

## ***Inventory of Hyperacusis Symptoms (IHS)***

**Please answer each item to the best of your ability, as close to your experience as possible:**

1. Compared to most people, common everyday sounds seem excessively loud to me:  
 not at all     a little     somewhat     very much so
2. Sound can cause me pain and/or physical discomfort:  
 not at all     a little     somewhat     very much so

**Hearing loud sounds can make me feel:**

3. stressed out:             not at all     a little     somewhat     very much so
4. tense:                     not at all     a little     somewhat     very much so
5. angry:                     not at all     a little     somewhat     very much so
6. irritated:                 not at all     a little     somewhat     very much so

**My sensitivity to sounds can make it difficult:**

7. to cope:                     not at all     a little     somewhat     very much so
8. to concentrate:         not at all     a little     somewhat     very much so
9. to relax:                     not at all     a little     somewhat     very much so
10. to sleep:                 not at all     a little     somewhat     very much so
11. to maintain important work, academic, and/or household responsibilities:  
 not at all     a little     somewhat     very much so
12. to have the social life I wish to have:  
 not at all     a little     somewhat     very much so
13. to take part in meaningful activities I used to enjoy:  
 not at all     a little     somewhat     very much so

**My increased sensitivity to sounds can make me feel:**

14. hopeless:                 not at all     a little     somewhat     very much so
15. alone or isolated:       not at all     a little     somewhat     very much so
16. afraid:                     not at all     a little     somewhat     very much so
17. frustrated:                not at all     a little     somewhat     very much so
18. tired or fatigued:       not at all     a little     somewhat     very much so

**I find the challenges of being exposed to loud sounds:**

19. difficult to explain to my friends and family:  
 not at all     a little     somewhat     very much so
20. difficult to explain to doctors and other care providers:  
 not at all     a little     somewhat     very much so
21. can make it difficult to be in loud places:  
 not at all     a little     somewhat     very much so
22. can make it harder to use transportation (cars, buses, trains, bicycle, motorbike, etc.):  
 not at all     a little     somewhat     very much so
23. can make me afraid to leave my house for fear I may be exposed to loud sounds:  
 not at all     a little     somewhat     very much so
24. has made it more of a problem to get around:  
 not at all     a little     somewhat     very much so
25. can make it difficult to do the things I used to enjoy:  
 not at all     a little     somewhat     very much so

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\*Total Score (each item rated 1-4):  $\geq 69$  indicates likelihood of hyperacusis;  $\geq 80$  severe;  $\geq 89$  very severe.