



# HEARING LOSS TEST

To get an idea of how well you hear, answer the following questions and then calculate your score. To calculate your score, give yourself 3 points for every “Almost always” answer, 2 points for every “Half the time” answer, 1 point for every “Occasionally” answer, and 0 for every “Never.” Please note: If hearing loss runs in your family, add an additional 3 points to your overall score.

The American Academy of Otolaryngology—Head and Neck Surgery recommends the following:

**0-5 points**—Your hearing is fine. No action is required.

**6-9 points**—Suggest you see an ear, nose, and throat (ENT) specialist.

**10+ points**—Strongly recommend you see an ear, nose, and throat (ENT) specialist.

I have a problem hearing over the telephone.

- Almost always
- Half the time
- Occasionally
- Never

I have trouble following the conversation when two or more people are talking at the same time.

- Almost always
- Half the time
- Occasionally
- Never

People complain that I turn the TV volume too high.

- Almost always
- Half the time
- Occasionally
- Never

I have to strain to understand conversations.

- Almost always
- Half the time
- Occasionally
- Never

I miss hearing some common sounds like the phone or doorbell ring.

- Almost always
- Half the time
- Occasionally
- Never

I have trouble hearing conversations in a noisy background, such as a party.

- Almost always
- Half the time
- Occasionally
- Never

I get confused about where sounds come from.

- Almost always
- Half the time
- Occasionally
- Never

I misunderstand some words in a sentence and need to ask people to repeat themselves.

- Almost always
- Half the time
- Occasionally
- Never

I especially have trouble understanding the speech of women and children.

- Almost always
- Half the time
- Occasionally
- Never

I have worked in noisy environments (such as assembly lines, construction sites, or near jet engines).

- Almost always
- Half the time
- Occasionally
- Never

Many people I talk to seem to mumble, or don't speak clearly.

- Almost always
- Half the time
- Occasionally
- Never

People get annoyed because I misunderstand what they say.

- Almost always
- Half the time
- Occasionally
- Never

I misunderstand what others are saying and make inappropriate responses.

- Almost always
- Half the time
- Occasionally
- Never

I avoid social activities because I cannot hear well and fear I'll make improper replies.

- Almost always
- Half the time
- Occasionally
- Never

Ask a family member or friend to answer this question: Do you think this person has a hearing loss?

- Almost always
- Half the time
- Occasionally
- Never