

# Test Your Hearing Acuity

1. Do you find it difficult to follow a conversation in a noisy restaurant or crowded room?

Yes    No    Sometimes

2. Do you sometimes feel that people are mumbling or not speaking clearly?

Yes    No    Sometimes

3. Do you experience difficulty following dialog in the theater?

Yes    No    Sometimes

4. Do you sometimes find it difficult to understand a speaker at a public meeting or a religious service?

Yes    No    Sometimes

5. Do you find yourself asking people to speak up or repeat themselves?

Yes    No    Sometimes

6. Do you find men's voices easier to understand than women's?

Yes    No    Sometimes

7. Do you experience difficulty understanding soft or whispered speech?

Yes    No    Sometimes

8. Do you sometimes have difficulty understanding speech on the telephone?

Yes    No    Sometimes

9. Does a hearing problem cause you to feel embarrassed when meeting new people?

Yes    No    Sometimes

10. Do you feel handicapped by a hearing problem?

Yes    No    Sometimes

11. Does a hearing problem cause you to visit friends, relatives or neighbors less often than you would like?

Yes    No    Sometimes

12. Do you experience ringing or noises in your ears?

Yes    No    Sometimes

13. Do you hear better with one ear than the other?

Yes    No    Sometimes

14. Have you had any significant noise exposure during work, recreation or military service?

Yes    No

15. Have any of your relatives (by birth) had hearing loss?

Yes    No

Scoring:

2 points if you answered Yes

1 point if you answered Sometimes

0 points if you answered No

**Scores of 3 or more:** may mean that you have a hearing problem.

**Scores of 6 or more:** strongly suggest that a hearing check is needed