



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
- Occasionally
- Never

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

- Almost always
- Half the time
- 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



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- 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