

**Supplemental Material S9.** Summary of responses regarding change in how much bothered by tinnitus since participating in progressive tinnitus management (PTM) Level 3 workshops.

<i>Compared to before the PTM workshops, my tinnitus now bothers me:</i>												
<u>Bay Pines</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Total Across Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot Less	3	5%	6	14%	3	9%	4	7%	12	14%	28	10%
Somewhat Less	9	16%	8	19%	9	27%	12	21%	19	22%	57	21%
A Little Less	12	21%	13	30%	10	30%	14	25%	26	30%	75	27%
Less subtotal:	24	41%	27	63%	22	67%	30	54%	57	66%	160	58%
The Same	14	24%	9	21%	5	15%	16	29%	21	24%	65	23%
A little more	8	14%	2	5%	3	9%	5	9%	2	2%	20	7%
Somewhat more	7	12%	2	5%	2	6%	2	4%	4	5%	17	6%
A lot more	5	9%	3	7%	1	3%	3	5%	3	3%	15	5%
Same or More subtotal:	34	59%	16	37%	11	33%	26	46%	30	34%	117	42%
Total:	58		43		33		56		87		277	
<u>Boston</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Total Across Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot Less	4	13%	1	4%	4	15%	2	9%	2	6%	13	10%
Somewhat Less	3	10%	4	17%	6	22%	4	17%	4	13%	21	16%
A Little Less	9	30%	7	29%	8	30%	8	35%	12	39%	44	33%
Less subtotal:	16	53%	12	50%	18	67%	14	61%	18	58%	78	58%
The Same	8	27%	6	25%	6	22%	3	13%	13	42%	36	27%
A little more	2	7%	2	8%	1	4%	3	13%	0	0%	8	6%
Somewhat more	3	10%	1	4%	2	7%	2	9%	0	0%	8	6%
A lot more	1	3%	3	13%	0	0%	1	4%	0	0%	5	4%
Same or More subtotal:	14	47%	12	50%	9	33%	9	39%	13	42%	57	42%
Total:	30		24		27		23		31		135	
<u>Total Across Sites</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Total Across Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot Less	7	8%	7	10%	7	12%	6	8%	14	12%	41	10%
Somewhat Less	12	14%	12	18%	15	25%	16	20%	23	19%	78	19%
A Little Less	21	24%	20	30%	18	30%	22	28%	38	32%	119	29%
Less subtotal:	40	45%	39	58%	40	67%	44	56%	75	64%	238	58%
The Same	22	25%	15	22%	11	18%	19	24%	34	29%	101	25%
A little more	10	11%	4	6%	4	7%	8	10%	2	2%	28	7%
Somewhat more	10	11%	3	4%	4	7%	4	5%	4	3%	25	6%
A lot more	6	7%	6	9%	1	2%	4	5%	3	3%	20	5%
Same or More subtotal:	48	55%	28	42%	20	33%	35	44%	43	36%	174	42%
Total:	88		67		60		79		118		412	