

Supplemental Material S1. DoD and VA clinician helpfulness ratings (Likert scale) of Progressive Tinnitus Management (PTM) Patient Workbook content.

	Clinician 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 Clinicians																
What is Tinnitus	1	(25%)	2	(50%)	.	.	1	(25%)	0	4	
See Physician	2	(50%)	2	(50%)	0	4	
Tinnitus at a Glance	.	.	4	(100%)	0	4	
How Help Me	.	.	3	(75%)	1	(25%)	0	4	
Goals of PTM	2	(50%)	2	(50%)	0	4	
VA Clinicians																
What is Tinnitus	3	(43%)	2	(29%)	.	.	1	(14%)	1	(14%)	0	7
See Physician	2	(29%)	1	(14%)	.	.	1	(14%)	.	.	1	(14%)	2	(29%)	0	7
Tinnitus at a Glance	3	(43%)	1	(14%)	.	.	1	(14%)	.	.	1	(14%)	1	(14%)	0	7
How Help Me	2	(29%)	1	(14%)	.	.	1	(14%)	.	.	1	(14%)	2	(29%)	0	7
Goals of PTM	3	(50%)	1	(17%)	1	(17%)	.	.	1	(17%)	1	6
Part 2. Step-by-Step Guide: Using Sound to Manage Tinnitus																
DoD Clinicians																
Tinnitus and Hearing Survey	1	(25%)	2	(50%)	1	(25%)	0	4	
Using Sound	1	(25%)	2	(50%)	1	(25%)	.	0	4	
Environmental Sound, Music, Speech	.	.	3	(75%)	1	(25%)	.	0	4	
Sound Grid	1	(25%)	2	(50%)	1	(25%)	.	0	4	
Soothing Sound	2	(50%)	1	(25%)	1	(25%)	.	0	4	
Background Sound	2	(50%)	1	(25%)	1	(25%)	.	0	4	
Interesting Sound	2	(50%)	1	(25%)	1	(25%)	.	0	4	
Test Your Understanding	.	.	1	(25%)	1	(25%)	2	(50%)	.	0	4	
Develop a Personal Sound Plan	1	(25%)	2	(50%)	1	(25%)	.	0	4	
Key Points for Sound Plan	.	.	2	(50%)	1	(25%)	1	(25%)	.	0	4	
Ongoing Use of Sound Plan	1	(25%)	2	(50%)	1	(25%)	.	0	4	

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	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)		
How to Fill Out Sound Plan	.	.	3	(75%)	1	(25%)	.	.	0	4
Tinnitus Problem Checklist	1	(25%)	1	(25%)	1	(25%)	1	(25%)	.	.	0	4
Example Sound Plan Worksheet	1	(25%)	2	(50%)	1	(25%)	.	.	0	4
VA Clinicians																
Tinnitus and Hearing Survey	2	(33%)	1	(17%)	.	.	2	(33%)	1	(17%)	1	6
Using Sound	3	(60%)	1	(20%)	1	(20%)	2	5
Environmental Sound, Music, Speech	1	(50%)	1	(50%)	5	2
Sound Grid	1	(50%)	1	(50%)	5	2
Soothing Sound	1	(50%)	1	(50%)	5	2
Background Sound	1	(33%)	1	(33%)	1	(33%)	4	3
Interesting Sound	1	(33%)	1	(33%)	1	(33%)	4	3
Test Your Understanding	1	(50%)	1	(50%)	5	2
Develop a Personal Sound Plan	3	(60%)	1	(20%)	1	(20%)	2	5
Key Points for Sound Plan	1	(100%)	6	1
Ongoing Use of Sound Plan	1	(100%)	6	1
How to Fill Out Sound Plan	2	(100%)	5	2
Tinnitus Problem Checklist	.	.	2	(100%)	5	2
Example Sound Plan Worksheet	2	(50%)	1	(25%)	1	(25%)	3	4

Part 3. Step-by-Step Guide: Changing Thoughts and Feelings to Manage Reactions to Tinnitus

