Significant Other Scale for Hearing Disability (SOS-HEAR)

We are interested in finding out what it is like having a spouse or partner with a hearing impairment. Here are some experiences that other participants have shared with us. Read each statement carefully and circle how much of a problem it is for you. It may or may not be a problem for you.

Name: ________________________ Date: ____________

1. Because of my partner’s hearing difficulties I have to repeat myself often.

   For me this is:
   0  1  2  3  4
   No problem a mild a moderate a severe a complete problem

2. Because of my partner’s hearing difficulties I have to raise the volume of my voice when talking to him/her.

   For me this is:
   0  1  2  3  4
   No problem a mild a moderate a severe a complete problem

3. Because of my partner’s hearing difficulties we do not communicate spontaneously or have as many conversations about trivial things as often as I would like.

   For me this is:
   0  1  2  3  4
   No problem a mild a moderate a severe a complete problem

4. Because of my partner’s hearing difficulties I cannot whisper secrets to him/her.

   For me this is:
   0  1  2  3  4
   No problem a mild a moderate a severe a complete problem
5. Because of my partner’s hearing difficulties I have to make sure I am face-to-face when talking to him/her.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

6. Because of my partner’s hearing difficulties we do not communicate as often as I would like.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

7. Because of my partner’s hearing difficulties I have to answer the phone for him/her.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

8. Because of my partner’s hearing difficulties I have to answer for him/her during group conversations.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

9. Because of my partner’s hearing difficulties I have to make phone calls for him/her.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem
10. Because of my partner’s hearing difficulties I have to ‘coach’ or ‘cue’ him/her during group conversations by telling him/her when someone is speaking to him/her.

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11. Because of my partner’s hearing difficulties I have to act as an interpreter during group conversations by repeating others’ comments/questions to my partner.

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12. Because of my partner’s hearing difficulties when we are both in conversation with others I have to listen into his/her conversation as well as my own to make sure he/she responds appropriately to what is being said.

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13. Because of my partner’s hearing difficulties I withdraw from my partner and do things alone.

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14. Because of my partner’s hearing difficulties I am less satisfied with the relationship I have with my partner.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

15. Because of my partner’s hearing difficulties I worry that she/he doesn’t hear warnings, such as shouts or alarms.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

16. Because of my partner’s hearing difficulties I do not go to as many social gatherings as I would like.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem

17. Because of my partner’s hearing difficulties I do not go to the movies and/or the theater as often as I would like.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
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4 a complete problem

18. Because of my partner’s hearing difficulties I do not go to noisy environments (e.g. restaurants) with my partner as often as I would like.

For me this is:
0 No problem
1 a mild problem
2 a moderate problem
3 a severe problem
4 a complete problem
19. It makes me upset that I have to adapt to my partner’s hearing difficulties.

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20. I am constantly thinking about my partner’s hearing difficulties.

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21. Because of my partner’s hearing difficulties I have had to accept the situation as it is and learn to ‘live with it’.

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22. It makes me angry when I have to tolerate the loud volume of the television.

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23. Because of my partner’s hearing difficulties cause me to feel frustrated.

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24. Because of my partner’s hearing difficulties I worry about what people think of him/her when he/she doesn’t respond to questions or conversation.

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25. During social activities I have to explain my partner’s hearing difficulties to friends and family to protect him/her from embarrassing situations.

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26. I feel sorry for my partner because of his/her hearing difficulties.

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