

Self-Assessment Hearing Test

Name: _____

Date: _____

The onset of hearing loss is usually very gradual. It may take place over 25-30 years or it may happen more rapidly if you are exposed to loud noises at work or through hobbies. Because it usually does occur slowly, you may not even be aware you have a problem until someone else brings it to your attention. Here is a simple test you can take to determine if you have a hearing problem. Please circle the correct response, yes or no.

1. Do you have to turn the volume up on the television?	Yes	No
2. Do you frequently have to ask others to repeat something?	Yes	No
3. Do you have difficulty understanding when in groups or in noisy situations?	Yes	No
4. Do you have to sit up front in meetings or in church in order to understand?	Yes	No
5. Do you have difficulty understanding women or young children?	Yes	No
6. Do you have trouble knowing where sounds are coming from?	Yes	No
7. Are you unable to understand when someone talks to you from another room?	Yes	No
8. Have others told you that you don't seem to hear them?	Yes	No
9. Do you avoid family meetings or social situations because you "can't understand"?	Yes	No
10. Do you have ringing or other noises (tinnitus) in your ears?	Yes	No

Scoring:

Answered Yes to less than 3 of the questions: No significant hearing loss present

Answered Yes to between 3 and 5 questions: You may have a slight hearing problem*

Answered Yes to between 5 and 7 questions: You have a moderate hearing problem*

Answered Yes to more than 7 questions: You have a significant hearing problem*

*In order to determine the exact degree of hearing loss present, you should have your hearing evaluated by a licensed hearing professional.

Adapted from hearingloss.org. Self-Help for Hard of Hearing People (CHHH). <http://www.shhh.org/html/self-assessment.html>.