

Misophonia Sound List

Name: _____

Date of birth: ____-____-____

Date of session: ____-____-____

Category A

| never | past | last week | Sounds | Degree of irritation/disgust/anger 0 = no 1 = a little (e.g., irritation) 2 = quite 3 = a lot (e.g., anger) 4 = extreme (e.g., rage) |
|-------|------|-----------|--------------------------------------|---|
| | | | Smacking | 0 – 1 – 2 – 3 – 4 |
| | | | Biting an apple | 0 – 1 – 2 – 3 – 4 |
| | | | Crunching of crisps | 0 – 1 – 2 – 3 – 4 |
| | | | Swallowing | 0 – 1 – 2 – 3 – 4 |
| | | | Slurping | 0 – 1 – 2 – 3 – 4 |
| | | | Gulping | 0 – 1 – 2 – 3 – 4 |
| | | | Breathing | 0 – 1 – 2 – 3 – 4 |
| | | | Sniffing and nostril sounds | 0 – 1 – 2 – 3 – 4 |
| | | | Yawning | 0 – 1 – 2 – 3 – 4 |
| | | | Clearing the throat | 0 – 1 – 2 – 3 – 4 |
| | | | Footsteps or high heels on the floor | 0 – 1 – 2 – 3 – 4 |
| | | | Chewing gum | 0 – 1 – 2 – 3 – 4 |
| | | | Coughing | 0 – 1 – 2 – 3 – 4 |
| | | | Sneezing | 0 – 1 – 2 – 3 – 4 |
| | | | Whistling | 0 – 1 – 2 – 3 – 4 |
| | | | Typing and clicking | 0 – 1 – 2 – 3 – 4 |

| | | | | |
|-----------------------|--|--|-----------------------|-------------------|
| | | | Pen clicking | 0 – 1 – 2 – 3 – 4 |
| | | | Nail tapping | 0 – 1 – 2 – 3 – 4 |
| | | | Nail clipping | 0 – 1 – 2 – 3 – 4 |
| | | | Cutlery and tableware | 0 – 1 – 2 – 3 – 4 |
| | | | Turning pages | 0 – 1 – 2 – 3 – 4 |
| | | | Scratching the head | 0 – 1 – 2 – 3 – 4 |
| | | | Rustling plastic bag | 0 – 1 – 2 – 3 – 4 |
| Total score A: | | | | |

Category B

| never | past | last week | Other sounds | Degree of irritation/disgust/anger 0 = no 1 = a little (e.g., irritation) 2 = quite 3 = a lot (e.g., anger) 4 = extreme (e.g., rage) |
|-----------------------|------|-----------|-----------------------|---|
| | | | Snoring | 0 – 1 – 2 – 3 – 4 |
| | | | Phone calls in public | 0 – 1 – 2 – 3 – 4 |
| | | | Kissing | 0 – 1 – 2 – 3 – 4 |
| | | | Neighbors speaking | 0 – 1 – 2 – 3 – 4 |
| | | | Music from neighbors | 0 – 1 – 2 – 3 – 4 |
| Total score B: | | | | |

Category C

| never | past | last week | Non-human sounds | Degree of irritation/disgust/anger 0 = no 1 = a little (e.g., irritation) 2 = quite 3 = a lot (e.g., anger) 4 = extreme (e.g., rage) |
|-------|------|-----------|---------------------------------------|---|
| | | | Devices (e.g., washer, clock, Hoover) | 0 – 1 – 2 – 3 – 4 |

| | | | | |
|-----------------------|--|--|--|-------------------|
| | | | Pets (e.g., dog licking, cat purring, rooster crowing) | 0 – 1 – 2 – 3 – 4 |
| Total score C: | | | | |

Category D

| never | past | last week | Visual triggers | Degree of irritation/disgust/anger 0 = no 1 = a little (e.g., irritation) 2 = quite 3 = a lot (e.g., anger) 4 = extreme (e.g., rage) |
|-----------------------|------|-----------|------------------|---|
| | | | Twitching legs | 0 – 1 – 2 – 3 – 4 |
| | | | Fiddling fingers | 0 – 1 – 2 – 3 – 4 |
| Total score D: | | | | |

Category E

| never | past | last week | Avoidance | Degree of avoidance 0 = no 1 = a little 2 = quite 3 = a lot 4 = extreme |
|-----------------------|------|-----------|---|--|
| | | | Putting on music (speakers or headphone) | 0 – 1 – 2 – 3 – 4 |
| | | | Making noise | 0 – 1 – 2 – 3 – 4 |
| | | | Making noise in the same rhythm (e.g., 'chewing along') | 0 – 1 – 2 – 3 – 4 |
| | | | Wearing earplugs | 0 – 1 – 2 – 3 – 4 |
| | | | Walking away | 0 – 1 – 2 – 3 – 4 |
| Total score E: | | | | |