



What are the Current recommendations for the use of sound therapy in adults with Hyperacusis?

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Integrated Clinical Academic (ICA) internship



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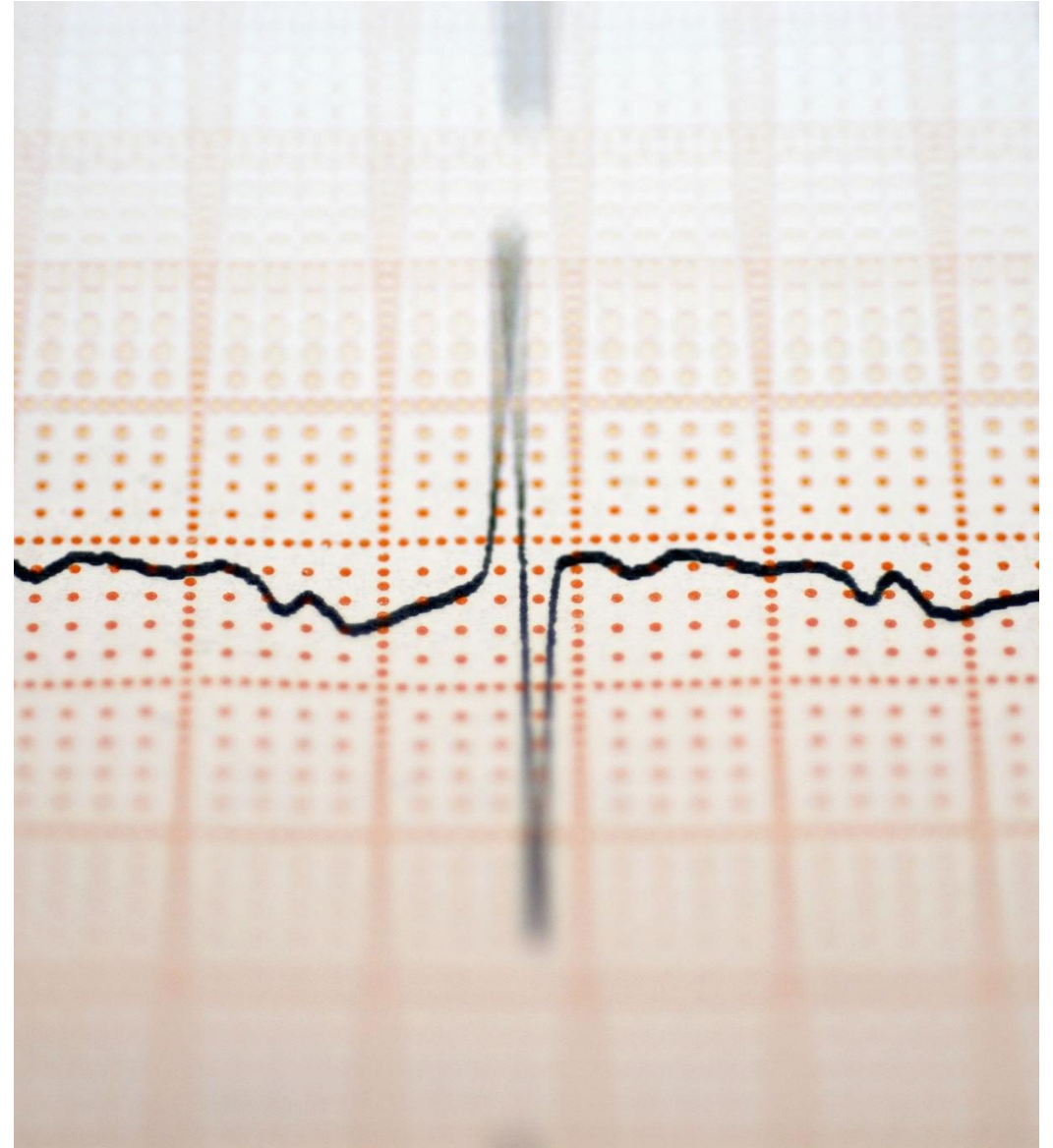
Background

- Hyperacusis is a sound intolerance condition defined as 'reduced tolerance to sound (s) that are perceived as normal to the majority of the population or were perceived as normal to the person before their onset of Hyperacusis'.
- Sound therapy is an intervention that involves gradually and safely reintroducing sounds until the sound experience becomes more manageable.
- However....



