinic for a follow-up assessment.

As participation in this survey is voluntary, you may withdraw your participation at any time should you feel the need to. Remember, this is all confidential.

To get started, complete the consent form below...

I am Ms Vedika Bagwandin, a post-graduate student from the discipline of Audiology, at the University of KwaZulu-Natal (Westville campus). Your participation is greatly appreciated.

Many thanks,  
Vedika Bagwandin  
(Student Researcher)  
B. ComPath (Audiology)  
Ph: 031 2607592  
Email: Bagwandinv@ukzn.ac.za

Dr. L. Joseph  
(Research Supervisor)  
B. Speech & Hearing Therapy(UDW)  
M. ComPath (UP)  
PhD (UP)  
Ph: 031 2607625  
Email: josephl@ukzn.ac.za

## Young adults' awareness and experience of tinnitus: A survey of a

If you have any further queries, please feel free to contact:

Research Office, Westville Campus  
Govan Mbeki Building

Private Bag X 54001  
Durban  
4000  
KwaZulu-Natal, SOUTH AFRICA  
Tel: 27 31 2604769 – Fax: 27 31 2604609  
Email: BRECO@ukzn.ac.za

**\*I hereby confirm that I understand the contents of this document and the nature of the research project, and I consent to participating in the research project.**

☐ Yes

☐ No

### 2.

**\*PLEASE CLICK ON THE APPROPRIATE BOXES**

☐ I declare that I am between the ages of 18-30 years

☐ I declare that I am a registered student in the School of Management, IT & Governance

### 3. PLEASE ANSWER ALL QUESTIONS IN THIS SURVEY

PLEASE CLICK ON THE MOST APPROPRIATE ANSWER FOR EACH QUESTION IN THIS SURVEY

**I am:**

☐ 18-20yrs

☐ 21-25yrs

☐ 26-30yrs

☐ 30yrs and older

**I am a:**

☐ Male

☐ Female

**Please indicate your level of study**

☐ 1

☐ 2

☐ 3

## Young adults' awareness and experience of tinnitus: A survey of a

☐ Honors

☐ Masters

☐ PHD

Other (please specify)

4.

### Have you heard of tinnitus? (Ringing, buzzing, whistling noises in the ear)?

☐ Yes

☐ No

### If yes, how did you learn about it?

☐ I have tinnitus

☐ A friend

☐ A Relative

☐ A General Practitioner

☐ A book

☐ A Magazine

☐ The internet

☐ Other (please specify)

### Do you know how tinnitus affects people?

☐ Yes

☐ No

☐ Not sure

If yes (please specify)

### Are you aware of what causes tinnitus?

☐ Yes

☐ No

## Young adults' awareness and experience of tinnitus: A survey of a

If yes please describe

5.

### Certain types of illnesses can cause tinnitus

- ☐ Strongly agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly disagree

### Listening to high levels of noise can cause tinnitus

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

### Certain types of medications can cause tinnitus

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

### An injury to the head, neck or ears may cause tinnitus

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

Page 4

## Young adults' awareness and experience of tinnitus: A survey of a

**Tinnitus can accompany ear related problems such as ear infections, hearing difficulty, ear related dizziness**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

**Attending night clubs, raves and concerts with high noise levels can cause tinnitus**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

**6.**

**Have you heard of hearing protection devices e.g. earplugs?**

- ☐ Yes
- ☐ No

**If yes, from where did you hear about it?**

- ☐ Friend
- ☐ Family
- ☐ Doctor
- ☐ Internet
- ☐ Other (please specify)

**7.**

Page 5

## Young adults' awareness and experience of tinnitus: A survey of a

**Hearing protection devices should be worn while attending an event with an exceedingly loud level of noise.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

**Frequent use of iPods/mp3 players or other personal listening devices at loud levels for a prolonged time can cause tinnitus**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Unsure
- ☐ Disagree
- ☐ Strongly Disagree

**Do you wear hearing protection devices?**

- ☐ Yes
- ☐ No

If yes, please describe

**8.**

**Do you know of anyone who experiences tinnitus?**

- ☐ Yes
- ☐ No

If yes, who?

## Young adults' awareness and experience of tinnitus: A survey of a

### Do you experience tinnitus?

☐ Yes

☐ No

9.

### Do you know what caused the tinnitus?

☐ Yes

☐ No

☐ Unsure

If yes or unsure, explain

### Do you still experience tinnitus?

☐ Yes

☐ No

10.

