REFERENCE AND READING LIST
FOR PSYCHOLOGICAL ASPECTS OF TINNITUS TREATMENT


Useful Information for Those with Tinnitus

The Tinnitus Association of Canada (TAC)
23 Ellis Park Road
Toronto, Ontario, M6S 2V4
Phone: 416-762-1490
Membership: $10.00 annually
Twice yearly Newsletter

The American Tinnitus Association (ATA)
Portland, Oregon 97207-0005
Phone: 503-284-9985
FAX: 503-284-0024
Membership: $35.00 annually
Quarterly publication: Tinnitus Today
www.ata.org

The British Tinnitus Association
Phone: 01142730122
FAX: 01142796222
Publication: “Quiet”
Email: BTA@tinnitus.org.uk
www.tinnitus.org.uk

American Hyperacusis Association
P.O. Box 4229
Vancouver, Washington 98782
www.hyperacusis.org

The Hyperacusis Network
444 Edgewood Dr.
Green Bay, Wisconsin 54302
Email: malcore@netnet.net
www.hyperacusis.net

International Tinnitus Journal (published twice per year)
To Order: 718-773-8888
Pawel Jastreboff  
Emory Tinnitus & Hyperacusis Center  
(Emory University, Atlanta, Georgia)  
www.tinnitus-pjj.com

Jonathan Hazell  
The Tinnitus and Hyperacusis Centre  
London, England  
audiology.com/  
www.tinnitus.org

Tinnitus Support Message Board  
http://pub63.ezboard.com/tinnitussupport92262frml

Tinnitus Community Message Board  
http://pub21.ezboard.com/tinnituscommunitymessageboardfrm1

Tinnitus and Hyperacusis Support Board  
http://pub39.ezboard.com/tinnitusandhyperacusissupportboardftm2

Educational Videos

**Tinnitus: Learn to Live WITHOUT it**  
Thoughts on TRT – 2 hours  
By Stephen Nagler  
404-531-3979  
www.tinn.com

**Mid-Atlantic Tinnitus Conference**  
What’s new in tinnitus research, brain  
Techniques – PET scanning….3-hours  
Featuring Richard Salvi, Ph.D  
Order through  ATA 1-800-634-8978  
www.ata.org

**Tinnitus: Ringing in the Ears**  
Masking application & origins of  
tinnitus treatments – 1 hour  
By Jack Vernon  
Order: 1-800-634-8978  
www.ata.org

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For Patients

**Tinnitus – Questions and Answers**  by Jack Vernon & Barbara Tabachnick Sanders  
ISBN 0-205-32685-4  
Price: about $55.00 Canadian

**Tinnitus – A Self Management Guide for the Ringing in Your Ears**  by Jane Henry & Peter Wilson  
Price: about $41.00 Canadian

For Professionals

**The Psychological Management of Chronic Tinnitus – A Cognitive-Behavioral Approach**  
By Jane Henry and Peter Wilson  
Price: about $58.00 Canadian (hard cover)

PSYCHOMETRIC EVALUATION OF TINNITUS EFFECTS

**Tinnitus Reaction Questionnaire (TRQ)**  
- developed by Wilson et al, 1991 to measure general distress related to Tinnitus

**Tinnitus Handicap Questionnaire (THQ)**  
- developed by Kuk et al, 1990 to measure perceived degree of handicap associated with Tinnitus, on 3 subscales (emotional, social, physical), (hearing and communication), and (appraisal of the tinnitus)

**Tinnitus Questionnaire (TQ) also known as Tinnitus Effects Questionnaire (TEQ)**
- developed by Hallman, Jakes and Hinchcliffe, 1988 to measure dimensions of complaints about Tinnitus including insomnia, emotional distress, auditory perceptual difficulties, intrusiveness and somatic complaints

All three questionnaires have considerable merit in the assessment of psychological impairment associated with Tinnitus.

Tinnitus Cognitions Questionnaire (TCQ)
- developed by Wilson, Henry, 1998 and is a self-report scale designed to measure the kinds of thoughts (negative & positive) in response to their Tinnitus

Tinnitus Coping Style Questionnaire (TCSQ)
- developed by Budd & Pugh, 1996 and measures types of coping strategies

Subjective Tinnitus Severity Scale (STSS)
- developed by Halford and Anderson, 1991 to provide an index of general distress related to Tinnitus