

Five Minute Hearing Test

Many people experience hearing loss gradually, often due to the natural aging process or long exposure to loud noise. Hearing loss can also be a sign of more serious health problems.

If you think you may have a hearing loss, take this 5 minute hearing test. You will receive 3 points for each "almost always," 2 for every "half the time," 1 for every "occasionally," and 0 for every "never" answer.

1. **I have a problem hearing over the telephone.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

2. **I have trouble following the conversation when two or more people are talking at the same time.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

3. **People complain that I turn the TV volume too high.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

4. **I have to strain to understand conversations.**

- Almost always
- Half the time
- Occasionally
- Never

5. **I miss hearing some common sounds like the phone or doorbell ring.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

6. **I have trouble hearing conversations in a noisy background, such as a party.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

7. **I get confused about where sounds come from.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

8. **I misunderstand some words in a sentence and need to ask people to repeat themselves.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

9. **I especially have trouble understanding the speech of women and children.**

- Almost always
- Half the time

- Occasionally
 - Never
-

10. I have worked in noisy environments (such as assembly lines, construction sites, or near jet engines).

- Almost always
 - Half the time
 - Occasionally
 - Never
-

11. Many people I talk to seem to mumble, or don't speak clearly.

- Almost always
 - Half the time
 - Occasionally
 - Never
-

12. People get annoyed because I misunderstand what they say.

- Almost always
 - Half the time
 - Occasionally
 - Never
-

13. I misunderstand what others are saying and make inappropriate responses.

- Almost always
 - Half the time
 - Occasionally
 - Never
-

14. **I avoid social activities because I cannot hear well and fear I'll make improper replies.**

- Almost always
 - Half the time
 - Occasionally
 - Never
-

15. **Ask a family member or friend to answer this question: Do you think this person has a hearing loss?**

- Almost always
- Half the time
- Occasionally
- Never