

이명에 의한 장애 정도와 삶의 질에 미치는 영향

백 무 진 · 황 문 섭

Handicap of Tinnitus and Quality of Life in Tinnitus Patients

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-ABSTRACT-

Background and Objectives : Tinnitus is a multifaceted disorder that can affect an individual's hearing, health, emotion and life style. This study was designed to investigate the relations between tinnitus and the handicap of daily lives and the quality of life. **Materials and Methods** : The subjects were 110 patients with tinnitus, who had visited our clinic, from 1999 October to 2000 March. We performed the audiometric tests, tinnitus studies such as pitch match, loudness balance test and also checked the general characteristics of tinnitus. The degree of handicap of tinnitus and quality of life were measured using preformed questionnaires. Relationships between tinnitus intensity and degree of handicap of tinnitus, quality of life were analyzed by t-test and Pearson correlation coefficient. **Results** : Sixty percents of the patients complained the tinnitus for whole days. The intensity of tinnitus was various between 15 - 85 dB (HL), most commonly 15 - 30 dB (HL) for both sides. The mean score of the handicap of tinnitus was 114.61 ± 56.81 (5 - 259) and there was no difference between uniaural and binaural tinnitus in the handicap. The intensity of tinnitus was related with the handicap positively ($r=0.303$, $p<0.001$). On quality of life, the average score was 141.65 ± 21.70 (97 - 233). Also, there was significant relationship between the handicap of tinnitus score and the quality of life negatively ($r=-0.314$, $p<0.001$). **Conclusion** : Tinnitus could be influenced on patients' quality of life. However, even under the stressful conditions, some patients showed relatively high quality of life. For improving the quality of life, we think that new treatment method that can modify the patient's faith and attitude about tinnitus is required. (J Clinical Otolaryngol 2002;13:50-55)

KEY WORDS : Tinnitus · Quality of life.

서 론 가, , 가
가, .¹⁾

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20%
 Tyler³⁾
 4)
 4-6)
 대상 및 방법
 1999 3 2000 3
 t - test
 Pearson Correlation Coefficient
 55 110
 20 60
 40
 이명에 대한 객관적 검사
 66 (60.0%) 가 , 가 25 (22.7%),
 가 19 (17.3%)

이명 장애와 삶의 질의 평가를 위한 설문지 구성 및 평가 방법
 27
 47
 27 Kuk⁶⁾
 “
 ” “ ” 10 , “
 ” 0 ,
 5 0 10
 0 270
 가 가
 1988 Roh⁷⁾가 47
 9 , 11 ,
 8 , 9 , 4 , 가
 6 6 , “
 ” “ ” 5
 47 235 가
 가

1 62 (56.4%) 가 5
 15 (13.6%), 1 2 14 (12.7%),
 2 3 11 (10.0%), 3 5
 8 (7.3%) . 45
 (40.9%) 가 가 36 (32.7%),
 가 29 (26.4%) .
 가 31.8% 가 22.
 8%, 16.4%, 가
 10.0%, 가 9.0% (Table 1).

청력 및 이명검사 결과

81.8% 가
 7.2%, ,
 5.5% , 75.5% 가
 10.0%, 9.1%,
 4.5%, 0.9% (Table 2).
 Loudness balance
 16 14
 hearing level 51
 15~30 dB 31 (55%) 가 , 35~50
 dB 15 (26%), 55~70 dB 9 (16%), 75 dB
 2 (3.4%) 15 dB 85 dB

Table 1. Subjective loudness of tinnitus

Degree	Cases	%
Very low	10	9.0
Low	25	22.8
Moderate	11	10.0
High	35	31.8
Very high	18	16.4
Changing	11	10.0
Total	110	100

Table 2. Results of PTA threshold

Classification	Right		Left	
	Cases	%	Cases	%
Normal	90	81.8	83	75.5
Mild HL	8	7.2	10	9.1
Moderate HL	6	5.5	11	10.0
Moderately severe HL	6	5.5	5	4.5
Severe HL	0	0.0	1	0.9

, 67 15~
 30 dB 39 (58%) 가 , 35~50 dB 18
 (27%), 55~70 dB 9 (13%), 75 dB 1
 (1%) 15 dB 80 dB
 (Table 3). sensation level
 - 10 dB 25 dB
 - 10 dB 30 dB
 (Table 4).
 4000 Hz가 25.7% 가
 , 1000 Hz, 6000 Hz, 8000 Hz, 2000 Hz

Table 3. Results of loudness balance test

Loudness (dB HL)	Right		Left	
	Ears	%	Ears	%
15	4	6.9	6	9.0
20	13	22.4	11	16.4
25	8	13.8	12	17.9
30	7	12.1	10	14.9
35	6	10.3	7	10.4
40	2	3.4	4	6.0
45	3	5.2	5	7.5
50	4	6.9	2	3.0
55	4	6.9	3	4.5
60	3	5.2	1	1.5
65	0	0	3	4.5
70	2	3.4	2	3.0
75	0	0	0	0
80	1	1.7	1	1.5
85	1	1.7	0	0
Total	58	100	67	100

Table 4. Results of loudness balance test

Loudness (db SL)	Right		Left	
	Ears	%	Cases	%
Below 0	11	19.0	15	22.4
5	32	55.2	40	59.7
10	9	15.1	8	11.9
15	4	6.9	2	3.0
20	1	1.7	1	1.5
25	1	1.7	0	0
Above 30	0	0	1	1.5
Total	58	100	67	100

제 목

가 233

중심 단어 :

2000
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