

Does use of the MindEar app reduce tinnitus related distress in patients awaiting tinnitus therapy?

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Background

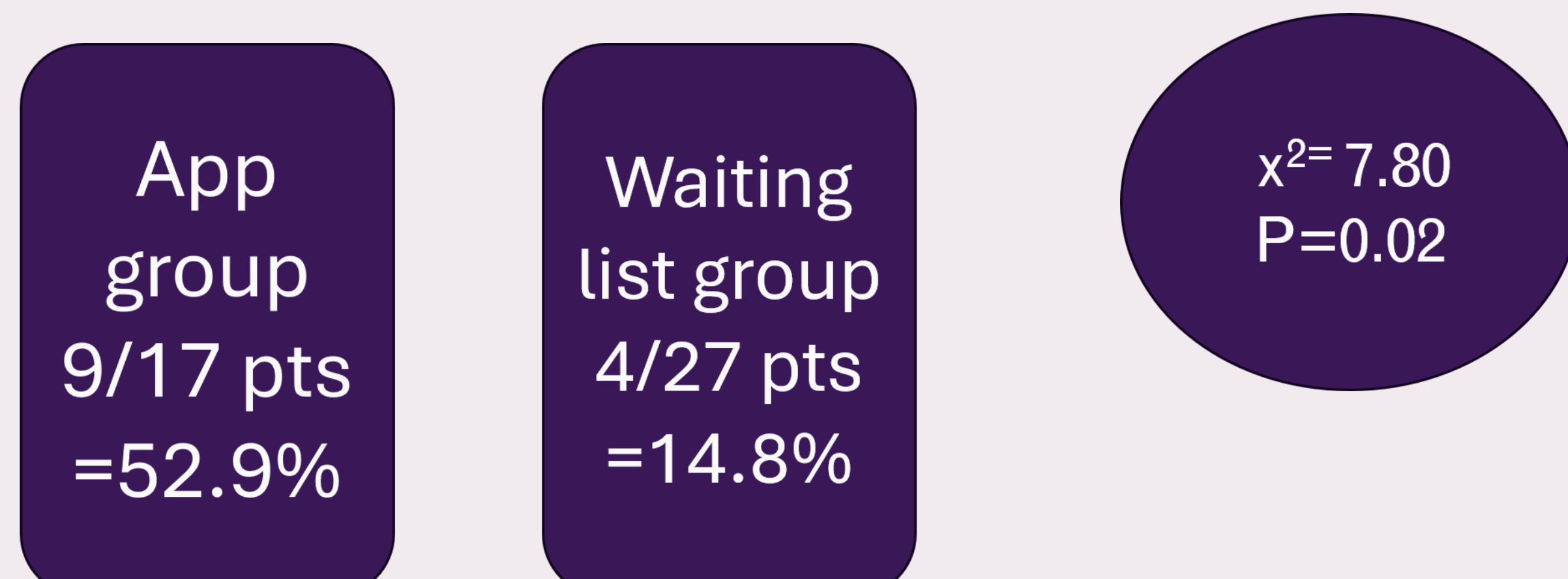
- Catastrophizing and rumination associated with greater tinnitus distress (Cima et al, 2011).
- Negative thought spirals become embedded with time
- Wait times for NHS tinnitus clinics typically 6–18 months long
- Online, CBT-based interventions are effective (Beukes et al, 2018)

