

Goal Attainment Scale in tinnitus: Treatment Goal Priorities by chronic tinnitus patients in a real-world setting

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INTRODUCTION

Level of evidence of effectiveness of the standard treatment for tinnitus (CBT) is low.

There is need for a Goal Attainment Scale to evaluate treatment effects based on patient satisfaction.

Preliminary work in a clinical sample has identified six common personal treatment goals. Are preliminary identified goals confirmed by a heterogeneous sample of people with bothersome tinnitus and are there any other common personal goals?

Objective: construct a closed-end Goal Attainment Scale for tinnitus for use in research of effectiveness of (new) tinnitus treatments.

METHODS

2 polls were plotted in an online peer support group from a heterogeneous sample:

1st: members were asked to vote for preliminary identified goals and asked to formulate additional personal goals. Corresponding goals were grouped together.

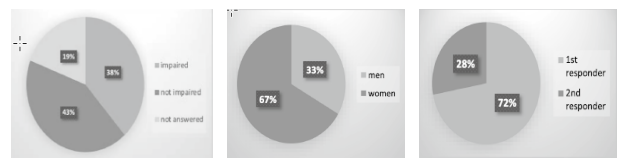
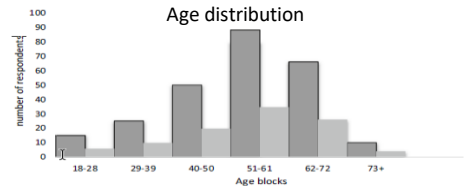
2nd: Goals that were acknowledged by at least 10% of respondents were used in the second poll in which respondents could vote for statements that they recognized themselves in.

RESULTS

The first poll (N = 180) resulted in 15 personal treatment goals. Comparison resulted in five **common personal treatment goals**, confirmed in the 2nd poll (N = 238):

1. gain control
2. improve well-being
3. improve sleep
4. reduce effects on hearing
5. understand tinnitus

Age distribution



No	Preliminary common personal goal	Votes	Votes (%)
1 ^b	Important goal for therapy for me is to reduce the negative effect of tinnitus on hearing	86	14.3 ^d
2 ^b	An important goal for therapy for me is to improve my well-being and feel less depressed or anxious	121	20.1 ^d
3 ^b	Important goal for therapy for me is to be able to manage the influence of the context on my tinnitus	44	7.3
4 ^b	An important goal for therapy for me is to be able to cope better with tinnitus by gaining control over tinnitus	201	33.3 ^d
5 ^b	Important goal for therapy for me is to improve my sleep	91	15.1 ^d
6 ^c	Important goal for therapy for me is to better understand my tinnitus	60	10.0 ^d

^bCommon personal goal identified by Searchfield as well as in Poll 1
^cCommon personal goal identified by Searchfield but not identified in Poll 1

CONCLUSION: closed-end GAS-T

Goal Attainment Scale for Tinnitus (GAS-T) Common Personal Tinnitus Treatment Goal	Level of Treatment Result					Attained Level
	Much less result than expected -2	Somewhat less result than expected -1	Expected result 0	Somewhat more result than expected +1	Much more result than expected +2	
to be able to cope better with tinnitus by gaining control over tinnitus						
to improve my well-being and feel less depressed or anxious						
to improve my sleep						
to reduce the negative effect of tinnitus on hearing						
to better understand my tinnitus						
Total score:						
T-score:						

References

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