



Key Points Summary

Carlson, K. F., Gilbert, T. A., O'neil, M. E., Zaugg, T. L., Manning, C. A., Kaelin, C., Thielman, E. J., Reavis, K. M., & Henry, J. A. (2019). Health care utilization and mental health diagnoses among veterans with tinnitus. *American Journal of Audiology*, 28(1S), 181-190. doi:10.1044/2018_aja-ttr17-18-0042

Primary Question this Study Addresses

Among Veterans who receive VA health care, do those diagnosed with tinnitus have higher rates of TBI, health care utilization, and mental health diagnoses?

Study Findings That Add to Our Knowledge

Among 617,534 eligible Veterans, about 4 out of every 100 had a tinnitus diagnosis. Veterans with tinnitus were more likely to have hearing loss and a mild TBI diagnoses. Veterans with tinnitus had higher annual health care utilization than those without tinnitus.

Statistical modeling found that Veterans with tinnitus were more likely to be diagnosed with anxiety, depression, and substance use disorders than those without tinnitus.

How Study Evidence Might Be Used in Practice

Veterans diagnosed with tinnitus may be more likely to have sustained a TBI and/or have mental health disorders such as anxiety, depression and substance use.

Clinicians treating individuals for tinnitus should use best practice standards, be alert for signs and symptoms of cognitive or mental health issues, and make appropriate healthcare service referrals as symptoms present.

For tinnitus best practice resources, please access the link below.

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

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