

5 Minute Hearing Test	Almost Always (3 pts)	Half the time (2 pts)	Occasionally (1 pt)	Never (0 pts)
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 volume too high.				
4. I have to strain to understand conversation.				
5. I miss hearing some common sounds like the phone or door-bell ringing.				
6. I have trouble hearing conversations in a noisy background such as a party.				
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 women and children.				
10. I have worked in noisy environments (near assembly lines, jackhammers, jet engines, etc.).				
11. Many people I talk to seem to mumble.				
12. People get annoyed because I misunderstand what they say.				
13. I misunderstand what others are saying and make inappropriate responses.				
14. I avoid social activities because I cannot hear well and fear that I'll reply improperly.				
To be answered by a family member or friend:				
15. Do you think this person has hearing loss?				

Scoring

To calculate the score, give yourself 3 points for every time you checked the "Almost Always" column, 2 for every "Half the time," 1 for every "Occasionally," and 0 for every "Never." **If you have a blood relative who has a hearing loss, add another 3 points.** Then total your points.

The American Academy of Otolaryngology – Head and Neck Surgery recommends the following:

- 0 to 5 – Your hearing is fine. No action required.
- 6 to 9 – Suggest you see an ear nose and throat specialist.
- 10 and above – Strongly recommend you see an ear physician.