Self-Efficacy for Tinnitus Management Questionnaire (SETMQ)

These questions ask about your ability to manage your tinnitus in various situations. If you have never been in these situations, then make your best guess about how well you would do. Given what you know right now, indicate how confident you are that you could do the things described on the questionnaire.

1. If you believe that you cannot do the task described, then circle 0% for "Cannot do this at all" on the rating scale.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
2. If you are absolutely certain that you can do the task, then circle 100% for "I am certain I can do this" on the rating scale.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
3. If you are feeling somewhat unsure, then pick a number in between 0% and 100% on the rating scale that indicates how confident you are that you can do the described activity. Higher numbers indicate greater certainty.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

Smith, S. L. & Fagelson, M. (2011). Development of the Self-Efficacy for Tinnitus Management Questionnaire. Journal of the American Academy of Audiology, 22, 424-440.

Practice

The following two items have nothing to do with your tinnitus and are intended only to give you practice using the response scale. Please circle the percentage that best describes your confidence, right now, regarding each practice statement.

P-1*:* I can lift a 10-pound object with ease.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
P-2: I easily can tell the weight difference between a 19-pound object and a 20-pound object.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

Name: _____ Date: _____

1. I can think of my tinnitus as a sound I do not mind hearing.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
2. I can ignore my tinnitus when reading in a quiet place.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
3. I can ignore my tinnitus when performing quiet chores such as straightening up a room in my home.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
4. I can ignore my tinnitus when I work on a puzzle for fun, such as a crossword puzzle.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
5. I can ignore my tinnitus when listening to music.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
6. I can ignore my tinnitus when watching TV.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

7. I can ignore my tinnitus when shopping.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
8. I can ignore my tinnitus when working on my favorite hobby.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
9. I can ignore my tinnitus when driving in light traffic.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
10. I can ignore my tinnitus when driving in heavy traffic.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
11. I can ignore my tinnitus when I am working.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
12. I can ignore my tinnitus when I try to go to sleep at night.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

13. I can ignore my tinnitus when I try to go take a nap during the day.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
14. I can ignore my tinnitus if I wake up in the middle of the night.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
15. I can perform relaxation exercise to help me sleep when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
16. I can manage my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
17. I can manage my anger when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
18. I can manage my frustration when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

19. I can manage becoming irritated when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
20. I can manage my stress level when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
21. I can manage feelings of fear when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
22. I can manage feelings of anxiety when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
23. I can manage feelings of nervousness when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
24. I can manage negative thoughts when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

25. I can think of my tinnitus as a neutral sound that is not worth listening to.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
26. I can help people in my workplace despite hearing my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
27. I can manage to have a positive self-image even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
28. I can feel that my senses are reliable even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
29. I can be a contributing member of society despite having to manage my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
30. I can carry out conversations with one other person even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

31. I can carry out conversations with a small group of people even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
32. I can have a conversation on the telephone even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
33. I can communicate in order to complete my typical work responsibilities even when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
34. I can understand the difference between my hearing loss and my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
35. I can understand the results of my hearing test.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
36. I can understand the changes to my hearing system that caused my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**

37. I can understand that my hearing loss is not caused by my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
38. I can use hearing aids or other assistive devices to help reduce communication problems caused by my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
39. I can use a masking device to help reduce my tinnitus without reducing my ability to understand speech.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**
40. I can use a sound generating device such as a fan or noise machine to help me sleep when I hear my tinnitus.	**How certain are you that you can do this right now? (circle one %)** **0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%** **Cannot do this at all — Moderately certain I can do this — I am certain I can do this**