

Test Your Hearing

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,
Give yourself 2 points for every “Half the time” answer,
Give yourself 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 Audiologist.

10+ points—Strongly recommend you see an Audiologist.

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