

A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment

Authors: Dr. R. F. F. Cima, Prof. Dr. med. B. Mazurek, H. Haider, D. Kikidis, A. Lapira, A. Noreña & Dr. D. J. Hoare

Publisher: Springer Nature

In: HNO 2019, Issue: 67, Supplement 1; p. 10–42;
published online: 7 March 2019

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Abstract:

The aim of this **first European guideline** was to explain the connection between tinnitus and epidemiological as well as pathophysiological developments and to examine the current, in public often controversially discussed therapy approaches. The researchers try to make recommendations for or against the effectiveness of respective treatment methods on the basis of assured scientific findings. In the absence of clear evidence, recommendations were developed on the basis of scientifically reliable, sometimes cumulative data collection and long-term follow-up. The new guideline is aimed at physicians, treaters and patients and offers them a comprehensive tool for the diagnosis and selection of suitable tinnitus therapies. For the examination of tinnitus, it is recommended that, in addition to detailed audiological diagnostics, the possibility of hearing loss should also be taken into account. Otherwise the psychological tinnitus burden and other comorbidities should be recorded. Multimodal and cognitive behavioural therapy, methods for anxiety avoidance and stress reduction as well as relaxation methods, hearing therapy measures, especially psychotherapy, and self-help are considered to be effective.

No evidence-based therapies are available for the following treatment options, so no recommendation could be made for them in this guideline. This contains: Retraining therapy according to Jastreboff, electrical stimulation, vagus nerve stimulation, transcranial magnetic stimulation, acoustic neuromodulation and other invasive treatments, acupuncture and sound therapies with modified music. No evidence of drug treatments has been identified, but

gingkopreparations, melatonin and dietary supplements are explicitly advised against.

Related Links:

- Online publication: <https://doi.org/10.1007/s00106-019-0633-7>
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