

# Normal hearing tinnitus sound therapy

<b>Submission date</b> 23/03/2015	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 21/04/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 24/01/2019	<b>Condition category</b> Ear, Nose and Throat	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

There are plenty of studies that investigate how relief sounds for tinnitus sound therapy work for patients with hearing loss. The purpose of this study is to see how sounds can be used effectively with normal-hearing patients, using the Tinnitus Retraining Therapy (TRT) treatment approach.

### Who can participate?

Normal-hearing patients with tinnitus symptoms can participate if they are between age 18-75.

### What does the study involve?

The study involves the patient coming to a tinnitus clinic and being fit with a set of hearing aids that have a built-in sound generator (combination device). Patients will all follow the TRT fitting and treatment protocol and they will be asked to fill out questionnaires at a 3-month and a 6-month visit. Patients will be fit using non-traditional relief sounds and the results will be compared to patients who have been fitted with white noise relief sound.

### What are the possible benefits and risks of participating?

The benefit is the elimination or reduction of tinnitus symptoms in patients with normal hearing. The risk may possibly be prolonged exposure to loud sounds. Patients will be counseled on the safe use of devices and how to avoid excessive noise exposure during the study. The risk is minimal.

### Where is the study run from?

Fondazione Ascolta e Vivi (Italy).

### When is the study starting and how long is it expected to run for?

From May to December 2015.

### Who is funding the study?

Oticon A/S in Denmark and the Oticon filial in Italy.

### Who is the main contact?

Luca Del Bo

# Contact information

## Type(s)

Scientific

## Contact name

Prof Luca Del Bo

## Contact details

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Del Bo Tecnologia per l'ascolto  
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Milano  
Italy  
20123

# Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

# Study information

## Scientific Title

Normal hearing tinnitus sound therapy: an interventional single-centre study

## Study objectives

The aim of this study is to investigate whether or not Tinnitus Retraining Therapy (TRT) using complex sounds such as red noise or pink noise or other sounds provided by the open ear hearing aids (Oticon Alta2 Pro Ti) can be equally or more effective in the rehabilitation of tinnitus than the classical white noise sound generator for a subgroup of patients with normal hearing up to at least 2 kHz.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Fondazione Ascolta e vivi (FAEV) (Internal Scientific Board) – approval pending

## Study design

Interventional single-centre study

## Primary study design

Interventional

**Secondary study design**

Non randomised study

**Study setting(s)**

Other

**Study type(s)**

Treatment

**Participant information sheet**

**Health condition(s) or problem(s) studied**

Normal hearing persons with tinnitus symptoms

**Interventions**

The intervention is the type of tinnitus relief sound used in the treatment of tinnitus. In this study, the plan is to compare traditional white noise to non-traditional relief sounds (pink noise, red noise, nature sounds, modulated sounds). All sounds are integrated in a sound generator which is part of an Oticon Alta2 Pro Ti hearing aid.

**Intervention Type**

Device

**Primary outcome measure**

1. Demonstrate that the Oticon device is at least as effective as other combination/sound generator devices that are used currently
2. Demonstrate that the Oticon device is more effective than other combination/sound generator devices that are used currently

In other words, to understand what makes the Ti different (better?) in comparison with other devices.

**Secondary outcome measures**

New sounds: red or pink noise, modulated sounds, and/or ocean sounds are appreciated and preferred by patients

**Overall study start date**

01/05/2015

**Completion date**

01/12/2015

## **Eligibility**

**Key inclusion criteria**

1. Normal hearing or hearing loss not more than 25 dB between 250 Hz and 2 kHz
2. Minimum 6 months tinnitus (no upper limit)
3. Category 1 (Jastreboff & Hazell, 2004) patients with normal hearing and severe tinnitus

4. Age 18-75 years

5. Inclusion of mono or bilateral tinnitus and with moderate hyperacusis (up to 6 in VAS scale), exclusion of pathological severe anxiety and depression (THI  $\geq$  80)

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

75 Years

**Sex**

Both

**Target number of participants**

20

**Key exclusion criteria**

All tinnitus aetiology excluding: Meniere, middle-external ear disease, somatosensory tinnitus under physical therapy

**Date of first enrolment**

07/04/2015

**Date of final enrolment**

01/08/2015

**Locations**

**Countries of recruitment**

Italy

**Study participating centre**

Fondazione Ascolta e Vivi

Italy

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**Sponsor information**

**Organisation**

Oticon A/S

**Sponsor details**

Kongebakken 9  
Smoerum  
Denmark  
2765

**Sponsor type**

Industry

**ROR**

<https://ror.org/05mwsq745>

## Funder(s)

**Funder type**

Industry

**Funder Name**

Oticon A/S (Denmark)

## Results and Publications

**Publication and dissemination plan**

To be confirmed at a later date

**Intention to publish date****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/12/2017	24/01/2019	Yes	No