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Correlation between Hearing Threshold, Tinnitus Pitch and Loudness with Quality Of Life of Tinnitus Patients in Makassar

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ABSTRACT

Introduction: Tinnitus is an unwanted auditory perception, with many causes, subjectively and affects the quality of life. It is important to evaluating the quality of life of tinnitus patients and related factors in treatment of tinnitus. The measurements of tinnitus psychoacoustic include pitch, loudness, minimum masking levels and residual inhibition.

Aim: To analyze the correlation between hearing threshold, tinnitus pitch and loudness with quality of life of tinnitus patients in Makassar.

Methods: This was an analytic observational study with cross sectional design that has been approved by the Ethical Review Health Committee, Faculty of Medicine of Hasanuddin University number UH13070267. One hundred tinnitus patients were measured hearing threshold, tinnitus pitch and loudness by matching test method. The quality of life was assessed by Tinnitus Handicap Inventory (THI) questionnaires. Data was analysed using chi-square test, Kruskal-Wallis and Rank Spearman correlation test. Results: There was a statistically significant correlation (p<0.05) between hearing threshold, tinnitus pitch and loudness with quality of life of tinnitus patients. Tinnitus patient with hearing loss have a poorer quality of life than individuals without hearing loss. High pitch and loudness are more disturb quality of life of tinnitus patients.

Conclusion: The results of our study highlight the importance of hearing threshold, tinnitus pitch and loudness as major components effect quality of life of tinnitus patients. The tinnitus psychoacoustic measurement should be a routine examination for tinnitus patients.

Keywords: tinnitus, hearing threshold, pitch, loudness, quality of life

INTRODUCTION

Tinnitus is the conscious expression of a sound that originates in an involuntary manner in the head of its owner, or may appear to him to do so. [1] It is a common experience in adults and children. Adult data from the MRC Institute of Hearing Research indicate that, in the UK, 10% of adults have experienced prolonged spontaneous tinnitus, and that in 5% of adult tinnitus is reported to be moderately or severely annoying. In 1% of the adult population, tinnitus has a severe effect on quality of life. [2] Tinnitus can occur in a variety of intensities. In some people, tinnitus can be a problem effect quality of life such as
loudness on one side and the severity of associated distress and handicap on the other side, whereas others have found tinnitus loudness to be significantly predictive of perceived severity.  

CONCLUSION

As conclusion, the results of our study highlight the importance of hearing threshold, tinnitus pitch and loudness as major components effect quality of life of tinnitus patients. Tinnitus patient with hearing loss have a poorer quality of life than individuals without hearing loss. High pitch and loudness are more disturb quality of life of tinnitus patients. The tinnitus psychoacoustic measurement should be a routine examination for tinnitus patients.

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