

Patient name:	Date: Interval:	Audiologist:
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**Listening Effort Assessment Scale** (Alhanbali, Dawes, Lloyd & Munro 2016)

The following questions inquire about the level of effort you experience when hearing and listening in different situations in your daily hearing conditions.

For each question, put a mark, such as a cross (x), anywhere on the scale shown against each question that runs from 0 through to 10. Putting a mark at 10 means that you experience a lot of effort as described in the question. Putting a mark at 0 means you experience no effort at all with what is described in the question.

**We expect that all the questions are relevant to your everyday experience, but if a question describes a situation that does not apply to you, put a cross in the “not applicable” (NA) box.**

Question	Rate
1. Do you have to put in a lot of effort to hear what is being said in conversation with others?	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>
2. How much do you have to concentrate when listening to someone?	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>
3. How easily can you ignore other sounds when trying to listen to something?	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>
4. Do you have to put in a lot of effort to follow discussion in a class, meeting, or a lecture?	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>
5. Do you have to put in a lot of effort to follow the conversation in a noisy environment (e.g., a restaurant, at family gatherings?)	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>
6. Do you have to put in a lot of effort to listen on the telephone?	○○ <input type="checkbox"/> 0 1 2 3 4 5 6 7 8 9 10 NA <small>Not at all <span style="float: right;">A lot of effort</span></small>

