

Do You Need A Hearing Test?



National Institute on
Deafness and Other
Communication Disorders

<https://www.nidcd.nih.gov>

NIDCD...Improving the lives of people with communication disorders

Do You Need A Hearing Test?

If you are 18 to 64 years old, the following questions will help you determine if you need to have your hearing tested by a health professional. Answer YES or NO.

YES NO

1. Do you sometimes feel embarrassed when you meet new people because you struggle to hear?
2. Do you feel frustrated when talking to members of your family because you have difficulty hearing them?
3. Do you have difficulty hearing or understanding co-workers, clients, or customers?
4. Do you feel restricted or limited by a hearing problem?
5. Do you have difficulty hearing when visiting friends, relatives, or neighbors?
6. Do you have trouble hearing in the movies or in the theater?
7. Does a hearing problem cause you to argue with family members?
8. Do you have trouble hearing the TV or radio at levels that are loud enough for others?
9. Do you feel that any difficulty with your hearing limits your personal or social life?
10. Do you have trouble hearing family or friends when you are together in a restaurant?

If you answered “yes” to three or more of these questions, you may want to see an otolaryngologist (an ear, nose, and throat specialist) or an audiologist for a hearing evaluation, or learn about over-the-counter hearing aids at <https://www.nidcd.nih.gov/health/over-counter-hearing-aids>.

Adapted from: Newman, C.W., Weinstein, B.E., Jacobson, G.P., & Hug, G.A. (1990). The Hearing Handicap Inventory for Adults [HHIA]: Psychometric adequacy and audiometric correlates. Ear Hear, 11, 430-433.

For more information on hearing loss, please contact:

NIDCD Information Clearinghouse

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