

Canadian Hard of Hearing Association (CHHA) Quiz

Test yourself with the CHHA quiz to see if you have hearing loss!

To see if you may have a hearing loss take a few minutes to answer the questions below. It might take a few times to look through the list. Some of these issues might occur in one-to-one situations, some in a small group, some in bigger groups, and some might just affect your sense of well-being. Think through your answers.

- Do people sometimes appear to be mumbling?
- Do young people especially appear to be mumbling but other people sound “just fine”?
- Do you ask people to repeat what they have just said?
- Do you ask people to speak up?
- Do you cup your hand behind one of your ears when you are listening to someone?
- Do you lean forward or turn your head to be able to hear someone?
- Do you miss parts of conversations?
- Do people’s voices seem to trail off?
- Do you sometimes have trouble understanding what someone is saying when he/she is not facing you?
- Do you find yourself looking at a person’s lips when they are talking?
- Do you hear what someone is saying but some of the words don’t make sense?
- Do people complain that you are speaking louder than necessary in a conversation or on the phone?
- Do you have difficulty hearing on the telephone?
- Do you experience difficulty hearing people call your name or try to get your attention?
- Do you sometimes miss the punch line in a joke and don’t know why everyone is laughing?

- Do you feel like you've missed crucial pieces of information at meetings, in church, at movies, but you know you have been paying attention at all times?
- Do you have trouble understanding conversations when there is background noise?
- Are you often tired and irritable or have a headache after you've been in a conversation or meeting with someone?
- Do others complain that your TV or radio is too loud?
- Is it difficult to hear the TV commentators when there is music in the background?
- Do you avoid certain situations because you previously had difficulty hearing in that situation?
- Do you find yourself withdrawing from social contact?
- Do people comment that you seem disinterested or not quite "with it"?
- Do you find yourself slow to respond to a question?
- Do you experience dizzy spells, vertigo or have balance problems?
- Do you have a bout of dizziness particularly after a lot of listening or noise around you?
- Do you hear ringing in your ears?
- Do you experience more sensitivity to sound than you did in the past? (A condition called hyperacusis.)

If you've said yes to any of these questions, it is a good idea to have your hearing checked by an audiologist at a reputable hearing clinic. Hearing tests are generally free. Always ask for a copy of your audiogram for your own record and you can see how your hearing levels change. Also keep in mind that people with hearing loss do not say "yes" to all the situations above.