

Five Minute Hearing Test

Name: _____ Date: _____

Many people experience hearing loss gradually, often due to medications, noise exposure or the natural aging process. Hearing loss can also be a sign of more serious health problems. To see if you have a hearing loss, try this quick test.

ANSWER KEY: A = Almost always B = Half the time C = Occasionally D = Never

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|---|---------|
| I have a problem hearing over the telephone. | A B C D |
| I have trouble following the conversation when two or more people are talking at the same time. | A B C D |
| People complain that I turn the TV volume too high. | A B C D |
| I have to strain to understand conversations. | A B C D |
| I miss hearing some common sounds like the phone or doorbell. | A B C D |
| I have trouble hearing conversations in a noisy background. | A B C D |
| I get confused about where sounds come from. | A B C D |
| I misunderstand words in a sentence and ask people to repeat a lot. | A B C D |
| I especially have trouble understanding women and children. | A B C D |
| I have worked in noisy environments. | A B C D |
| Many people I talk to seem to mumble, or don't speak clearly. | A B C D |
| People get annoyed because I misunderstand what they say. | A B C D |
| I misunderstand what others say and make inappropriate responses. | A B C D |
| I avoid social activities because I cannot hear well and fear I'll make improper replies. | A B C D |
| A family member or friend has suggested that maybe I have a hearing problem. | A B C D |

Scoring: A = 3 points B = 2 points C = 1 point D = 0 points

Your Score: _____

If you scored 10 or more points, you should have your hearing tested.