

# Mindfulness-Based Tinnitus Stress Reduction (MBTSR): 12-Month Follow-Up Study



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# MBTSR Structure

- 8 weeks
- 2 ½ hour class per week
- 1 full daylong between 6<sup>th</sup> & 7<sup>th</sup> week
- Home Practice: 30 minutes per day, 6 days/week
- Generally 1 instructor with up to 40 participants

# Methods

- 8 tinnitus patients who had previously received Tinnitus Counseling (standard of care) at the UCSF Audiology Clinic participated
- 30-minute introduction to MBTSR, consents were signed
- Pre-assessment measures administered
- 8-Week MBTSR program
- Participants practiced Mindfulness Meditation 30 mins daily as Home Practice (Weekly Home Practice Worksheets were collected at each class)
- Post-Intervention Feedback Form (PIFF) administered at the end of the last class
- Post-assessment measures were filled out at home and mailed back to the Clinic
- Tinnitus Handicap Inventory (THI) was administered at 12-Month Follow-up

- The results from the (2013) study were nothing short of impressive. Across the board, participants in the MBTSR course experienced:
  - decrease in the annoyance of tinnitus and its impact on their daily lives
  - decrease in level of depression and anxiety
  - improvement in level of social functioning and mental health
  - increase in level of non-judgmental mindfulness

## Pre-, Post-, & 12-Mo Follow-Up

### Intervention Score Differences with Effect Sizes

Measure	Pre-MBTSR Mean (SD)	Post-MBTSR Mean (SD)	12-mo FU Mean (SD)	Effect Size (Cohen's <i>d</i> ) *
<b>THI</b>	50.63 (15.22)	39 (21.8)	23.6(16.8)	.69
<b>VAS</b>	59 (24.87)	36.88 (24.26)		.99
<b>Tinnitus Awareness</b>	60 (33.7)	41.25 (32.49)		.64
<b>FFMQ</b>				
<b>Non-Judge</b>	28 (5.09)	32.25 (6.94)		-1.29
<b>Observing</b>	30.13 (5.64)	31.75 (3.92)		-.46
<b>Non-Reactivity</b>	20.38 (4.81)	23 (9.44)		-.52
<b>Describe</b>	29.75 (5.78)	32.38 (5.53)		-.57
<b>Acting with</b>	28 (6.57)	27.75 (4.4)		-.05
<b>Awareness</b>				
<b>SF-36</b>				
<b>Social Functioning</b>	39.5 (10.35)	49 (46.3)		-.70
<b>Mental Health</b>	44.78 (11.21)	49.33 (9.32)		-.62
<b>Vitality</b>	50.83 (9.1)	53.78 (6.94)		-.46
<b>HADS</b>	15.5 (6.46)	13.38 (7.23)		.30
<b>SCL-90-R</b>				
<b>Depression</b>	66.5 (12.3)	56.38 (24.44)		.52
<b>Phobic Anxiety</b>	65.38 (13.31)	50.39 (21.77)		.62
<b>Somatization</b>	60.13 (14.75)	49.89 (23.5)		.58
<b>Anxiety</b>	63.38 (12.57)	54.88 (23.95)		.41

\*Effect Size (ES) rather than levels of significance were reported due to a small sample size.

