

# Do You Need A Hearing Test?



National Institute on  
Deafness and Other  
Communication Disorders

<http://www.nidcd.nih.gov>

*NIDCD...Improving the lives of people with communication disorders*

# Do You Need A Hearing Test?

If you are 18 to 64 years old, the following questions will help you determine if you need to have your hearing tested by a health professional. Answer YES or NO.

**YES   NO**

- |                          |                          |                                                                                                            |
|--------------------------|--------------------------|------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you sometimes feel embarrassed when you meet new people because you struggle to hear?                |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel frustrated when talking to members of your family because you have difficulty hearing them? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you have difficulty hearing or understanding co-workers, clients, or customers?                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you feel restricted or limited by a hearing problem?                                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have difficulty hearing when visiting friends, relatives, or neighbors?                          |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you have trouble hearing in the movies or in the theater?                                            |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Does a hearing problem cause you to argue with family members?                                          |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you have trouble hearing the TV or radio at levels that are loud enough for others?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you feel that any difficulty with your hearing limits your personal or social life?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you have trouble hearing family or friends when you are together in a restaurant?                   |

**If you answered “yes” to three or more of these questions, you may want to see an otolaryngologist (an ear, nose, and throat specialist) or an audiologist for a hearing evaluation.**

*Adapted from: Newman, C.W., Weinstein, B.E., Jacobson, G.P., & Hug, G.A. (1990). The Hearing Handicap Inventory for Adults [HHIA]: Psychometric adequacy and audiometric correlates. Ear Hear, 11, 430-433.*

For more information on hearing loss, please contact:

## **NIDCD Information Clearinghouse**

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