

## *Self-Efficacy for Tinnitus Management Questionnaire (SETMQ)*

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**Description:** The Self-Efficacy for Tinnitus Management Questionnaire (SETMQ) is a 40-item measure that quantifies the patient's confidence in managing his/her tinnitus in the following areas: (1) routine tinnitus management, (2) emotional response to tinnitus, (3) internal thoughts and interaction with others, (4) tinnitus concepts, and (5) use of assistive devices. The clinician can use the SETMQ responses to identify areas in which a patient is reporting low or moderate self-efficacy (i.e., <70%) and provide intervention accordingly.

**Instructions:** Provide the patient with the questionnaire and writing instrument. It is important to review the instructions with the patient and ensure that the patient is answering the questions in regards to the confidence that he/she has ***right now*** regarding the given task or behavior.

Estimated completion time: 10 minutes.

**Scoring:** The SETMQ subscale and total scale scores are calculated by taking the average of the item responses.

Routine Tinnitus Management Subscale:  
Questions # 1 – 16

Emotional Response to Tinnitus Subscale:  
Questions # 17 – 25

Internal Thoughts and Interaction with Others Subscale:  
Questions # 26 – 33

Tinnitus Concepts Subscale:  
Questions # 34 – 37

Use of Assistive Devices Subscale:  
Questions # 38 – 40

Overall Tinnitus Self-Efficacy:  
Questions #1 - 40