

## What Is Tinnitus?

### SUBJECTIVE VS OBJECTIVE

#### Subjective

- Head or ear noises that are only perceived by an individual
- Usually traced to auditory or neurological reaction to hearing loss
- 99% of all tinnitus reported cases are of this variety

#### Objective

- Head or ear noises that are perceived by other people, as well as the individual
- Sounds are usually produced by internal functions of the body such as blood flow or muscle movements
- Very rare, representing less than 1% of all tinnitus reported cases

### TYPES OF SOUNDS

- Buzzing and/or crickets
- Clicking
- Dial tone
- Hissing, whistling, and/or screeching
- Static
- Pulsing
- Roaring, swooshing, and/or ocean waves
- Rare cases report hearing music

### POTENTIAL CAUSES

- Hearing loss
- Ear infection
- Other medical conditions
- Medication
- Ear canal blockage
- Traumatic brain injury

## Symptoms of Tinnitus

### CASCADING EFFECTS OF TINNITUS

- Depression
- Anxiety
- Difficulty sleeping
- Unable to concentrate
- Perception of near-continuous sound
- Perception of pulsing sounds
- Current science has not identified a definitive correlation from a specific etiology

## Resources

American Tinnitus Association. (2020) Understanding the facts. [www.ata.org/understanding-facts](http://www.ata.org/understanding-facts) (accessed October 12, 2021).

American Tinnitus Association. (2020) Understanding the facts. [www.ata.org/symptoms](http://www.ata.org/symptoms) (accessed October 14, 2021).

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## What You Need to Know