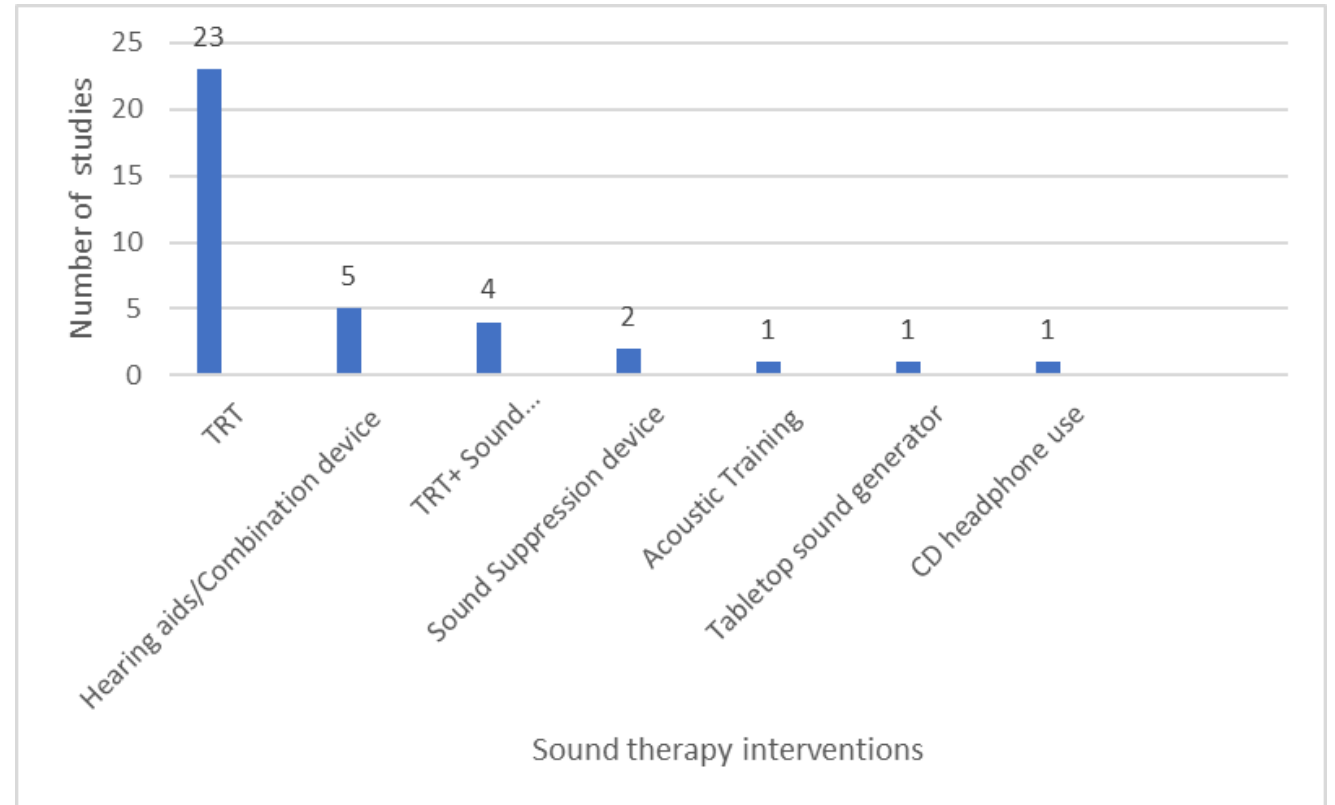
Aims

- What and how is sound therapy used to treat patients with hyperacusis? Scoping review
- Explore the use of sound therapy to treat hyperacusis in clinical practice within the UK by audiologists-Survey.
- ARE INTERVENTIONS AND CLINICAL PRACTICE STANDARDISED?