Results

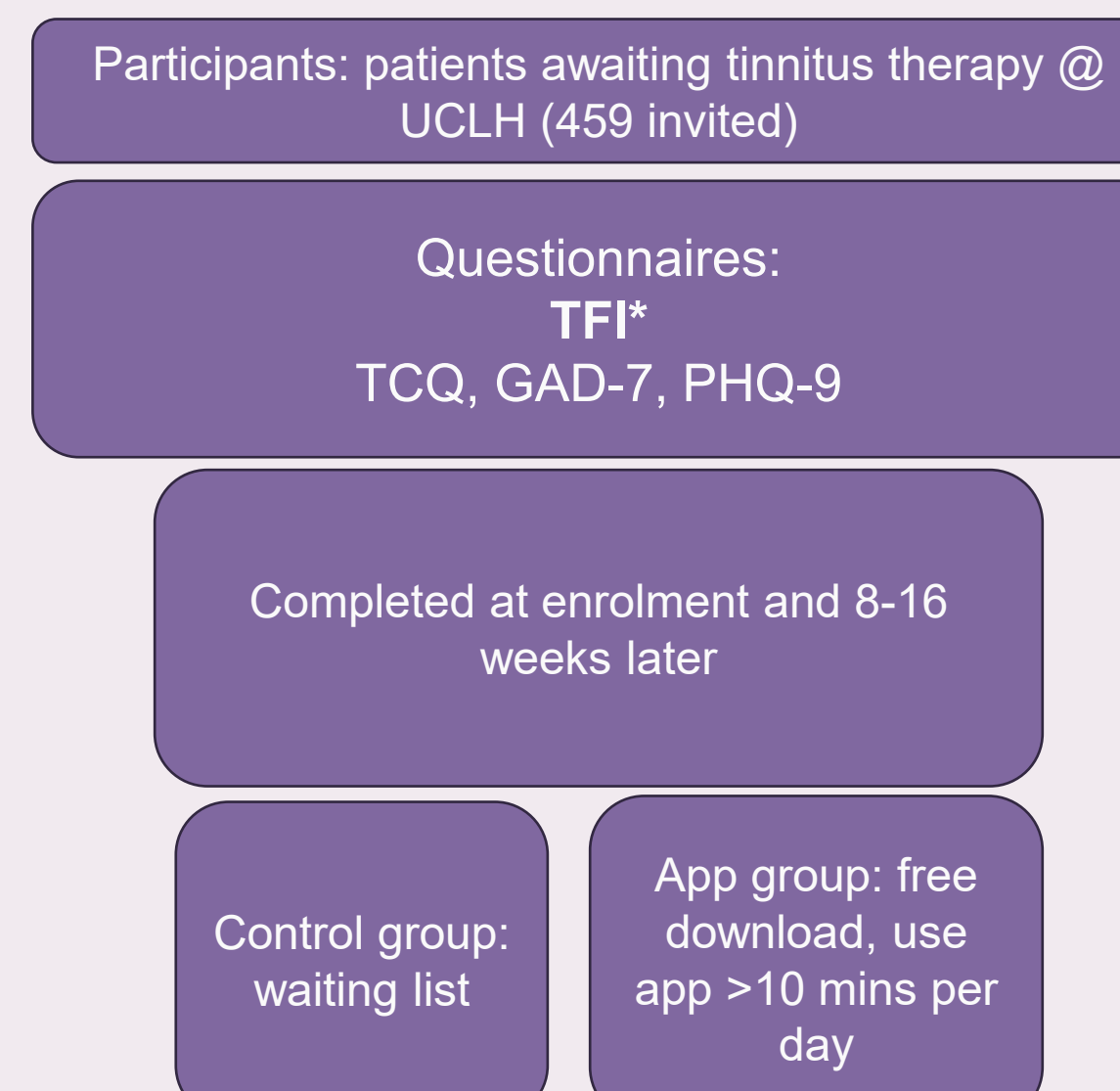
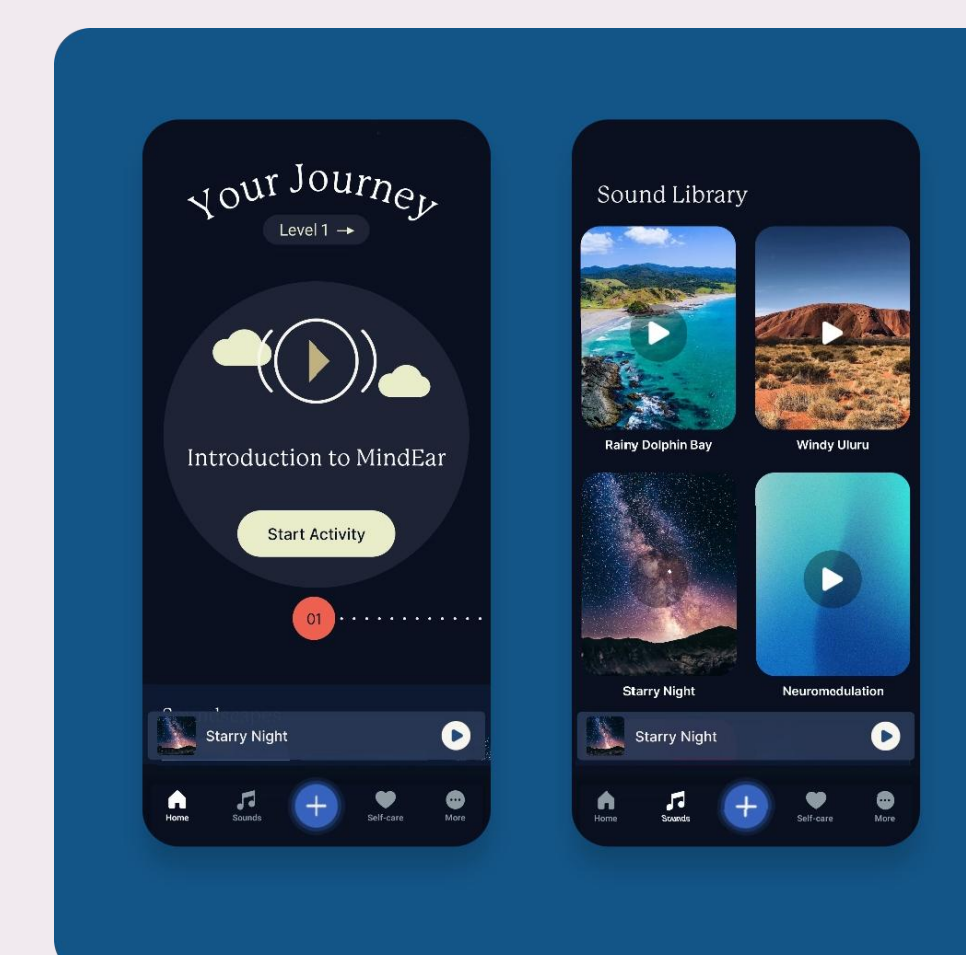
- 125 responses to initial invitation
- 44 people completed full study
- 51% of app group dropped out vs 6% waiting list

Age	Sex	HL
Mean=54.3	F=23 M=21	No=8 Yes=36

Tinnitus Functional Index– clinically significant improvement (–13 points)



Materials and Methods



App includes tinnitus information, natural sounds, relaxation & mindfulness routines, CBT-informed chatbot. Already shown to reduce tinnitus-related distress in members of public (Bardy et al, 2024, Jackson et al, 2026)

TFI Subscales and TCQ, GAD-7, PHQ-9– ANOVA



- Larger mean score decreases on most subscales for app group compared to waiting list.
- Sense of control (SC), Intrusiveness (Int) and Emotion (Em) decreased the most.
- Tinnitus Cognitions score also decreased more in app group.
- No change in anxiety (GAD-7) or depression (PHQ-9) from low baseline.

Implications

- Amongst clinic patients, enthusiasm to try the app is low
- Many people give up quickly

BUT

- MindEar can significantly reduce tinnitus distress for patients who engage with it.
- Worth recommending.
- May help introduce patients to effective approaches prior to first appointment.

*Questionnaire names; Tinnitus Functional Index, Tinnitus Cognitions Questionnaire, General Anxiety Disorder Scale, Patient Health Questionnaire.