

Supplemental Material S8. Summary of responses regarding change in quality of life since participating in progressive tinnitus management (PTM) Level 3 workshops.

<i>Compared to before the PTM workshops, my quality of life 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	7	12%	7	17%	5	15%	7	13%	10	11%	36	13%
Somewhat Better	9	16%	8	19%	12	35%	14	25%	25	28%	68	24%
A Little Better	16	28%	12	29%	7	21%	15	27%	30	34%	80	29%
Better subtotal:	32	55%	27	64%	24	71%	36	64%	65	73%	184	66%
The Same	18	31%	11	26%	8	24%	18	32%	17	19%	72	26%
A little worse	3	5%	1	2%	0	0%	1	2%	2	2%	7	3%
Somewhat worse	4	7%	0	0%	2	6%	0	0%	3	3%	9	3%
A lot worse	1	2%	3	7%	0	0%	1	2%	2	2%	7	3%
Same or Worse subtotal:	26	45%	15	36%	10	29%	20	36%	24	27%	95	34%
Total:	58		42		34		56		89		279	
<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	4	13%	1	4%	4	14%	4	17%	2	6%	15	11%
Somewhat Better	5	17%	6	26%	9	32%	4	17%	10	31%	34	25%
A Little Better	6	20%	4	17%	6	21%	5	22%	12	38%	33	24%
Better subtotal:	15	50%	11	48%	19	68%	13	57%	24	75%	82	60%
The Same	13	43%	8	35%	8	29%	6	26%	7	22%	42	31%
A little worse	1	3%	1	4%	0	0%	1	4%	0	0%	3	2%
Somewhat worse	1	3%	2	9%	1	4%	2	9%	1	3%	7	5%
A lot worse	0	0%	1	4%	0	0%	1	4%	0	0%	2	1%
Same or Worse subtotal:	15	50%	12	52%	9	32%	10	43%	8	25%	54	40%
Total:	30		23		28		23		32		136	
<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%	8	12%	9	15%	11	14%	12	10%	51	12%
Somewhat Better	14	16%	14	22%	21	34%	18	23%	35	29%	102	25%
A Little Better	22	25%	16	25%	13	21%	20	25%	42	35%	113	27%
Better subtotal:	47	53%	38	58%	43	69%	49	62%	89	74%	266	64%
The Same	31	35%	19	29%	16	26%	24	30%	24	20%	114	27%
A little worse	4	5%	2	3%	0	0%	2	3%	2	2%	10	2%
Somewhat worse	5	6%	2	3%	3	5%	2	3%	4	3%	16	4%
A lot worse	1	1%	4	6%	0	0%	2	3%	2	2%	9	2%
Same or Worse subtotal:	41	47%	27	42%	19	31%	30	38%	32	26%	149	36%
Total:	88		65		62		79		121		415	