

P.E.A.R.L.S. Practical Evidence About Real Life Situations



Cognitive behavioural therapy (CBT) has a positive effect on some of the qualitative aspects of tinnitus

Clinical Question	Should I consider CBT for the management of my patients with tinnitus?
Bottom Line	Compared with waiting list controls and an educational intervention CBT produces a significant improvement in the quality of life (decrease of global tinnitus severity) of the participants, and is not associated with any adverse effects.
Context	Tinnitus affects 6 – 17% of the population, with 0.5 – 2% having tinnitus that produces sufficient annoyance to interfere with normal daily life. At present there is no specific therapy which benefits all patients.
Caveat	CBT does not improve the subjective loudness of tinnitus or the associated depression.
Reference	Martinez Devesa P et al. Cochrane Database of Systematic Reviews, 2007, Issue 1. This review contains 6 trials and 285 participants. Searchfield GD. NZ Fam Phys 2003;30 :345-9
Date (Author)	Feb 2007 (Brian R McAvoy)

NNT = numbers needed to treat to benefit one person

NNH = numbers needed to harm one person

Both NNT and NNH are only reported if the studies or pooling of studies is statistically significant

Disclaimer : The P.E.A.R.L.S. are for educational use only and are not meant to guide clinical activity nor are they a clinical guideline