



# Effective Health Care

## Treatments for Tinnitus

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Treatments for tinnitus will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator asks whether there are any interventions that can help alleviate or eliminate chronic tinnitus.

**Staff-Generated PICO**

**Population(s):** Patients with or without hearing loss who experience the symptoms of tinnitus

**Intervention(s):** Pharmacological, psychological, or complementary and alternative interventions

**Comparator(s):** No treatment, placebo, or comparative effectiveness of treatments

**Outcome(s):** Reduced severity of tinnitus symptoms, improved patient quality of life

**Key Questions from Nominator:** None

#### Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Patients who experience the symptoms of chronic tinnitus often suffer from interference in their daily lives. In severe cases, tinnitus may be associated with severe depression and anxiety. There are currently no clinical standards or evidence-based best practice guidelines for managing tinnitus. Many systematic reviews were identified that address individual interventions to reduce the severity of tinnitus; however, there is no single review that addresses all of the interventions that have been studied in the treatment of tinnitus.