

Supplemental Material S7. Summary of responses regarding change in ability to cope with tinnitus since participating in progressive tinnitus management (PTM) Level 3 workshops.

<i>Compared to before the PTM workshops, my ability to cope with tinnitus is now:</i>												
<u><i>Bay Pines</i></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 Better	5	9%	9	20%	5	14%	13	23%	18	20%	50	18%
Somewhat Better	8	14%	12	27%	13	37%	14	25%	27	31%	74	26%
A Little Better	17	29%	11	25%	8	23%	17	30%	23	26%	76	27%
Better subtotal:	30	52%	32	73%	26	74%	44	79%	68	77%	200	71%
The Same	19	33%	8	18%	6	17%	7	13%	14	16%	54	19%
A little worse	5	9%	2	5%	2	6%	3	5%	2	2%	14	5%
Somewhat worse	3	5%	1	2%	1	3%	1	2%	3	3%	9	3%
A lot worse	1	2%	1	2%	0	0%	1	2%	1	1%	4	1%
Same or Worse subtotal:	28	48%	12	27%	9	26%	12	21%	20	23%	81	29%
Total:	58		44		35		56		88		281	
<u><i>Boston</i></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 Better	6	20%	3	13%	4	14%	4	17%	6	19%	23	17%
Somewhat Better	5	17%	5	21%	13	46%	5	22%	9	28%	37	27%
A Little Better	8	27%	7	29%	4	14%	7	30%	9	28%	35	26%
Better subtotal:	19	63%	15	63%	21	75%	16	70%	24	75%	95	69%
The Same	7	23%	7	29%	5	18%	4	17%	6	19%	29	21%
A little worse	2	7%	0	0%	2	7%	1	4%	0	0%	5	4%
Somewhat worse	2	7%	1	4%	0	0%	1	4%	2	6%	6	4%
A lot worse	0	0%	1	4%	0	0%	1	4%	0	0%	2	1%
Same or Worse subtotal:	11	37%	9	38%	7	25%	7	30%	8	25%	42	31%
Total:	30		24		28		23		32		137	
<u><i>Total Across Sites</i></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 Better	11	13%	12	18%	9	14%	17	22%	24	20%	73	17%
Somewhat Better	13	15%	17	25%	26	41%	19	24%	36	30%	111	27%
A Little Better	25	28%	18	26%	12	19%	24	30%	32	27%	111	27%
Better subtotal:	49	56%	47	69%	47	75%	60	76%	92	77%	295	71%
The Same	26	30%	15	22%	11	17%	11	14%	20	17%	83	20%
A little worse	7	8%	2	3%	4	6%	4	5%	2	2%	19	5%
Somewhat worse	5	6%	2	3%	1	2%	2	3%	5	4%	15	4%
A lot worse	1	1%	2	3%	0	0%	2	3%	1	1%	6	1%
Same or Worse subtotal:	39	44%	21	31%	16	25%	19	24%	28	23%	123	29%
Total:	88		68		63		79		120		418	