Lafayette Hearing Center

Hearing Evaluations • Hearing Instruments • Tinnitus 2122 Scott Street • (765) 448-6226 • (800) 873-2408 Lafayette, IN 47904

Self-Efficacy for Managing Reactions to Tinnitus (SMRT)

Please circle your answer:

1.	How confident are you that you can keep the fatigue caused by your tinnitus from interfering with the things you want to do?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	
2.	How confident are you that you can keep the discomfort of your tinnitus from interfering with the things you want to do?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident		·			•		Totally con		
3.	How confident are you that you can keep the emotional distress caused by your tinnitus from interfering with the things you want to do?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	nfident	
4.	How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	
5.	How confident are you that you can do the different tasks and activities needed to manage your tinnitus so as to reduce your need to see a doctor?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	
6.	How confident are you that you can do things other than taking medication to reduce how much you tinnitus affects your everyday life?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	
7.	How confident are you that you can use sound to take your mind off your tinnitus?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	
	How confident are you that you can find a way to relax when your tinnitus is bothering you?									
	1 2	3	4	5	6	7	8	9	10	
	Not at all confident							Totally con	ıfident	

9. How conf	ident are yo	ou that yo	ou can red	luce stres	s caused b	y tinnitus	?		
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
10. How conf	ident are y	ou that yo	ou can do	things to	take your	mind off o	of your tir	nnitus?	
1	2	3	4	5	6	7	. 8	9	10
Not at all o	confident							Totally	confident
11. How conf	' -	ou that yo	ou can do	things to	keep your	tinnitus fi	rom affec	ting your c	laily
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
12. How conf	ident are yo	ou that yo	ou can coi	ncentrate	when you	r tinnitus i	is botheri	ng you?	
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
13. How conf	ident are yo	ou that yo	ou can do	things to	keep tinni	tus from a	ffecting y	our sleep $\widehat{\mathfrak{s}}$	
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
14. How conf	ident are yo your tinnitu	=	ou can do	things to	help yours	self fall asl	eep or st	ay asleep,	even when
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
When your tin	nnitus is bot	thering y	ou						
15how cor	nfident are	you that	you can u	se sound t	to make y	ourself fee	el better?		
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
16how cor	nfident are	you that	you can m	nanage yo	ur reactio	ns to tinni	tus?		
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident
17how cor		you that	you can cl	nange the	way you t	think abou	ıt your tir	nnitus to m	ake yourself
1	2	3	4	5	6	7	8	9	10
Not at all o	confident							Totally	confident