

5 Minute Hearing Test	Almost Always	Half the Time	Occasionally	Never
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 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. Many people I talk to seem to mumble (or don't 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 replay improperly.				
To be answered by a family member or friend:				
15. Do you think this person has a hearing loss?				

Scoring: To calculate your 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 is required
- 6 to 9 --- Suggest you see an ear-nose-and-throat (ENT) specialist
- 10 and above --- Strongly recommend you see an ear physician.