Results of scoping review

- 31 articles identified in scoping review
 - 9 case studies, 4 cohort studies, 5 RCTs, 4 NRCT, 8 retrospective studies.
 - Studies included patients reporting hyperacusis as part of a symptom set with comorbidities
- Seven sound therapy interventions identified
- BUT did they show improvements for hyperacusis?



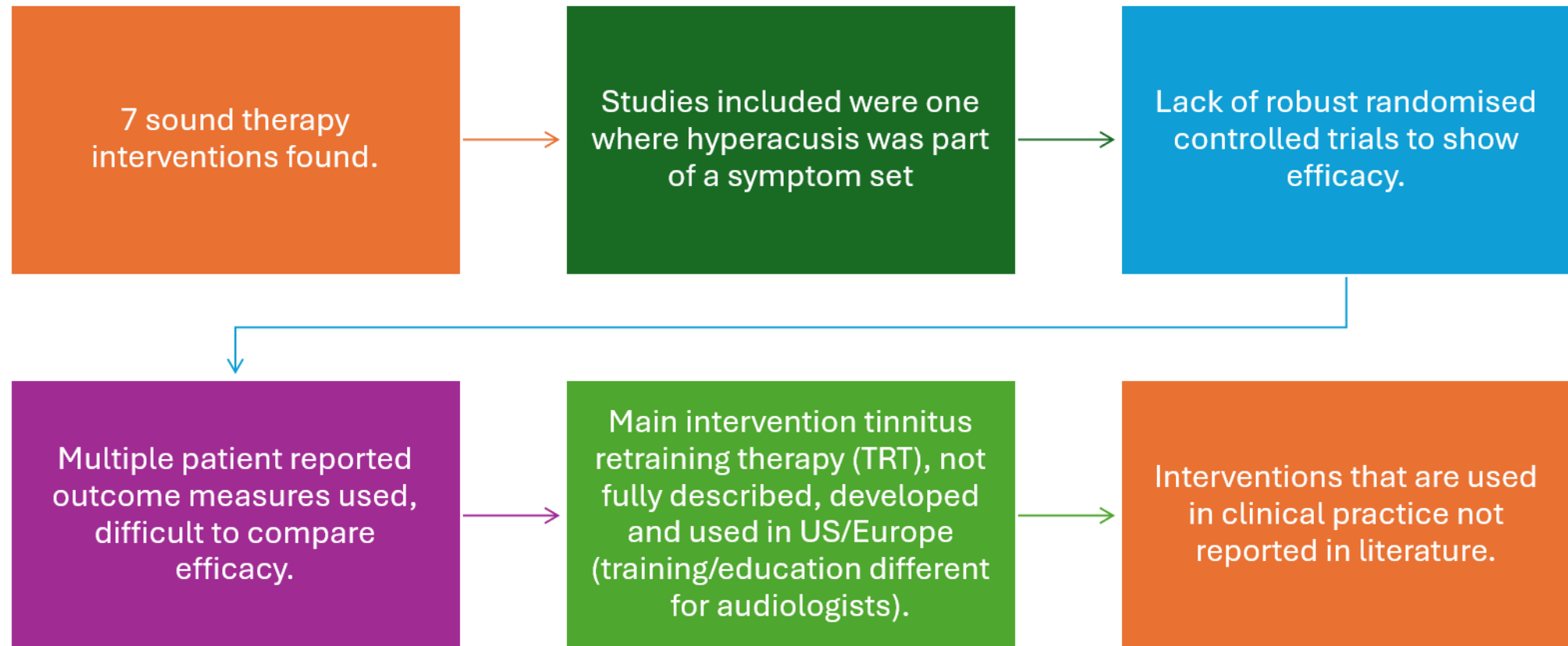
Results of scoping review

- Variability on patient reported outcome measures.
- These included PROMS that were not **Hyperacusis specific** and looked at :
- Symptom severity scales/ tinnitus-related questionnaires/ psychological or emotional impact questionnaires /QoL and functional impact PROMS/LDLs/ Clinician judgement reporting on improvement.

