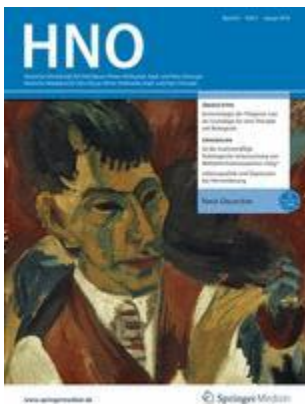


ICD-10 Symptom Rating questionnaire for assessment of psychological comorbidities in patients with chronic tinnitus

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Tinnitus frequently occurs alongside psychological comorbidities whose assessment is important for treatment planning and -success. The selection of suitable questionnaires is thus crucial. The present study aims to investigate the ICD-10 Symptom Rating (ISR) to this regard.

Sixty-five percent of participants suffered from psychological comorbidities. Treatment response comprised improvements in the TQ, ISQ, PSQ and ADS. At baseline, tinnitus-burden correlated with the ISR-total, ISR-obsessive-compulsive disorder and PSQ-tension scores. Post treatment, the—now reduced—tinnitus burden was additionally predicted by ISR-depressive and eating disorder scores.

Conclusion: The ISR is a useful tool for measuring psychological comorbidities in patients with chronic tinnitus as well as short-term treatment response. Therapeutic approaches for chronic tinnitus should address stress-related tension, depressive symptomatology and coping strategies such as maladaptive eating behaviours.

Related links:

- Online publication: <https://link.springer.com/article/10.1007%2Fs00106-019-0625-7>