

Home Hearing Tests

User Guide



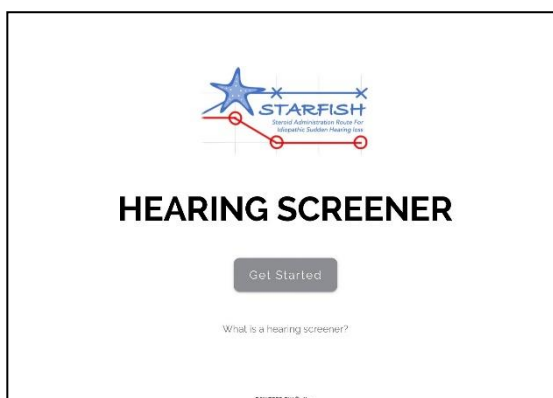
Home hearing testing is an optional part of the STARFISH trial. Completing the online test will allow you to track your hearing level in each ear, and will provide the trial team with valuable information on the different steroid treatments.

We ask you ideally to perform the test once a week, around the same time on the same day of each week. You can also test more often if desired.

The test gives an estimate of how well you can hear. Sometimes this is worse than your real hearing levels, for example if you tested in a noisy room. We will be happy to share your hospital hearing test results with you for comparison.

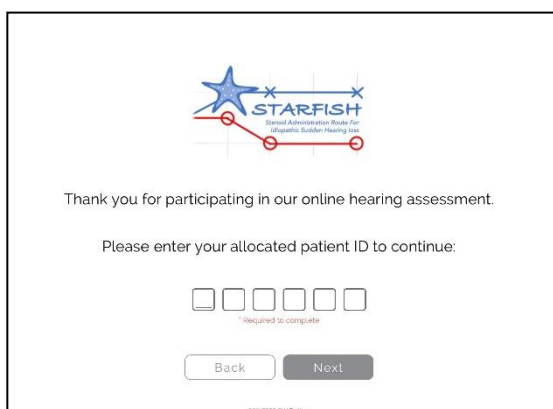
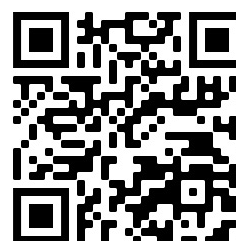
To complete the test:

- You can use a computer, tablet or smartphone
- Headphones are required and will be provided by the trial team
- Connect your headphones to your device and check they are in the correct ears (left and right)
- Find a quiet area away from distraction



- Using your web browser visit: <https://entintegrate.co.uk/hearing-test>

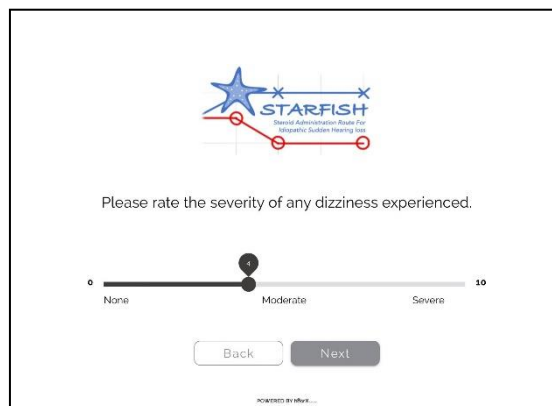
- Or scan:



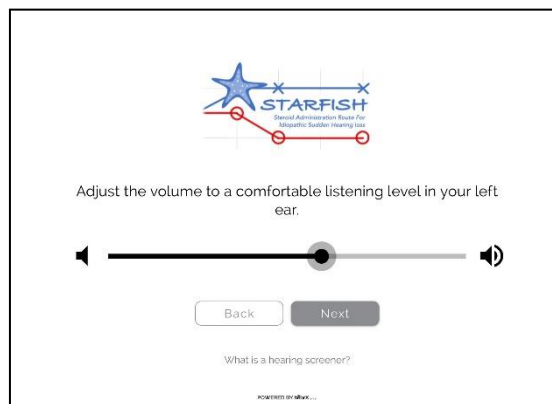
- Enter your ID number for the study, e.g. 123456
- Your personal ID is included in the welcome and reminder text messages sent to your phone



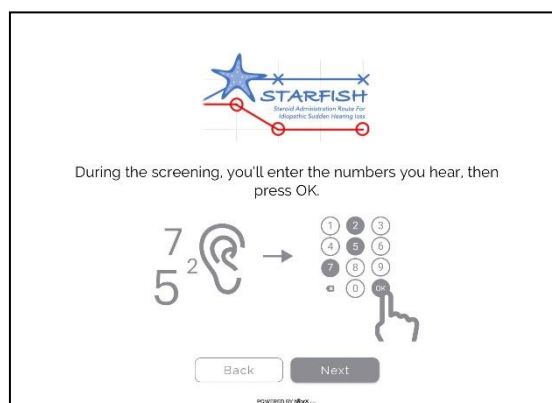
- Select your year of birth using the scroll-down menu
- On the next page select your gender at birth



