

**Supplemental Material S11.** Percentage of respondents reporting use of self-management skills on the wppkww'y qtmuj qr 'hqmjy /w '\*VY H's wgnkppckg. Yes = the number who reported using the skill; N = the total number who answered the question. Percentages (%) are based on the number of individuals y ho answered each item.

<u>Bay Pines VAHCS</u>				Attended PTM Level 3 in:												Total Across Years		
PTM Skill	2010			2011			2012			2013			2014			Yes	N	%
	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%			
Using Sound	49	58	84%	39	43	91%	33	36	92%	50	56	89%	84	96	88%	255	289	88%
Practicing Relaxation	41	58	71%	35	43	81%	32	36	89%	51	56	91%	84	96	88%	243	289	84%
Planning Pleasant Activities	41	58	71%	36	43	84%	32	36	89%	47	56	84%	80	96	83%	236	289	82%
Changing Thoughts & Feelings	44	58	76%	33	43	77%	31	36	86%	43	56	77%	70	95	74%	221	288	77%
<u>Boston VAMC</u>				Attended PTM Level 3 in:												Total Across Years		
PTM Skill	2010			2011			2012			2013			2014			Yes	N	%
	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%			
Using Sound	28	30	93%	20	25	80%	22	28	79%	18	23	78%	32	32	100%	120	138	87%
Practicing Relaxation	25	31	81%	21	25	84%	25	28	89%	16	23	70%	29	32	91%	116	139	83%
Planning Pleasant Activities	25	31	81%	19	25	76%	26	28	93%	14	21	67%	24	32	75%	108	137	79%
Changing Thoughts & Feelings	24	31	77%	17	25	68%	24	28	86%	17	23	74%	23	32	72%	105	139	76%
<u>Total Across Sites</u>				Attended PTM Level 3 in:												Total Across Years		
PTM Skill	2010			2011			2012			2013			2014			Yes	N	%
	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%	Yes	N	%			
Using Sound	77	88	88%	59	68	87%	55	64	86%	68	79	86%	116	128	91%	375	427	88%
Practicing Relaxation	66	89	74%	56	68	82%	57	64	89%	67	79	85%	113	128	88%	359	428	84%
Planning Pleasant Activities	66	89	74%	55	68	81%	58	64	91%	61	77	79%	104	128	81%	344	426	81%
Changing Thoughts & Feelings	68	89	76%	50	68	74%	55	64	86%	60	79	76%	93	127	73%	326	427	76%

Note. PTM = Progressive Tinnitus Management.