Table 2. Outcomes of interventions.

Intervention	Outcome
Acoustic training	Positive—Improvement seen in symptoms/tolerance
Headphone/CD player	Positive—Improvement seen in symptoms/tolerance
Phase-out device	Negative—No improvement seen in symptoms/tolerance
Sound suppression devices	Positive—Improvement seen in symptoms/tolerance
TRT protocol	Positive—Improvement seen in symptoms/tolerance
Tabletop sound generators	Positive—Improvement seen in symptoms/tolerance
Hearing aids/sound generators/combination devices	Positive—Improvement seen in symptoms/tolerance

Key findings from scoping review



Further reading.....



- <https://doi.org/10.3390/brainsci14080797>

Survey methods

- An online survey with 39 open/closed questions
- Responses were obtained from April 2024 to June 2024.
- 20 UK-based audiologists with experience of using sound therapy for hyperacusis in adults

Roles/titles	Number of respondents
Chief audiologist/head of audiology	3
Advanced audiologist/clinical lead/scientist	6
Senior/specialist audiologist/therapist	9
Independent audiologist	1
Company director	1
Mentor audiologist	1

Location	Number of respondents
East Midlands	8
Southwest England	4
Northwest England	2
East of England	1
South East England	1
Northeast England	1
London	1
Scotland	2
Wales	1

Survey Results and Key Findings.....

- 6 sound therapy interventions:
 - Environmental sounds
 - CDs/internet downloads/ app-based sounds
 - Tabletop sound generators,
 - Ear level sound generators,
 - Hearing aids
 - Combination devices

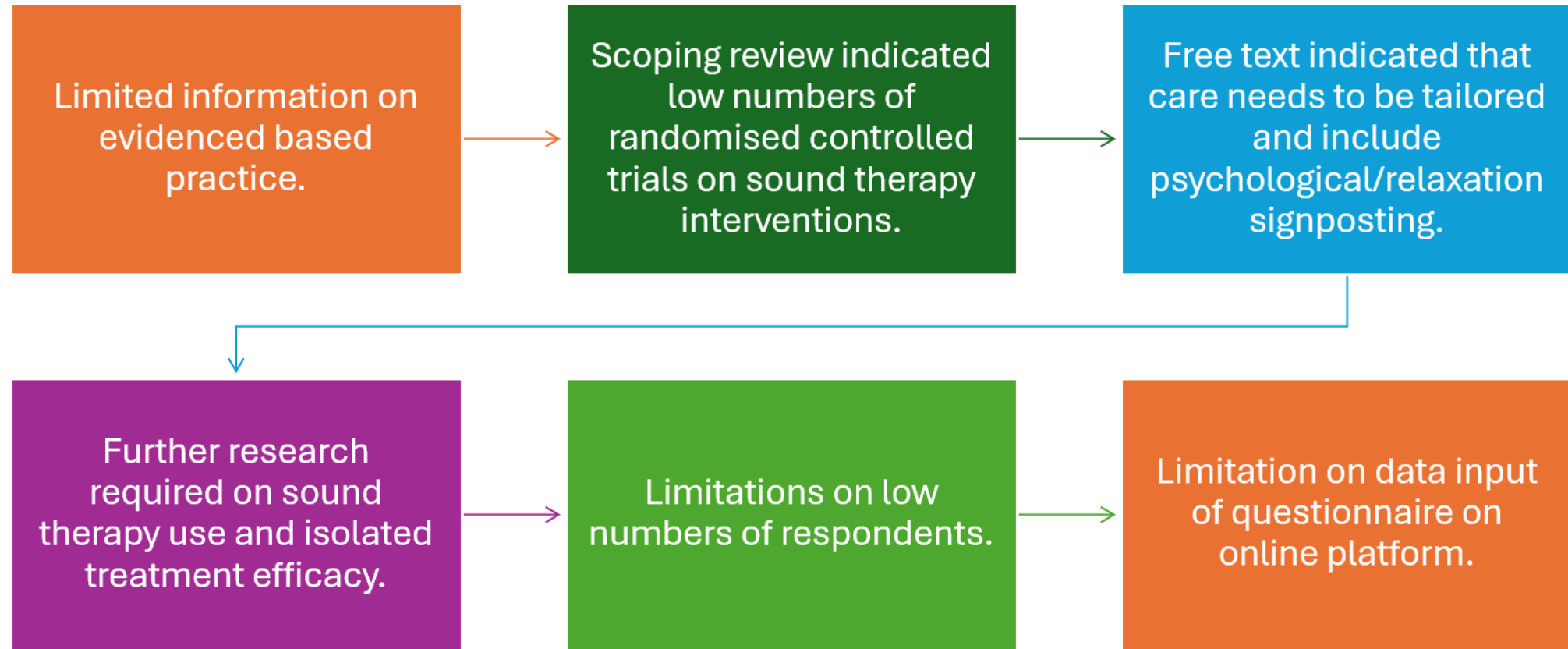
Table 2: Treatment parameters comparing environmental/CD/internet/mobile phones with tabletop sound generators and wearable sound generators including hearing aids

