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