DoD Clinicians

<i>Relaxation Exercises</i>	3	(75%)	1	(25%)	0	4
<i>Deep Breathing</i>	1	(25%)	1	(25%)	1	(25%)	1	(25%)	0	4
<i>Imagery</i>	1	(25%)	1	(25%)	1	(25%)	1	(25%)	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>	.	.	3	(75%)	1	(25%)	0	4

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	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)		
VA Clinicians																
Relaxation Exercises	1	(20%)	3	(60%)		1	(20%)	..		2	5
Deep Breathing	..		4	(67%)		1	(17%)	1	(17%)	1	6
Imagery	..		4	(67%)		1	(17%)	1	(17%)	1	6
Pleasant Activity Scheduling	..		2	(67%)		1	(33%)	..		4	3
Changing Thoughts	..		2	(50%)		1	(25%)	1	(25%)	..		3	4
Changing Thoughts and Feelings Worksheet	..		1	(33%)		1	(33%)	1	(33%)	4	3
Part 4. Protect Your Ears!																
DoD Clinicians																
Standard Earplugs	2	(50%)	2	(50%)		0	4
Custom Earplugs	1	(25%)	3	(75%)		0	4
Hi-fi Earplugs	..		3	(75%)	..		1	(25%)		0	4
Electronic Earplugs	..		3	(75%)	1	(25%)		0	4
Earmuffs	1	(25%)	3	(75%)		0	4
VA Clinicians																
Standard Earplugs	1	(17%)	2	(33%)		2	(33%)	1	(17%)	1	6
Custom Earplugs	1	(17%)	2	(33%)		2	(33%)	1	(17%)	1	6
Hi-fi Earplugs	..		3	(50%)		2	(33%)	1	(17%)	1	6
Electronic Earplugs	..		3	(50%)		2	(33%)	1	(17%)	1	6
Earmuffs	..		3	(50%)		2	(33%)	1	(17%)	1	6
Appendices																
DoD Clinicians																
Appendix A: Description of Tinnitus	1	(25%)	3	(75%)		0	4
Appendix B: What Causes Tinnitus?	1	(25%)	3	(75%)		0	4
Appendix C: Methods of Tinnitus Management	2	(50%)	2	(50%)		0	4

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	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)	N	(%)		
Appendix D: What to Do When Sounds Too Loud	2	(50%)	1	(25%)	1	(25%)	0	4
Appendix E: Effects of Tinnitus	3	(75%)	1	(25%)	0	4
Appendix F: Effects of Hearing Loss	2	(50%)	2	(50%)	0	4
Appendix G: Examples of Using Sound	2	(50%)	1	(25%)	1	(25%)	0	4
Appendix H: How to Choose Devices	.	.	4	(100%)	0	4
Appendix I: Tips for Better Sleep	4	(100%)	0	4
Appendix J: Resources	1	(25%)	2	(50%)	1	(25%)	0	4
VA Clinicians																
Appendix A: Description of Tinnitus	1	(25%)	2	(50%)	1	(25%)	3	4
Appendix B: What Causes Tinnitus?	1	(20%)	1	(20%)	1	(20%)	1	(20%)	1	(20%)	2	5
Appendix C: Methods of Tinnitus Management	1	(20%)	2	(40%)	2	(40%)	2	5
Appendix D: What to Do When Sounds Too Loud	1	(25%)	1	(25%)	2	(50%)	3	4
Appendix E: Effects of Tinnitus	2	(40%)	1	(20%)	1	(20%)	1	(20%)	2	5
Appendix F: Effects of Hearing Loss	2	(50%)	1	(25%)	1	(25%)	3	4
Appendix G: Examples of Using Sound	1	(33%)	1	(33%)	1	(33%)	4	3
Appendix H: How to Choose Devices	1	(25%)	2	(50%)	1	(25%)	3	4
Appendix I: Tips for Better Sleep	2	(50%)	1	(25%)	1	(25%)	3	4
Appendix J: Resources	1	(33%)	1	(33%)	1	(33%)	4	3
DoD = Department of Defense, VA = Veterans Affairs																

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.