

Supplemental Material S3.

## Tinnitus Workshop Follow-up

1. Have you been **using sound** to manage your reactions to tinnitus?

| <b>YES</b>   | <b>NO</b>   |
|--|---|
| <b>If yes, how often?</b>                              | <b>If no, why not?</b>  |
| A. Very often<br>B. Often<br>C. Sometimes<br>D. Rarely | A. I don't need to do this<br>B. It's not worth the trouble<br>C. I don't know what to do<br>D. I don't think it helps<br>E. I don't like to do this<br>F. Other: _____ |

2. Have you been **practicing relaxation techniques** (deep breathing and/or imagery) to manage your reactions to tinnitus?

| <b>YES</b>   | <b>NO</b>   |
|--|---|
| <b>If yes, how often?</b>                              | <b>If no, why not?</b>  |
| A. Very often<br>B. Often<br>C. Sometimes<br>D. Rarely | A. I don't need to do this<br>B. It's not worth the trouble<br>C. I don't know what to do<br>D. I don't think it helps<br>E. I don't like to do this<br>F. Other: _____ |

3. Have you been **planning more pleasant activities** to help manage your reactions to tinnitus?

| <b>YES</b>   | <b>NO</b>   |
|--|---|
| <b>If yes, how often?</b>                              | <b>If no, why not?</b>  |
| A. Very often<br>B. Often<br>C. Sometimes<br>D. Rarely | A. I don't need to do this<br>B. It's not worth the trouble<br>C. I don't know what to do<br>D. I don't think it helps<br>E. I don't like to do this<br>F. Other: _____ |

4. Have you been working on **changing your thoughts about tinnitus** to help you feel better?

| <b>YES</b>   | <b>NO</b>   |
|--|---|
| <b>If yes, how often?</b>                              | <b>If no, why not?</b>  |
| A. Very often<br>B. Often<br>C. Sometimes<br>D. Rarely | A. I don't need to do this<br>B. It's not worth the trouble<br>C. I don't know what to do<br>D. I don't think it helps<br>E. I don't like to do this<br>F. Other: _____ |

5. Compared to how I felt before the tinnitus workshops, I **now feel**:

- A. **A lot more in control** of my reactions to tinnitus
- B. **Somewhat more in control** of my reactions to tinnitus
- C. **A little more in control** of my reactions to tinnitus
- D. **The same (no change in control)** of my reactions to tinnitus)

6. Compared to before the tinnitus workshops, my ability to **cope** with tinnitus is now:

|             |                |                |          |                 |                 |              |
|-------------|----------------|----------------|----------|-----------------|-----------------|--------------|
| A lot worse | Somewhat worse | A little worse | The same | A little better | Somewhat better | A lot better |
| <b>1</b>    | <b>2</b>       | <b>3</b>       | <b>4</b> | <b>5</b>        | <b>6</b>        | <b>7</b>     |

7. Compared to before the tinnitus workshops, my **quality of life** is now:

|             |                |                |          |                 |                 |              |
|-------------|----------------|----------------|----------|-----------------|-----------------|--------------|
| A lot worse | Somewhat worse | A little worse | The same | A little better | Somewhat better | A lot better |
| <b>1</b>    | <b>2</b>       | <b>3</b>       | <b>4</b> | <b>5</b>        | <b>6</b>        | <b>7</b>     |

8. Compared to before the tinnitus workshops, my tinnitus now **bothers me**:

|            |               |               |   |               |               |            |
|------------|---------------|---------------|---|---------------|---------------|------------|
| A lot more | Somewhat more | A little more | The same<br>(just as much<br>as before) | A little less | Somewhat less | A lot less |
| <b>1</b>   | <b>2</b>      | <b>3</b>      | <b>4</b>                                | <b>5</b>      | <b>6</b>      | <b>7</b>   |

9. Would you **recommend the tinnitus workshops** to someone else who has bothersome tinnitus?

YES      NO

If "no," please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. Please **describe your overall experience** learning how to manage your reactions to tinnitus.

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