

REFERENCE AND READING LIST FOR TINNITUS

- Anderson, Gerhard, Baguley, D., McKenna, L., McFerran, D., (2005) *Tinnitus: A multidisciplinary approach*. Whurr Publishers Ltd.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G (1979). *Cognitive Theory of Depression*. New York: Guilford.
- Beck, A., & Steer, R. (1990). *Beck Anxiety Inventory*. The Psychological Corporation. San Antonio, TX: Harcourt Brace Jovanovich.
- Beck, A., & Steer, R. (1996). *Beck Depression Inventory* (2nd ed.). The Psychological Corporation. San Antonio, TX: Harcourt Brace & Company
- Budd, R.J., & Pugh, R. (1996). Tinnitus coping style and its relationship to tinnitus severity and emotional distress. *Journal of Psychosomatic Research*, 4, 327-325
- Burns, D. (1980). *Feeling Good: The New Mood Therapy*. New York: Signet.
- Clancy, Terri (2003) *Tinnitus: Help and Hope* Self-Published
- Davis, S., McKenna, L., & Hallman, R. (1995). Relaxation and cognitive therapy: A controlled trial in chronic tinnitus. *Psychology & Health*, 10, 129-143
- Erlandsson, S. I. (1998). Psychological counselling in the medical setting—some clinical examples given by patients with tinnitus and Ménière's disease. *International Journal for the Advancement of Counseling*, 20, 265-276
- Habets, Bill (2002) *The Tinnitus Handbook: A Self-Help Guide* United Research Publications
- Hallman, R.S. (1996). *Manual of the Tinnitus Questionnaire (TQ)*. The Psychological Corporation, Harcourt Brace & Co.
- Hallam, R.S., Rachman, S., & Hinchcliffe, R. (1984). Psychological aspects of Tinnitus. In S. Rachman (Ed.), *Contributions to medical psychology* (Vol. 3, pp. 31-53). Oxford: Pergamon Press.
- Hallberg, L.R.M., & Erlandsson, S.I. (1993). Tinnitus characteristics in tinnitus complainers and noncomplainers. *British Journal of Audiology*, 27, 19-27

Henry, J., Trune, D., Robb, M., Jastreboff, P., *Tinnitus Retraining Therapy: Clinical Guidelines and Tinnitus Retraining Therapy: Patient Counseling Guide.* Plural Publishing

Henry, J., & Wilson, P.H. (1988a) The psychometric properties of two measures of tinnitus complaint and handicap. *International Tinnitus Journal*, 4, 114-121

Henry, J.L., & Wilson, P.H. (1998b). An evaluation of two types of cognitive intervention in the management of chronic tinnitus. *Scandinavian Journal of Behavior Therapy*, 27, 156-166

Henry, J., & Wilson, P. (1992). Psychological management of tinnitus: An evaluation of cognitive interventions. In J. Aran & R. Dauman (Eds.), *Tinnitus 91. Proceedings of the Fourth International Seminar* (pp. 447-480). Kugler Publications

Henry, J.L., & Wilson, P. (2002) *The psychological management of tinnitus: A cognitive-behavioral approach.* Allan & Bacon, Boston, MA

Henry, J., & Wilson, P., (2002) *Tinnitus: A Self-Management Guide For The Ringing In Your Ears* Allyn & Bacon

Hogan, Kevin (1998) *Tinnitus: Turning the Volume Down.* Network 3000 Publishing Company

Jacobson, Edmund (1938) *Progressive Relaxation.* Chicago: University of Chicago Press

Kellerhals, B., Zogg, R., (1999) *Tinnitus Rehabilitation By Retraining: A Workbook for Sufferers, Their Doctors and Other Health Care Professionals*

Lain, Deborah R. (2006) A Bridge of Hope: Cognitive-Behavioral Therapy – Learning How To Live While Having Tinnitus. *Tinnitus Today*. September

Mahoney, J. J. (1974). *Cognition and behavior modification.* Cambridge, Mass.: Ballinger.

Mayer, Janice L. (2010) *Tinnitus Treatment Toolbox: A Guide for People with Ear Noise.* Trafford Publishing

McKenna, Laurence, Ph.D. (2000) Tinnitus and Insomnia, In Tyler, R.S. (Ed.), (pp. 59-84) in *Tinnitus Handbook*, San Diego: Singular Publishing Group.

Meichenbaum, D. (1977). *Cognitive-behavioral modification: An integrative approach.* New York: Plenum.

- Parker, J., Parker, P., (2004) *Tinnitus: Medical Dictionary, Bibliography and Annotated Research Guide* Icon Health Publications**
- Parker, J., Parker, P., (2004) *The Official Patient's Sourcebook on Tinnitus: A revised and Updated Directory for the Internet Age* Icon Health Publications**
- Rees, D., Smith, S., (1991) *Living With Tinnitus* Manchester University Press**
- Rivera-Mraz, Norma (1998) Can You *Feel* What I Hear? – An Audiological Perspective. *Tinnitus Today*, September.**
- Snow, James (2004) *Tinnitus Theory and Management* BC Decker Inc**
- Sweetow, R. (1986). Cognitive aspects of tinnitus patient management. *Ear & Hearing*, 7, 390-396.**
- Sweetow, Robert, W. (2000). Cognitive-Behavior Modification. In R. Tyler (Ed.), (pp.297-311) *Tinnitus Handbook*, San Diego: Singular Publishing Group.**
- Sweetow, R. W. (2000). The Role of Cognitive-Behavioral Therapy in Tinnitus Perception. *Tinnitus Today*, 23(3), 18-19.**
- Tyler, Richard S., Chang, Son-A, Gehringer, Anne and Gogel, S (2008) *Tinnitus: How you can help yourself* Audiological Medicine,6:1,85-91**
- Tyler, Richard (2000) *The Tinnitus Handbook* Singular Publishing Group**
- Tyler, Richard (2008) *The Consumer Handbook on Tinnitus* Auricle Publishers**
- Wilson, P.H., Henry, J.L. & Nicholas, M.K. (1983). Cognitive methods in the management of chronic pain and tinnitus. *Australian Psychologist*, 28, 172-180**
- Wilson, P.H., Henry, J. (2000). Psychological Management of Tinnitus, In Tyler, R.S. (Ed.), (pp 263-279) *Tinnitus Handbook*, San Diego: Singular Publishing Group.**

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

International Tinnitus Journal (published twice per year)

To Order: 718-773-8888
www.tinnitus.com

Pawel Jastreboff

Emory Tinnitus & Hyperacusis Center
Emory University, Atlanta, Georgia
www.tinnitus-pjj.com

Oregon Hearing Research Center

Oregon Health Sciences University (OHSU)
www.ohsu.edu/ohrc-otda/
Jack Vernon 503-494-7954 Fri 8-4

Jonathan Hazell

The Tinnitus and Hyperacusis Centre

London, England

www.tinnitus.org

For Patients

**Oregon – Tinnitus and Hyperacusis
Treatment Center**

www.tinnitus-audiology.com/

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

ISBN 0-205-31537-2

Price: about \$ 41.00 Canadian

For Professionals

The Psychological Management of Chronic Tinnitus – A Cognitive-Behavioral Approach

By Jane Henry and Peter Wilson

ISBN 0-205-31365-5

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