

AUDITIVE STIMULATION THERAPY AST® INTERVENTION IN SUBACUTE AND CHRONIC TINNITUS

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Background/Aims

A study at the Tinnitus Therapie Zentrum Krefeld, Germany, explored the efficiency of a multimodal therapy concept (Krefelder Modell) for out-patients suffering from subacute and chronic tinnitus over a projected period of three years. Data on treatment results of 700 tinnitus patients were collected and evaluated in a two-phase study.

Method

Data of the two-week therapy were collected with questionnaires immediately prior to and after therapy, and at a follow-up after 6 months. Apart from anamnestic details, patients were asked for subjective personal evaluation of treatment. In addition, the tinnitus questionnaire (Goebel & Hiller) was employed at all measurement times in phase I (n=155). In phase II (n=545) it was employed prior to and after the start of the therapy.

Results

The efficiency of the entire concept was explored first. Definite improvements were achieved in regard to subjective results. 40 % of patients responded to the question of whether therapy had helped them to cope with ear ringing with “excellent”, 29 % with “good” and 16.8 % with “satisfactory”.

At a follow-up, patients were also asked about any remaining ear noises from which they were suffering. 3.2 % answered that these noises had stopped completely; 30.8 % indicated that they were free from complaints for some of the time, and approximately two thirds reported continued ear noises over the past six months, which, however, had diminished noticeably.

A comparison of the individual therapy types within the concept showed a surprisingly high share of AST® in the positive result.

Discussion/Conclusion

In comparison with studies into other treatment concepts with hospitalized patients and out-patients, the multimodal treatment concept described above produced noticeably better therapy results.