

# Online Hearing Questionnaire

**How do you know for sure if you have a hearing loss? With the gradual rate at which hearing loss typically develops, it can sometimes be hard to tell.**

The following hearing self-assessment can help you consider the degree of difficulty you are experiencing with your hearing and whether or not you might need a more complete hearing exam conducted by a trained professional.

The questions below have been adapted from a self-assessment tool created by the [American Academy of Otolaryngology](#). Please take the time to think about each question, and find out if you should seek further help for your hearing.

## When To Get A Hearing Test

Most hearing loss develops gradually, so the signs are difficult to detect. Ask yourself these questions to evaluate how you are hearing:

1. Do people seem to mumble or speak in a softer voice more than they use to?

YES  NO

2. Do you feel tired or irritable after a long conversation?

YES  NO

3. Do you sometimes miss key words in a sentence?

YES  NO

4. Do you frequently need to ask people to repeat themselves?

YES  NO

5. Do you have difficulty understanding the conversation in a crowded room?

YES  NO

6. Do you often turn the volume up on the TV or radio?

YES  NO

7. Does background noise bother you?

YES  NO

8. Is it sometimes hard to hear the conversation on the telephone?

YES  NO

9. Do you sometimes not hear the doorbell or telephone ring?

YES  NO

10. Are your family or friends complaining about your hearing?

YES  NO

If you answered **YES** to two or more of these questions, you may want to schedule a hearing test by a doctor of audiology. Through testing, an audiologist can tell you whether you have a hearing loss as well as its nature and extent. If a hearing loss is detected, an appropriate course of action will be recommended.