



**Defense Health Agency (DHA) Clinical Communities Speaker Series**  
**2025 JUNE CCSS: Evidence-Based Approaches for Advancing Excellence in Primary Care**

**2025 JUNE CCSS S05: Practical Application of the VA/DOD Clinical Practice Guideline (CPG) for Tinnitus in Daily Practice**

**Resource List**

Tinnitus is highly prevalent among military Veterans. Severe Tinnitus can be associated with negative impacts on daily life. Veterans with severe Tinnitus may also have greater difficulties in functional roles, including work. However, few studies have explicitly explored this relationship. Traumatic brain injury (TBI), also prevalent among Veterans, is associated with Tinnitus and can additionally impair work functioning. The quantitative investigation, [The impact of tinnitus severity on work functioning among U.S. military veterans with tinnitus](#) (2023) used a population-based survey to assess the relationship between Tinnitus severity, measured using the Tinnitus Functional Index, and the impact of Tinnitus on work, measured using a composite score from the Tinnitus History Questionnaire, among a stratified random sample of VA healthcare-using Veterans diagnosed with Tinnitus, with and without comorbid TBI.

The [VA hearing, tinnitus, and balance research that leads to better patient outcomes and care](#) (2024) is a special issue that consists of eight articles from leading auditory and vestibular researchers based in U.S. Department of Veterans Affairs medical centers across the country. This resource emphasizes understanding of the changing auditory healthcare needs of veterans and opens with an overview of Tinnitus research conducted at both the Rehabilitation Research and Development and the National Center for Rehabilitative Auditory Research (NCRAR). In this review, the authors outline rehabilitative Tinnitus research findings spanning the past 25 years. Then advance to describe the research conducted in Tinnitus assessment and intervention, epidemiology and survey studies, clinical trials, pilot studies, and narrative publications that highlight NCRAR's commitment to the development of Tinnitus clinical management.

In the article, [Mental health symptoms among veteran VA users by tinnitus severity: A population-based survey tinnitus](#) (2021) also noted the high prevalence among service members and veterans and is often comorbid with mental health disorders. Associations between the severity of individuals' Tinnitus and mental health symptoms are not well described. The authors conducted a population-based survey of a stratified random sample of 1,800 Veterans diagnosed with Tinnitus. They used the Tinnitus Functional Index to measure Tinnitus severity and the Primary Care Posttraumatic Stress Disorder (PTSD) screen and the Hospital Anxiety and Depression Scale to assess PTSD, depression, and anxiety. Conclusively noting mental health symptoms are strongly associated with Veterans' Tinnitus severity. However, a better understanding of the interplay between these conditions could help to improve the provision of interdisciplinary (Audiology and Mental Health) care for Service members and Veterans.



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### **References**

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