### Describe the tinnitus

☐ Right ear

☐ Left ear

☐ Both

☐ Inside my head

☐ Outside my head

☐ Not sure

### The tinnitus started:

☐ Gradually

☐ Suddenly

Page 7

## Young adults' awareness and experience of tinnitus: A survey of a

### The tinnitus is:

- ☐ Continuous
- ☐ Intermittently (comes and goes)

### The tinnitus occurs:

- ☐ Sometimes
- ☐ Daily
- ☐ Weekly

### The tinnitus sounds like:

- ☐ Ringing
- ☐ Whistling
- ☐ Sea noise
- ☐ Crackling
- ☐ Buzzing
- ☐ Pulsating
- ☐ Other (please specify)

### I find the tinnitus:

- ☐ Extremely annoying
- ☐ Severely Annoying
- ☐ Moderately Annoying
- ☐ A little Annoying
- ☐ Not at all Annoying

### The tinnitus causes me to have:

- ☐ Concentration difficulty
- ☐ Sleeping problems
- ☐ Social problems
- ☐ Other (please specify)



## Young adults' awareness and experience of tinnitus: A survey of a

### Because of the tinnitus I tried to get help from:

- ☐ A General Practitioner (family doctor)
- ☐ An Ear, Nose and Throat specialist
- ☐ An audiologist
- ☐ I did not get any help
- ☐ Other (please specify)

### I have found relief for the tinnitus after visiting the above-mentioned professional

- ☐ Yes
- ☐ No

### I was given treatment regarding the tinnitus.

- ☐ Yes
- ☐ No

If yes, briefly describe what treatment was given to you regarding the tinnitus

11.

### Are you doing anything to relieve the problem by yourself?

- ☐ Yes
- ☐ No

If yes, please describe what you are doing

Page 9

## Young adults' awareness and experience of tinnitus: A survey of a

### Are you satisfied with the method you are using to relieve the noise/s?

☐ Yes

☐ No

12.

### I would like to know more about tinnitus?

☐ Yes

☐ No

If yes, please specify what you would like to know more about

THANK YOU FOR PARTICIPATING IN THIS STUDY!

13.

#### INFORMATION ON TINNITUS

##### WHAT?

Tinnitus refers to sounds that a person can hear which may NOT be caused by an external sound source. This maybe very distressing and distracting for some individuals. Tinnitus can affect individuals of any race, gender, social society and age.

##### SIGNS?

Tinnitus is perceived differently by every individual. Sounds which are commonly a sign of tinnitus may be ringing, buzzing, whistling, crackling, sea-noise, pulsating. Some sounds may be high in pitch while others are low.

##### CAUSES?

Some of the most common causes of tinnitus are:

- A hearing loss
- Middle ear infections
- Excessive ear wax
- Exposure to high levels of noise such like night clubs, concert, excessive use of i-pods/mp3 players, hobbies which involve high levels of noise such as shooting ranges.
- Head or neck injuries
- Medications which are harmful to the hairs cells of the ear
- Aging
- Cardiac or blood flow trouble

Page 10

## Young adults' awareness and experience of tinnitus: A survey of a

### WHO TO SEE IF YOU HAVE TINNITUS?

- An audiologist to conduct a full hearing assessment
- An ear, nose and throat specialist
- General Practitioner / Family Doctor

### WHO IS INVOLVED IN ASSESSMENT AND MANAGEMENT OF TINNITUS?

Depending on the cause the following professionals maybe involved:

- Audiologist
- Ear, Nose and Throat specialist
- Neurologist
- Psychologist
- Medical practitioner

### TREATMENT FOR TINNITUS?

Depending on the cause, there are methods and strategies which may be used in order to decrease the effects of the tinnitus. Some of these strategies may be:

- Drowning out the tinnitus noise by using environmental sounds such as the sound of water, music or any other soothing sounds which you may have access to
- Tinnitus masker (a device which may be fitted onto your ear similar to a hearing aid) This device produces a sound which will help to block out the unpleasant sound of the tinnitus
- Tinnitus Retraining Therapy – the individual with tinnitus is taught to cope with the tinnitus in various ways.
- Hearing aids-In certain situations where the individual has a hearing loss, a hearing aid may assist with the hearing loss and also drown out the sound of the tinnitus.
- Medical management
- Surgical management

Should you require more information about tinnitus you may visit the following websites:

[www.medicinenet.com/tinnitus/article.htm](http://www.medicinenet.com/tinnitus/article.htm)

[www.tinnitustreatmentinfo.com](http://www.tinnitustreatmentinfo.com)

If you or anyone you know is suffering from tinnitus or any ear related problems, please feel free to contact the UKZN audiology clinic for further assessment. The details are as follows:

Mrs. R. Naidoo

Tel: 031 260 8986

Fax: 031 260 8984

E-mail: [naidoor1@ukzn.ac.za](mailto:naidoor1@ukzn.ac.za)