

Supplemental Material S6. Summary of responses regarding change in managing reactions to tinnitus since participating in progressive tinnitus management (PTM) Level 3 workshops.

<i>Compared to before the PTM workshops, I now feel about managing reactions to tinnitus:</i>												
<u>Bay Pines</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot More in Control	6	12%	9	24%	6	19%	13	25%	23	26%	57	22%
Somewhat More in Control	10	20%	12	32%	8	26%	15	29%	25	29%	70	27%
A Little More in Control	14	27%	9	24%	11	35%	13	25%	23	26%	70	27%
Subtotal: More in control	30	59%	30	79%	25	81%	41	80%	71	82%	197	76%
The Same (no change)	21	41%	8	21%	6	19%	10	20%	16	18%	61	24%
Total:	51		38		31		51		87		258	

<u>Boston</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot More in Control	6	21%	4	17%	4	15%	5	23%	9	32%	28	22%
Somewhat More in Control	7	24%	7	30%	11	41%	2	9%	6	21%	33	26%
A Little More in Control	7	24%	7	30%	7	26%	7	32%	11	39%	39	30%
Subtotal: More in control	20	69%	18	78%	22	81%	14	64%	26	93%	100	78%
The Same (no change)	9	31%	5	22%	5	19%	8	36%	2	7%	29	22%
Total:	29		23		27		22		28		129	

<u>Total Across Sites</u>	Attended PTM Level 3 in:										Total Across Years	
	2010		2011		2012		2013		2014		Years	
	N	%	N	%	N	%	N	%	N	%	N	%
A Lot More in Control	12	15%	13	21%	10	17%	18	25%	32	28%	85	22%
Somewhat More in Control	17	21%	19	31%	19	33%	17	23%	31	27%	103	27%
A Little More in Control	21	26%	16	26%	18	31%	20	27%	34	30%	109	28%
Subtotal: More in control	50	63%	48	79%	47	81%	55	75%	97	84%	297	77%
The Same (no change)	30	38%	13	21%	11	19%	18	25%	18	16%	90	23%
Total:	80		61		58		73		115		387	