

Measuring tinnitus: why, how, and what does it tell us?

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In recent years there has been much emphasis upon tinnitus as a phantom auditory perception, and on methods of ameliorating distress associated with tinnitus utilising counselling and sound therapy. At present however there is a notable and rapid resurgence in research considering how the tinnitus signal itself might be modulated or inhibited. A fundamental foundation of such work is the ability to accurately and systemically characterise both the troublesome tinnitus signal, and the consequences and impact of the tinnitus. Ideally such measures would be reliable, comparable across studies, and able to demonstrate treatment effects: we are some way off this ideal state. In this paper present knowledge and techniques regarding the measurement of tinnitus will be reviewed, and areas of urgent interest will be identified.