Acceptance and Action Questionnaire – Adult Hearing Loss (AAQ-AHL)

In this questionnaire, we use the term “frustration” to describe negative thoughts and feelings about hearing loss. Please replace the word “frustration” with thoughts and feelings about your hearing loss that bother you the most.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never True | Very rarely true | Seldom true | Sometimes true | Often true | Almost always true | Always true |

1. I am leading a full life, despite my frustration with hearing loss.
2. My life is going well, despite negative thoughts and feelings about my hearing

loss.

1. My frustration with hearing loss has made me less involved in activities I enjoy.
2. I wish I could control negative thoughts and feelings about my hearing loss.
3. Frustration with hearing loss does not interfere with my goals.
4. Despite negative thoughts and feelings about my hearing loss, I can still take

care of my responsibilities.

1. I struggle to get things done because of my frustration with hearing loss.
2. I need to manage negative thoughts about my hearing loss to have control over

my life.

1. My negative thoughts and feelings about my hearing loss lead me to avoid

situations.

1. I worry about what others think of my hearing loss.
2. I spend a lot of time thinking how things would be for me without hearing loss.
3. Frustration with my hearing loss keeps me from effectively treating and

managing it.

*Scoring instructions: Reverse score 1, 2, 5, and 6. Sum item ratings to get a total score.*