# Tinnitus Symptom Severity & Awareness Pre-, Post- & 12 mo Follow-Up Mean Scores

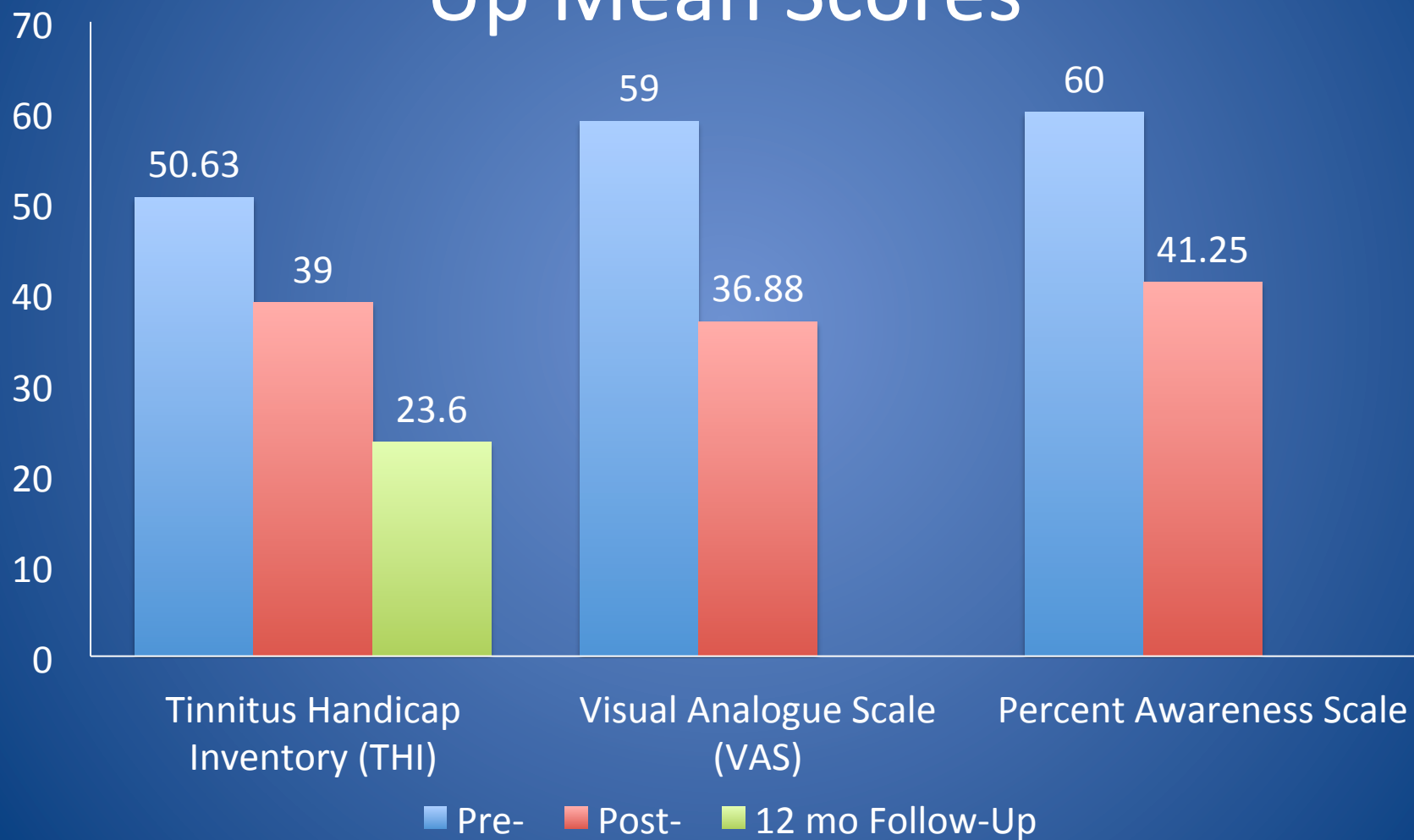
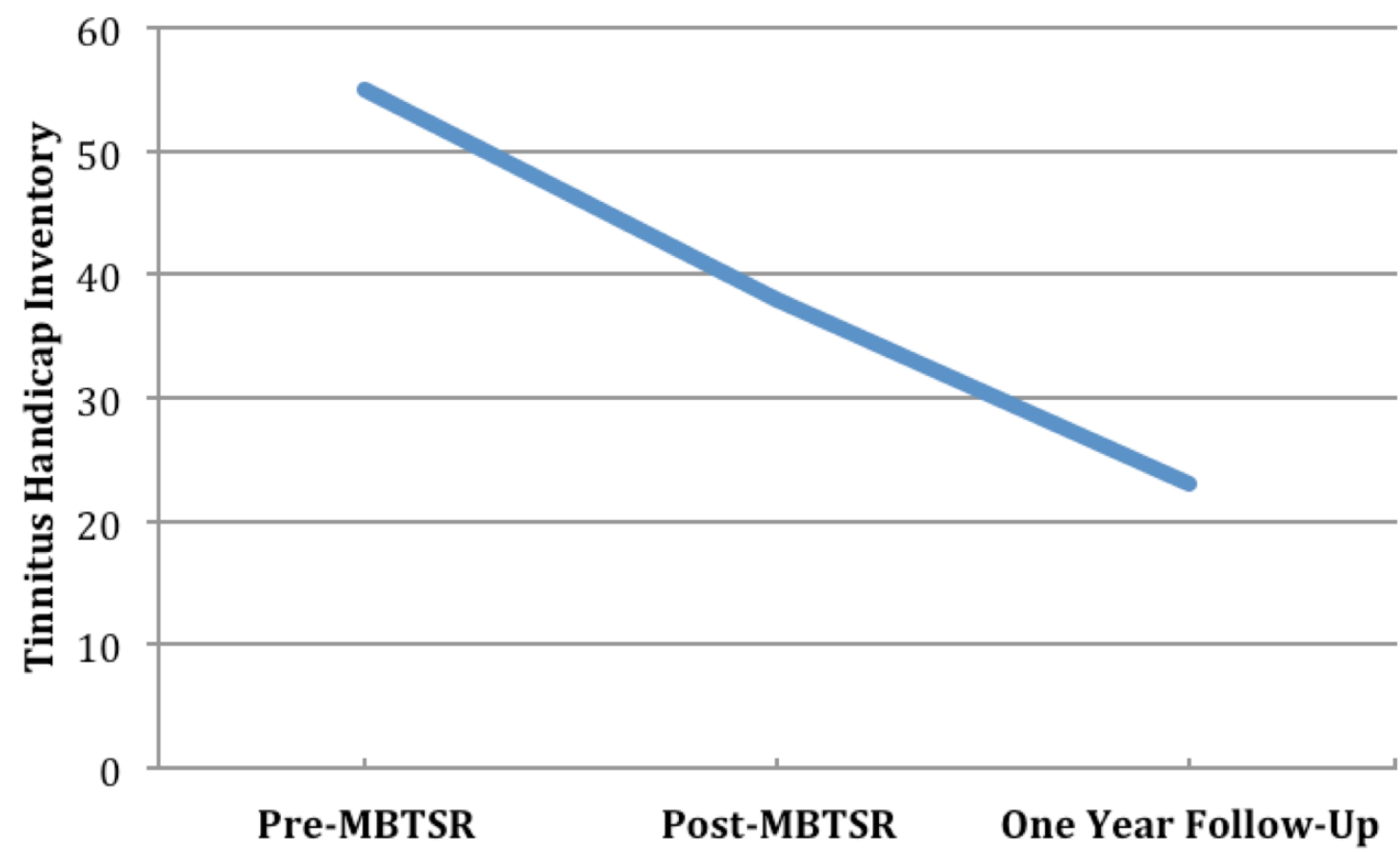


Table 2

12-Month Follow-Up Tinnitus Handicap Inventory (THI) scores observed across all subjects (n=7)

Participant	Pre- Tinnitus Handicap Inventory	Post- Tinnitus Handicap Inventory	12-month FU
1	52	20	10
2	72	64	50
3	66	44	24
4	40	32	22
5	78	55	26
6	24	20	8
7	54	34	20

Figure 1.



n=7



# Conclusion & Future Directions

- Larger randomized controlled studies (with active control group)
- Neuroimaging studies looking at differences in brain activation
- Utilizing the MBTSR.com online course to reach a broad range of people internationally with bothersome tinnitus



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MINDFULNESS BASED TINNITUS STRESS REDUCTION

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