

Figure 4 CONSORT flow diagram: Transparent reporting of trials.

Table 3 Baseline characteristics chart: Central tendencies between healthy individuals and tinnitus sufferers

	All	Control	Acoustic Therapies*
Mean Age (min-max)	56,3333 (37-80)	42,84 (70-22)	57,54 (37-80)
Gender (male/female)	33/47	7/5	33/47
Mean BPM (min-max)	70,33 (52-97)	71,33 (56-88)	72,18 (52-97)
Tinnitus Intensity Range with higher repeatability (%)	25-60 dB (50,63%)	N/A	25-60 dB (52,56%)
Tinnitus Frequency Range with higher repeatability (%)	F>4k Hz (63,29%)	N/A	F>4k Hz (65,38%)
Tinnitus Laterality Range with higher repeatability (%)	Unilateral (75,94%)	N/A	Unilateral (78,21%)
Hearing Loss Range with higher repeatability (%)	40-60 dB (25,31%)	N/A	20-40 dB & 40-60 dB (25.64% each)

*Acoustic Therapies: Binaural beats therapy (TBB), Tinnitus retraining therapy (TRT), Therapy for enriched acoustic environment (TEAE), Auditory discrimination therapy (ADT) and placebo (music based treatment).

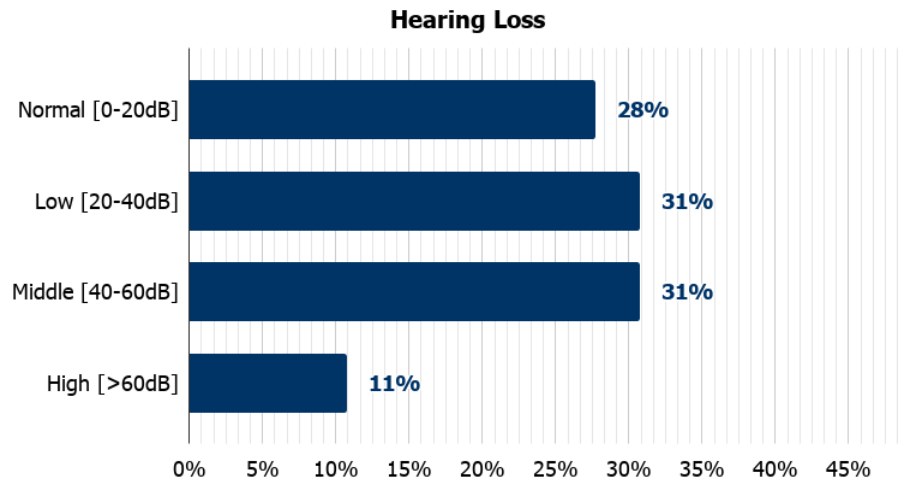


Figure 5 Hearing loss level of the sample: Normal, low, middle or high.

