Hearing Health Quick Test



1. Do you find it difficult to follow a conversation in a noisy restaurant or crowded room?

□ Yes □ No □ Sometimes

2. Do you sometimes feel that people are mumbling or not speaking clearly?

□ Yes □ No □ Sometimes

3. Do you experience difficulty following dialog in the theater?

□ Yes □ No □ Sometimes

4. Do you sometimes find it difficult to understand a speaker at a public meeting or a religious service?

□ Yes □ No □ Sometimes

- 5. Do you find yourself asking people to speak up or repeat themselves?
 □ Yes □ No □ Sometimes
- 6. Do you find men's voices easier to understand than women's?

□ Yes □ No □ Sometimes

 Do you experience difficulty understanding soft or whispered speech?

□ Yes □ No □ Sometimes

8. Do you have difficulty understanding speech on the telephone?□ Yes □ No □ Sometimes

- 9. Does a hearing problem cause you to feel embarrassed when meeting new people?
 - □ Yes □ No □ Sometimes
- 10. Do you feel handicapped by a hearing problem?

□ Yes □ No □ Sometimes

11. Does a hearing problem cause you to visit friends, relatives, or neighbors less often than you would like?

□ Yes □ No □ Sometimes

12. Do you experience ringing or noises in your ears?

□ Yes □ No □ Sometimes

13. Do you hear better with one ear than the other?

□ Yes □ No □ Sometimes

14. Have you had any significant noise exposure during work, recreation, or military service?

□ Yes □ No

15. Have any of your relatives (by birth) had a hearing loss?

□ Yes □ No

Scoring

2 points for Yes1 point for Sometimes0 points for No

Scores of 3 or more: May mean that you have a hearing problem. Scores of 6 or more: Strongly suggest that a hearing check is warranted.