	Environment/CD/Internet/ mobile phone applications, <i>n</i> (%)	Table top sound generator, <i>n</i> (%)	Wearable sound generators, <i>n</i> (%)	Hearing aids as sound generators, <i>n</i> (%)
Exposure length - minutes of use				
<30 min	7 (35)	6 (30)	7 (35)	8 (40)
≥30-<60	8 (40)	8 (40)	8 (40)	6 (30)
≥60-<120	2 (10)	0	1 (5)	2 (10)
≥120 min	4 (20)	0	4 (20)	2 (10)
No option applies	2 (10)	8 (40)	3 (15)	6 (30)
Exposure length - how often				
Every day	19 (95)	18 (90)	19 (95)	19 (95)
Every other day	1 (5)	2 (10)	1 (5)	2 (10)
Every week	1 (5)	1 (5)	0	2 (10)
Every 2 weeks	0	1 (5)	0	1 (5)
Every month	0	2 (10)	1 (5)	1 (5)
Incremental increase (min)				
<10 min	8 (40)	-	-	9 (45)
≥10-<20	6 (30)	-	-	4 (20)
≥20-<30	4 (20)	-	-	3 (15)
≥30-<60	4 (20)	-	-	6 (30)
Expected treatment length (months)				
<3	6 (30)	7 (35)		5 (25)
≥3-<6	10 (50)	9 (45)		9 (45)
≥6-<9	6 (30)	5 (25)		5 (25)
≥9-<12	4 (20)	4 (20)		7 (35)
≥12-<15	4 (20)	4 (20)		5 (25)
≥15-<18	-	1 (5)		1 (5)
≥18-<24	-	1 (5)		2 (10)
≥24	-	1 (5)		1

Survey Results and Key findings.....

- ? Varied advice around length of exposure.
 - ? Varied opinions on treatment length.
 - ? Varied advice about what other interventions can be signposted to.
 - ? No standardised process and further research is required.
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- Free text response indicate:
 - Sounds may be tailored for individuals
 - Therapy may include counselling and relaxation interventions.

Discussion and Limitations for scoping review and survey



Further reading.....

Original Article

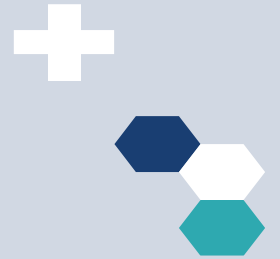
An online survey of sound therapy used to treat hyperacusis in adults in clinical practice in the UK

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[An online survey of sound therapy used to treat... : Hearing Balance and Communication](#)

Thank you for listening



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