

Hearing aids

Type	Safety	Efficacy	Recommended?
			
Physical device	Regarded as safe	Evidence that it is effective	Yes, if person has hearing loss

In detail:

Claims for treatment	Reduces tinnitus symptoms by a number of means.
What is the treatment?	In-ear amplification device in one or both ears.
What are the downsides of this treatment?	Regarded as safe. Cost, if accessed privately.
Has there been research into this treatment?	Yes, with a number of very recent papers.
What does the research say?	Using hearing aids reduces tinnitus loudness and distress (measured by the Tinnitus Handicap Inventory [THI]) ^{1 2 3} , although effects are greater if the amplification is verified ¹ . Hearing aids are “remarkably effective” for patients with single sided tinnitus and hearing loss in the same ear ⁴ .

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

How high quality is the research?*	A
Tinnitus UK's opinion on this treatment:	<p>Whilst a previous systematic review stated that there was no evidence to support or refute the use of hearing aids for tinnitus⁵, recent papers have confirmed that they are effective.</p> <p>NICE guidelines say that hearing aids should be offered to people with tinnitus who have a hearing loss that affects their ability to communicate, and that they should be considered for people with tinnitus who have a hearing loss but who don't have difficulties communicating⁶.</p>
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality, large scale study.
Comments	More randomised, placebo-controlled, double-blind studies with large sample sizes are needed to confirm the effectiveness of hearing aids for tinnitus patients. Uniform, validated, tinnitus-specific questionnaires and measurement scales should be used in future studies.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at **takeontinnitus.co.uk**

References

All online references accessed 2 November 2022 unless noted.

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Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

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