

Tinnitus Retraining Therapy (TRT)

Type	Safety	Efficacy	Recommended?
			
Education and sound therapy	Regarded as safe	Limited evidence that it is effective	Discuss with your GP

In detail:

Claims for treatment	It aims to eliminate tinnitus as a problem by achieving habituation ¹ .
What is the treatment?	Tinnitus retraining therapy uses a combination of directive counselling and sound therapy in a strict framework ² . Many practitioners use a modified form of TRT
What are the downsides of this treatment?	No adverse effects were reported in TRT clinical trials with people with tinnitus ² . As TRT in its classic form is only delivered privately, cost may be an issue.
Has there been research into this treatment?	There have been a small number of good quality papers published on TRT.

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.

<p>What does the research say?</p>	<p>A recent systematic review concluded that TRT is an effective treatment for tinnitus but that there were limited studies, low quality evidence and a high risk of bias³.</p> <p>Evidence from randomised controlled trials is contradictory, with results showing that TRT is more effective than tinnitus masking² or standard care⁴. However, a more recent study showed few differences between TRT, partial TRT and standard of care⁵.</p>
<p>How high quality is the research?*</p>	<p>A/B</p>
<p>Tinnitus UK's opinion on this treatment:</p>	<p>TRT has been very influential on tinnitus work, but research has generally been of low quality.</p> <p>We suggest talking to your doctor about the potential benefits and side effects of TRT or other tinnitus management techniques</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>Yes, if a high quality study.</p>

* 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 8 November 2022 unless noted.

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3. Han M, Yang X, Lv J. Efficacy of tinnitus retraining therapy in the treatment of tinnitus: A meta-analysis and systematic review. *American Journal of Audiology*. (2021) Nov-Dec;42(6):103151. doi: 10.1016/j.amjoto.2021.103151.

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5. Tinnitus Retraining Therapy Trial Research Group, Scherer RW, Formby C. Effect of Tinnitus Retraining Therapy vs Standard of Care on Tinnitus-Related Quality of Life: A Randomized Clinical Trial. *JAMA Otolaryngology Head Neck Surgery*. (2019) Jul 1;145(7):597-608. doi: 10.1001/jamaoto.2019.0821.

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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