

## Hearing Health Quick Test

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To score the Hearing Health Quick Test, score 2 points for Yes, 1 point for Sometimes, and 0 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..

Yes= 2 points    Sometimes= 1 point    No=0 points

1. **Do you find it difficult to follow a conversation in a noisy restaurant and/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 and/or children's?**  
Yes      No      Sometimes
7. **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 challenged 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

14. **Have you had any significant noise exposure during work or recreation?**

Yes      No

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

Yes      No