



# Now Hear This:

Tips for Better Hearing at Home and in the Community

## Self Test for Hearing Loss

The American Speech-Language-Hearing Association created the following self test to help people determine if they have a hearing loss. Take this self test to find out if you need to visit a hearing professional.

1. Do you have a problem hearing over the telephone?  
 Yes    No
2. Do you hear better in one ear than the other when you are on the telephone?  
 Yes    No
3. Do you have trouble following the conversation when two or more people are talking at the same time?  
 Yes    No
4. Do people complain that you turn the TV volume up too high?  
 Yes    No
5. Do you have to strain to understand conversation?  
 Yes    No
6. Do you have trouble hearing in a noisy background?  
 Yes    No
7. Do you have trouble hearing in restaurants?  
 Yes    No
8. Do you have dizziness, pain, or ringing in your ears?  
 Yes    No
9. Do you find yourself asking people to repeat themselves?  
 Yes    No
10. Do family members or co-workers remark about your missing what has been said?  
 Yes    No
11. Do many people you talk to seem to mumble (or not speak clearly)?  
 Yes    No
12. Do you misunderstand what others are saying and respond inappropriately?  
 Yes    No
13. Do you have trouble understanding the speech of women and children?  
 Yes    No
14. Do people get annoyed because you misunderstand what they say?  
 Yes    No

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If you answered yes to two or more of these questions, you should have your hearing tested by a licensed and certified audiologist.