

## Tinnitus Acceptance Questionnaire

If you're someone who suffers from tinnitus or severe tinnitus, you know that learning the skills presented in *A Liberated Mind* can be challenging. You may be wondering, "how does one apply psychological flexibility to the mind while this damn noise is here and probably never going away?" Just as with anything else that catches the mind's attention, tinnitus can feel distracting, discouraging, or downright depressing. However, there is evidence to suggest that acceptance based skills (such as the ACT skills you're learning right now) can be very helpful for people suffering from tinnitus, even as attempts to suppress it may not be helpful (Andersson, Kaldo, Strömgren, & Ström, 2004).

To understand how you're doing with practicing the skills of psychological flexibility with your tinnitus, we present the Tinnitus Acceptance Questionnaire (TAQ; Westin, Hayes, & Andersson, 2008). Use this measure to notice your relationship to your tinnitus and how it currently impacts your life. As you practice your psychological flexibility skills with your tinnitus, take careful note of how you talk to yourself about your experience. Even how someone thinks or talks about their tinnitus and their relationship to it can be important. For example, one study has shown that people receiving an ACT treatment for tinnitus did significantly better when they made room for their tinnitus experience (Hesser, Westin, Hayes, & Andersson, 2009).

Direction: Below you will find a number of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices:

0	1	2	3	4	5	6
Never true	Very rarely true	Seldom true	Sometimes true	Often true	Almost always	Always true

For instance, if you believe a statement is “Often true”, you would circle number 4 on the row following the statement.

Items:

1. I am leading a full life, even though I have chronic tinnitus.
2. My chronic tinnitus has led me to decrease my engagement in former activities...
3. My life is going well, even though I have chronic tinnitus...
4. It is necessary for me to control my negative thoughts and feelings concerning tinnitus...
5. Despite tinnitus, I can draw up and stick to a certain course in my life...
6. When my tinnitus increases I can still take care of my responsibilities...
7. I will be in better control of my life if I can control my negative thoughts about tinnitus...
8. My tinnitus leads me to avoid certain situations...
9. My tinnitus changes me as a person...
10. I have to struggle to get things done when I have tinnitus...
11. I strive to suppress aversive thoughts and feelings related to tinnitus...
12. I spend a lot of time thinking how things would be for me, without chronic tinnitus...

Scoring:

Reverse score items: 2, 4, 7, 8, 9, 10, 11, 12.

To reverse score items 2, 4, 7, 8, 9, 10, 11 and 12, change a 6 to a zero, 5 to a 1, 4 to a 2, 2 to a 4, 1 to a 5, and zero to a 6. 3s stay the same. Then add up all items.

### References

Andersson, G., Kaldo, V., Strömngren, T., & Ström, L. (2004). Are coping strategies really useful for the tinnitus patient? An investigation conducted via the Internet. *Audiological medicine*, 2(1), 54-59.

Hesser, H., Westin, V., Hayes, S.C., & Andersson, G. (2009). Clients' in-session acceptance and cognitive defusion behaviors in acceptance-based treatment of tinnitus distress. *Behaviour Research and Therapy*, 47(6), 523-528.

Westin, V., Hayes, S.C., & Andersson, G. (2008). Is it the sound or your relationship to it? The role of acceptance in predicting tinnitus impact. *Behaviour Research and Therapy*, 46(12), 1259-1265.