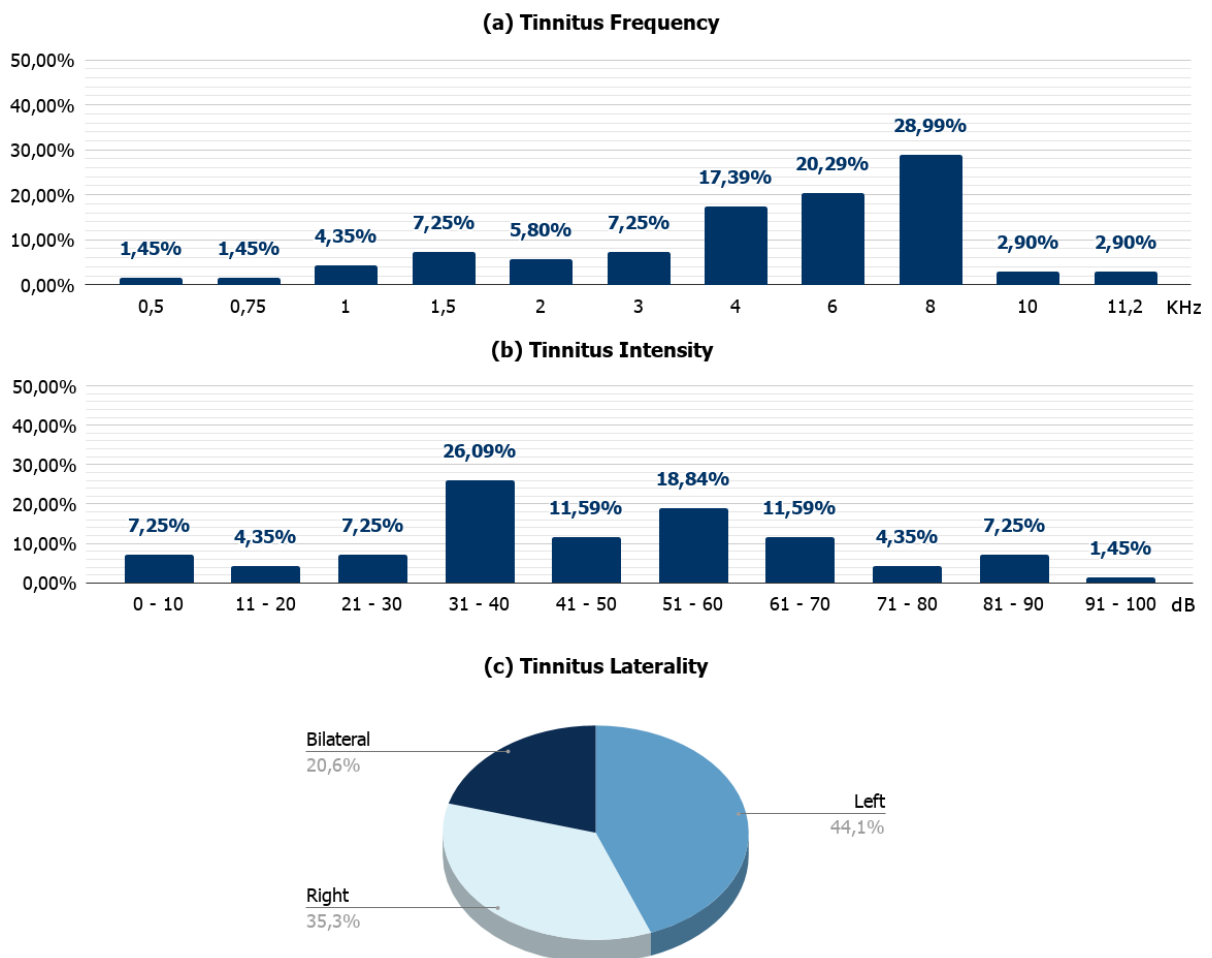


Figure 6 Tinnitus characteristics of the sample: (a) frequency, (b) intensity, and (c) laterality.

Table 4 Outcome measures obtained from the questionnaires according to POSITIVE effect

	1 week follow-up			5 weeks follow-up			8 weeks follow-up			Mean values		
Questionnaires	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S
Placebo (%)	44 (67%)	66 (86%)	70 (91%)	38 (57%)	63 (82%)	67 (87%)	32 (48%)	64 (83%)	71 (92%)	57%	84%	90%
Binaural (%)	38 (53%)	70 (84%)	77 (92%)	48 (67%)	73 (87%)	74 (88%)	41 (57%)	69 (82%)	77 (92%)	59%	85%	91%
TRT (%)	44 (46%)	92 (82%)	100 (89%)	47 (49%)	88 (79%)	104 (92%)	58 (60%)	90 (80%)	103 (92%)	52%	80%	91%
TEAE (%)	43 (55%)	73 (81%)	82 (91%)	40 (51%)	78 (86%)	83 (92%)	45 (58%)	75 (83%)	79 (87%)	55%	83%	90%
ADT (%)	17 (57%)	31 (88%)	32 (91%)	12 (40%)	31 (88%)	33 (94%)	15 (50%)	29 (82%)	33 (94%)	49%	85%	93%

Table 5 Outcome measures obtained from the questionnaires according to NULL effect

	1 week follow-up			5 weeks follow-up			8 weeks follow-up			Mean values		
Questionnaires	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S
Placebo (%)	17 (26%)	10 (13%)	4 (5%)	17 (26%)	9 (12%)	9 (12%)	19 (29%)	9 (12%)	4 (5%)	27%	12%	7%
Binaural (%)	20 (28%)	7 (8%)	5 (6%)	15 (21%)	6 (7%)	5 (6%)	18 (25%)	13 (16%)	7 (8%)	25%	10%	7%
TRT (%)	36 (37%)	17 (15%)	10 (9%)	31 (32%)	24 (21%)	4 (4%)	25 (26%)	20 (18%)	9 (8%)	32%	18%	7%
TEAE (%)	20 (26%)	14 (15%)	5 (5%)	22 (28%)	9 (10%)	4 (4%)	23 (29%)	13 (14%)	7 (8%)	28%	13%	6%
ADT (%)	9 (30%)	3 (9%)	2 (6%)	9 (30%)	4 (13%)	2 (6%)	11 (37%)	6 (20%)	2 (6%)	32%	14%	6%

Table 6 Outcome measures obtained from the questionnaires according the NEGATIVE effect

	1 week follow-up			5 weeks follow-up			8 weeks follow-up			Mean values		
Questionnaires	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S	THI	HADS A	HADS S
Placebo (%)	5 (7%)	1 (1%)	3 (4%)	11 (17%)	5 (6%)	1 (1%)	15 (23%)	4 (5%)	2 (3%)	16%	4%	3%
Binaural (%)	14 (19%)	7 (8%)	2 (2%)	9 (12%)	5 (6%)	5 (6%)	13 (18%)	2 (2%)	0 (0%)	16%	5%	2%
TRT (%)	16 (17%)	3 (3%)	2 (2%)	18 (19%)	0 (0%)	4 (4%)	13 (14%)	2 (2%)	0 (0%)	16%	2%	2%
TEAE (%)	15 (19%)	4 (4%)	4 (4%)	16 (21%)	4 (4%)	4 (4%)	10 (13%)	3 (3%)	5 (5%)	17%	4%	4%
ADT (%)	4 (13%)	1 (3%)	1 (3%)	9 (30%)	0 (0%)	0 (0%)	4 (13%)	0 (0%)	0 (0%)	19%	1%	1%

Adverse Events

Therapy-Associated Adverse events

There were no reactions observed upon the participants in either one of the five acoustic therapies group.