

# Hearing Health Self Test

The procedure for taking our Hearing Health Self Test is simple; all you have to do is **honestly** answer the first 14 statements with one of four responses:

Response #1 — Almost always: 3 points

Response #2 — Half of the time: 2 points

Response #3 — Occasionally: 1 point

Response #4 — Never: 0 points

And, if you are inclined to include them, statement 15 is to be answered by a family member or close friend.

1. I have a problem hearing over the telephone.
2. I have trouble following the conversation when two or more people are talking at the same time.
3. People complain that I turn the TV and radio volume up too loud.
4. I have to strain to understand conversations.
5. I miss hearing some common sounds like the phone or doorbell ringing.
6. I have trouble hearing conversations in a noisy background such as a party or restaurant.
7. I get confused about where sounds come from.
8. I misunderstand some words in a sentence and need to ask people to repeat themselves.

9. I especially have trouble understanding the speech of young children and women.
10. I have worked in loud, noisy environments (assembly lines, lumber mills, construction, agriculture, with jet engines, etc.) and/or my recreational activities expose me to loud noise (hunting, target shooting, boating, off-road vehicles, race cars, etc.).
11. Many people I talk to seem to mumble.
12. People get annoyed with me because I misunderstand what they say.
13. I misunderstand what others say and make inappropriate responses.
14. I avoid social activities because I cannot hear well and fear that I'll reply improperly.
15. **To be answered by a family member or close friend:**  
Do you think this person has difficulty hearing?

If you scored anything but a 0 on this test (including what your family member or friend answered!), you might have a hearing loss and should schedule an appointment to see me.

Call our office at 412.208.4451 and tell us you took our Hearing Health Self Test. We'll be glad to schedule you for an office visit, which will include a consultation, examination, hearing screening, and review of the results.

*Dr. Suzanne Yoder, Au.D.*

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