

# **Five-Minute Hearing Test**

Give yourself the following points for each answer to the questions below:

- Almost always: 3 points
- Half the time: 2 points
- Occasionally: 1 point
- Never: 0 points

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 conversations.\_\_\_\_\_
5. I miss hearing some common sounds like the phone or the doorbell 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 (assembly lines, jackhammers, jet engines, etc.).\_\_\_\_\_
11. I hear fine – if people just speak clearly.\_\_\_\_\_
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 I'll reply improperly.\_\_\_\_\_

***To be answered by a family member or friend:***

15. Do you think this person has a hearing loss?

16. If you have a blood relative who has a hearing loss, add three points.

Your Total = \_\_\_\_\_

Scoring:

- 0 – 5 Your hearing is probably fine and no action is required.
- 6 – 9 We suggest that you have your hearing evaluated by an Audiologist.
- 10+ We strongly recommend that you have your hearing evaluated by an Audiologist.