



Name:

Date:

TINNITUS COGNITIONS QUESTIONNAIRE (Wilson, Henry 1998)

This questionnaire looks at the kinds of thoughts you have when you notice tinnitus. Please circle how often tinnitus leads you to have a particular thought.

0 = Never 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Very Frequently

Here are the more **negative** thoughts that you might have:

1. I think, "If only the noise would go away."	0	1	2	3	4
2. I think, "Why me? Why do I have to suffer this horrible noise?"	0	1	2	3	4
3. I think, "What did I do to deserve this?"	0	1	2	3	4
4. I think, "The noise makes my life unbearable."	0	1	2	3	4
5. I think, "Nobody understands how bad the noise is."	0	1	2	3	4
6. I think, "If only I could get some peace and quiet."	0	1	2	3	4
7. I think, "I can't enjoy what I'm doing because of the noise."	0	1	2	3	4
8. I think, "How can I go on putting up with this noise."	0	1	2	3	4
9. I think, "The noise will drive me crazy."	0	1	2	3	4
10. I think, "Why can't anyone help me?"	0	1	2	3	4
11. I think, "My tinnitus is never going to get better."	0	1	2	3	4
12. I think, "The noise will overwhelm me."	0	1	2	3	4
13. I think, "With this noise, life is not worth living."	0	1	2	3	4

Now, here are the more **positive** thoughts that you might have:

14. I think, "No matter how unpleasant the noise gets, I can cope."	0	1	2	3	4
15. I think, "The noise might be unpleasant, but it won't drive me crazy."	0	1	2	3	4
16. I think, "I'll be able to enjoy things more if I keep my attention off the noise."	0	1	2	3	4
17. I think, "I'm not the only person with tinnitus."	0	1	2	3	4
18. I think, "There are things in life worse than tinnitus."	0	1	2	3	4
19. I think, "The noise will eventually get less annoying if I try to distract myself from it."	0	1	2	3	4
20. I think, "I have coped with the noise before, so I can cope again this time."	0	1	2	3	4
21. I say to myself, "It will help if I try to think of something pleasant."	0	1	2	3	4
22. I tell myself, "I can learn to live with it."	0	1	2	3	4
23. I think, "The noise might be there, but I can still enjoy things."	0	1	2	3	4
24. I tell myself, "Think of something else other than the noise."	0	1	2	3	4
25. I tell myself, "I won't think about the noise."	0	1	2	3	4
26. I think, "The noise is a nuisance, but I just won't let it bother me"	0	1	2	3	4