

## Correlates of Coping in Individuals with Tinnitus

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**Abstract :** Tinnitus is commonly defined as an aberrant perception of sound without external stimulus. It is a chronic condition, with consequences on the QOL. The coping strategies used were not always effective and coping was identified as a predictor of QOL in individuals with tinnitus, which reinforces the idea that in health the use of effective coping styles should be promoted. This work intend to verify relations between coping strategies assessed by BriefCope in subjects with tinnitus and variables such as gender, age and severity of tinnitus measured by THI and the Visual Analogue Scale and also hearing and hyperacusis. The results indicate that there are any statistically significant relationships between the variables assessed in relation to the results of BriefCope except in the Visual Analogue Scale. These results, indicating no relationship between almost all variables, reinforce the need for further study of coping strategies use by these patients.

**Keywords :** Brief Cope, coping strategies, quality of live, THI, Tinnitus

**Conference Title :** ICPP 2014 : International Conference on Pedagogy and Psychology

**Conference Location :** Zurich, Switzerland

**Conference Dates :** January 14-15, 2014