



## Part 1 SUMMARY

- **Quality Food:** 10 out of 12, which is 83% -- 9 or below benefit most from the "Return to Quality Food" program
- **Willing to work to Change your Eating?:** Yes If you are willing to change, there is always hope, because we have great solutions.
- **Sleep:** 4, which means **Good Sleep Quality**. If you scored 6 or higher, you will likely benefit from a combination of the "Sleep is Good, Good Sleep is Better" program combined with the Cognitive Behavioral Therapy (CBT), especially the "Thought Challenger," and Progressive Muscle Relaxation for Tinnitus (PMR-t).
- **Mind Affecting body:** When asked if your tinnitus makes you Tense or Uptight, you said **Yes**. If yes, you may benefit from the "Progressive Muscle Relaxation" activity.
- **Mind being Negatively Affected:** Your Negative Thoughts score is: 23 out of 52, which is 44%. Those who score 35% or greater are very likely to benefit from the "Thought Challenger" activity.
- **Willing to work to Change your Mindset?:** Yes If you are willing to change, there is always hope, because we have proven CBT techniques to offer.
- **Interfering with Activities:** 12 out of 28, which is 43%. Scores 16/28 (57%) or above, meaning you tend to avoid activities often due to tinnitus, benefit most from the "CBT: Engage the Pleasant & Positive" activity.
- **Physical Fitness Assessment:** 12. Any score below 13 will likely benefit from the eating and exercise recommendations in the "Return to Quality Food" program.
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## Part 2 SUMMARY

- **Tinnitus Handicap Inventory(THI):** Total score: 77/100 = 77%
- **Functional THI subscale:** 40/44 = 91%. Have hearing loss?: No, I don't believe so, but it has not been confirmed by testing.
- **Emotional & Catastrophic THI subscale:** Emotional score:28/36 = 78%, Catastrophic score: 9/20 = 45%
- **Hearing test done?:** Uploading test results?
- **Loudness Avg VAS:** 4
- **How bad is your hyperacusis?** 6
- **Tone Profile:** Primary: 500. Non-pure description: Tea Kettle  
Static, Screeching
- **Tinn. for How Long?:** 8 months
- **Makes Tinn. worse:** Loud noise
- **Makes Tinn. better:** Trigger point therapy
- **Neck Co-vary:** Does your Neck & Tinnitus get better/worse at same time?: Yes
- **Head-forward Posture:** Yes
- **Low-pitch + Neck posture worsens T?:** Yes
- **TMJ Co-vary?:** No
- **TMJ-Tinnitus Profile:** 3 (5 or more predictive)