

# FIVE MINUTE HEARING TEST

People experience hearing loss gradually, often due to exposure to loud noise, medications, head trauma, or genetics. Hearing loss can also be a sign of more serious health problems. To see if you may have a hearing loss, try this quick test.

### ANSWER KEY:

- A = Almost always
- B = Half the time
- C = Occasionally
- D = Never

1. I have a problem hearing over the telephone.  
A B C D
2. I have trouble following the conversation when two or more people are talking at the same time.  
A B C D
3. People complain that my TV volume is too high.  
A B C D
4. I have to strain to understand conversations.  
A B C D
5. I miss hearing some common sounds like telephone or doorbell ring.  
A B C D
6. I have trouble hearing conversations in a noisy background, such as a party.  
A B C D
7. I get confused about where sounds come from.  
A B C D
8. I misunderstand some words and need to ask people to repeat themselves.  
A B C D
9. I especially have trouble understanding the speech of women and children.  
A B C D
10. I have worked in noisy environments (such as assembly lines, construction sites, near jet engines, or military front lines).  
A B C D
11. Many people I talk to seem to mumble, or do not speak clearly.  
A B C D

12. People get annoyed because I misunderstand what they say.  
A B C D
13. I misunderstand what others are saying and make inappropriate responses.  
A B C D
14. I avoid social activities because I cannot hear well and fear I will make improper replies.  
A B C D
15. A family member or friend has suggested that maybe I have a hearing problem.  
A B C D

**TOTAL SCORE:** \_\_\_\_\_

**COUNT** 3 points for each A = Almost Always  
2 points for each B = Half the Time  
1 point for each C = Occasionally  
0 points for each D = Never

If you scored **10** or more points, you should have your hearing tested. *Source: American Academy of Otolaryngology*

Name \_\_\_\_\_

Date \_\_\_\_\_

To contact your local distribution center, please call:



*Connect to Life™*

**Center for Hearing and Communication – Florida**  
2900 West Cypress Creek Road, Suite 3  
Fort Lauderdale, FL 33309

[www.chchearing.org](http://www.chchearing.org) | 954-601-1930

[flreception@chchearing.org](mailto:flreception@chchearing.org)



Florida Telecommunications Relay, Inc. (FTRI) provides specialized telephones for Florida resident who have hearing loss and speech disabilities at no-cost.

For statewide information, please contact:

**1820 E. Park Avenue, Suite 101, Tallahassee, FL 32312**

**800-222-3448 (V) | 888-447-5620 (TTY)**

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