

Tinnitus: psychosomatic aspects

Authors: B. Boecking, P. Brueggemann & Prof. Dr. med. B. Mazurek

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Abstract:

Tinnitus is a common symptom of unclear origin that can be multifactorially caused and maintained. It is frequently, but not inevitably, associated with hearing loss. Emotional distress and maladaptive coping strategies – that are associated with or amplified by the tinnitus percept – pose key targets for psychological interventions. Once somatic contributors are identified and treated as applicable, psychological approaches comprise normalizing psychoeducational and psychotherapeutic interventions. Measures to improve hearing perception (e. g., hearing aids or cochlear implants) can also contribute to tinnitus habituation through direct (improvement of hearing perception) or indirect (improvement of emotional wellbeing or quality of life) effects.

Related links:

- Online publication: <https://link.springer.com/article/10.1007%2Fs00106-019-0609-7>