

Supplemental Material S2. DoD and VA patient helpfulness ratings (Likert scale) of Progressive Tinnitus Management (PTM) Patient Workbook content.

	Patient Helpfulness Rating														No Response	Total Responses
	Very helpful		Somewhat helpful		Neither helpful nor unhelpful		Not so helpful		Not helpful at all		I don't know		I don't use			
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)		
Part 1. Introduction																
DoD Patients																
What is Tinnitus	1	(50%)	1	(50%)	0	2
See Physician	1	(50%)	.	.	1	(50%)	.	.	0	2
Tinnitus at a Glance	1	(50%)	1	(50%)	0	2
How Help Me	.	.	2	(100%)	0	2
Goals of PTM	2	(100%)	0	2
VA Patients																
What is Tinnitus	2	(50%)	1	(25%)	.	.	1	(25%)	0	4
See Physician	2	(50%)	.	.	1	(25%)	.	.	1	(25%)	0	4
Tinnitus at a Glance	2	(50%)	1	(25%)	1	(25%)	0	4
How Help Me	2	(50%)	1	(25%)	1	(25%)	0	4
Goals of PTM	2	(50%)	1	(25%)	1	(25%)	0	4
Part 2. Step-by-Step Guide: Using Sound to Manage Tinnitus																
DoD Patients																
Tinnitus and Hearing Survey	2	(100%)	0	2
Using Sound	1	(100%)	1	1
Environmental Sound, Music, Speech	2	(100%)	0	2
Sound Grid	1	(50%)	1	(50%)	.	.	0	2
Soothing Sound	2	(100%)	0	2
Background Sound	2	(100%)	0	2
Interesting Sound	1	(50%)	.	.	1	(50%)	0	2
Test Your Understanding	2	(100%)	.	.	0	2
Develop a Personal Sound Plan	2	(100%)	0	2
Key Points for Sound Plan	2	(100%)	0	2

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	Very helpful		Somewhat helpful		Neither helpful nor unhelpful		Not so helpful		Not helpful at all		I don't know		I don't use		No Response	Total Responses
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	N
<i>Changing Thoughts and Feelings Worksheet</i>	1 (100%)	.	.	.	1	2
VA Patients																
<i>Relaxation Exercises</i>	2	(50%)	2	(50%)	0	4
<i>Deep Breathing</i>	2	(50%)	2	(50%)	0	4
<i>Imagery</i>	2	(50%)	2	(50%)	0	4
<i>Pleasant Activity Scheduling</i>	1	(25%)	2	(50%)	1	(25%)	0	4
<i>Changing Thoughts</i>	2	(50%)	1	(25%)	1	(25%)	0	4
<i>Changing Thoughts and Feelings Worksheet</i>	1	(33%)	.	.	2	(67%)	1	3

Part 4. Protect Your Ears!

DoD Patients

<i>Standard Earplugs</i>	2	(100%)	0	2
<i>Custom Earplugs</i>	1	(100%)	1	1
<i>Hi-fi Earplugs</i>	1	(50%)	1	(50%)	0	2
<i>Electronic Earplugs</i>	1	(50%)	1	(50%)	.	.	0	2
<i>Earmuffs</i>	.	.	1	(50%)	1	(50%)	.	.	0	2

VA Patients

<i>Standard Earplugs</i>	.	.	1	(50%)	.	.	1	(50%)	2	4
<i>Custom Earplugs</i>	.	.	1	(50%)	.	.	1	(50%)	2	4
<i>Hi-fi Earplugs</i>	.	.	1	(50%)	.	.	1	(50%)	2	4
<i>Electronic Earplugs</i>	.	.	1	(50%)	.	.	1	(50%)	2	4
<i>Earmuffs</i>	.	.	1	(50%)	.	.	1	(50%)	2	4

Appendices

DoD Patients

<i>Appendix A: Description of Tinnitus</i>	.	.	1	(50%)	1	(50%)	.	.	0	2
<i>Appendix B: What Causes Tinnitus?</i>	.	.	1	(50%)	1	(50%)	.	.	0	2

Patient Helpfulness Rating

	Very helpful		Somewhat helpful		Neither helpful nor unhelpful		Not so helpful		Not helpful at all		I don't know		I don't use		No Response	Total Responses
	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	N
<i>Appendix C: Methods of Tinnitus Management</i>	1 (100%)	.	.	.	1	1
<i>Appendix D: What to Do When Sounds Too Loud</i>	.	.	1 (50%)	1 (50%)	.	.	.	0	2
<i>Appendix E: Effects of Tinnitus</i>	1 (100%)	.	.	.	1	1
<i>Appendix F: Effects of Hearing Loss</i>	.	.	1 (50%)	1 (50%)	.	.	.	0	2
<i>Appendix G: Examples of Using Sound</i>	.	.	1 (50%)	1 (50%)	.	.	.	0	2
<i>Appendix H: How to Choose Devices</i>	.	.	1 (50%)	1 (50%)	.	.	.	0	2
<i>Appendix I: Tips for Better Sleep</i>	1 (50%)	1 (50%)	.	.	.	0	2
<i>Appendix J: Resources</i>	.	.	1 (50%)	1 (50%)	.	.	.	0	2
VA Patients																
<i>Appendix A: Description of Tinnitus</i>	.	.	1 (33%)	.	.	.	1 (33%)	1 (33%)	.	1	3
<i>Appendix B: What Causes Tinnitus?</i>	.	.	2 (50%)	.	.	.	1 (25%)	1 (25%)	.	0	4
<i>Appendix C: Methods of Tinnitus Management</i>	.	.	1 (33%)	1 (33%)	.	.	.	1 (33%)	.	1	3
<i>Appendix D: What to Do When Sounds Too Loud</i>	.	.	1 (33%)	1 (33%)	.	.	.	1 (33%)	.	1	3
<i>Appendix E: Effects of Tinnitus</i>	1 (25%)	1 (25%)	1 (25%)	1 (25%)	.	.	.	1 (25%)	.	0	4
<i>Appendix F: Effects of Hearing Loss</i>	1 (25%)	1 (25%)	1 (25%)	1 (25%)	.	.	.	1 (25%)	.	0	4
<i>Appendix G: Examples of Using Sound</i>	1 (50%)	.	.	.	1 (50%)	.	2	2
<i>Appendix H: How to Choose Devices</i>	.	.	1 (25%)	1 (25%)	1 (25%)	.	.	.	1 (25%)	.	.	.	1 (25%)	.	0	4
<i>Appendix I: Tips for Better Sleep</i>	.	.	1 (25%)	.	.	.	1 (25%)	1 (25%)	1 (25%)	.	.	.	1 (25%)	.	0	4
<i>Appendix J: Resources</i>	1 (33%)	.	.	.	1 (33%)	.	.	.	1 (33%)	.	1	3

DoD = Department of Defense, VA = Veterans Affairs, PTM = Progressive Tinnitus Management

References

Henry, J. A., Zaugg, T. L., Myers, P. M., & Kendall, C. J. (2010b). *How to manage your tinnitus: A step-by-step workbook* (3 ed.). San Diego, CA: Plural Publishing.

