



## **Cognitive behavioural therapy for tinnitus improves quality of life**

**Clinical question** Should I consider cognitive behavioural therapy (CBT) as a treatment for individuals with tinnitus?

**Bottom line** CBT produces a significant improvement in the quality of life (decrease of global tinnitus severity) of participants compared with waiting list controls and an educational intervention, and is not associated with any adverse effects.

**Caveat** CBT does not improve the subjective loudness of tinnitus or the symptoms of clinical depression, if present.

**Context** Tinnitus affects 6–17 per cent of the population, with 0.5–2 per cent having tinnitus that produces sufficient annoyance to interfere with normal daily life.<sup>1</sup> At present there is no specific therapy for tinnitus which benefits all individuals.

(1. Searchfield GD. *NZ Fam Phys* 2003;30:345–349)

### **Cochrane Systematic Review**

Martinez Devesa P et al. Cognitive behavioural therapy for tinnitus. *Cochrane Reviews*, 2007, Issue 1, Article No. CD005233.

*Note: this review contains 6 trials and 285 participants.*

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