

Multidimensional considerations in tinnitus.

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Abstract:

Tinnitus, characterized by the perception of sound without an external source, affects a substantial portion of the European population, with a notable impact on daily life for some individuals. Recent research has expanded our understanding of tinnitus, encompassing its pathophysiological basis, associated distress, and potential therapeutic interventions. Studies have revealed a multidimensional nature of tinnitus distress, influenced by factors such as hyperacusis, sleep disturbances, and psychological comorbidities. Advances in research have explored various treatment modalities, including psychotherapeutic interventions, which have shown promise in alleviating tinnitus-related distress and improving quality of life. Moreover, the integration of multidimensional diagnostic approaches and multimodal therapies tailored to individual needs is increasingly emphasized. While current therapies may not offer complete relief, ongoing research into cochlear implants and other interventions holds promise for future treatment advancements. Additionally, the importance of addressing hearing loss, often associated with tinnitus, is underscored in treatment guidelines. This comprehensive review highlights recent developments in tinnitus research and treatment, emphasizing the need for multidisciplinary approaches and personalized care to address the complex and individualized nature of chronic tinnitus.

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