

A Clinical Investigation of Tinnitus Retraining Therapy (TRT) at the Department of Otolaryngology, Fukuoka University Hospital

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Abstract : Tinnitus Retraining Therapy (TRT) is based on the theory of Jastreboff's neurophysiological model. The purpose of TRT is habituation by directive counseling while using noise generated by a device called the Tinnitus Control Instrument (TCI). 26 patients suffering from chronic tinnitus were attempted to undergo TRT at Fukuoka University Hospital from July 2003 to April 2006. As a result, 10 patients could start TRT and 4 patients could continue over 6 months. Although previous studies indicated that over 70 percent of all patients showed a significant improvement, it remains difficult to start this therapy. For example, the theory is difficult for some patients to comprehend, the device (TCI) is expensive and some patients feel discomfort with the noise generated by TCI. We studied which patients can easily start and continue TRT.

Key words : TRT, Tinnitus Retraining Therapy, Noise generator, Habituation, Tinnitus