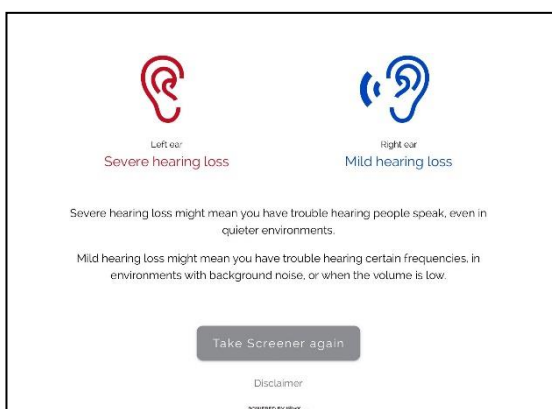
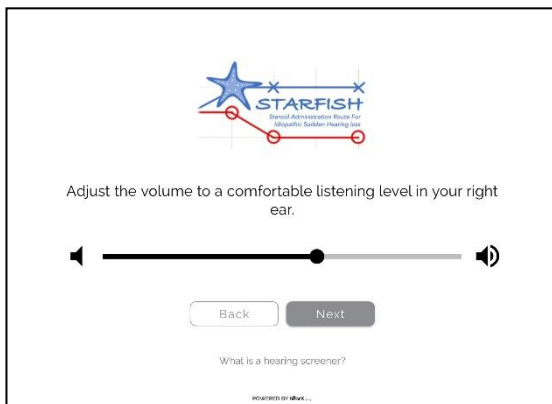
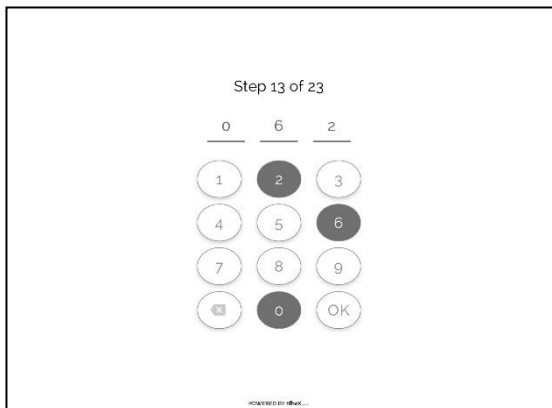
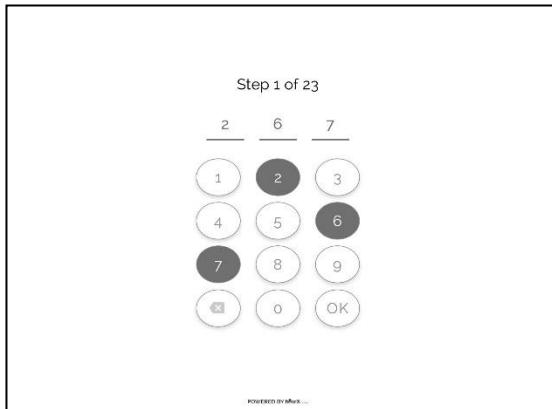
- Click on the slider and move it along the scale to mark how bad your dizziness has been in the last 24 hours, from 'None' to 'Severe'
- On the next page do the same for your tinnitus in your affected ear, scoring it from 'None' to 'Severe'




- Testing will start with your left ear. Your right ear will be tested second.
- Please check your headphones are in the correct ears – **first you should hear numbers in your LEFT ear only.**
- Use the slider to change the volume to a comfortable level.



- **If you cannot hear anything at all at this stage, you can use the 'Skip Test' button. Please continue to try the test weekly as your hearing may improve.**
- You are about to start the hearing test.
- There will be a loud 'white noise' or rushing sound in both ears. This is a normal part of the test.



- Three numbers will be spoken over the background noise.
- Enter these numbers by clicking or tapping the on-screen keypad.
- If you are not sure, please make a ‘best guess’, or just enter any number.
- If you make a mistake entering a number use the  button
- There are 23 steps to test the left ear, and you can follow progress at the top of the screen.
- Do not worry if you can’t hear the numbers in your bad ear, this is a difficult test. You may find you begin to be able to complete more of the test as your hearing improves.
- Once testing is complete in your left ear your right ear will be tested.
- First use the slider to change the volume to a comfortable level.
- The test will then run as it did on the left, with 23 steps.
- At the end of testing you will be given an indication of your hearing loss.
- This is organized into broad categories, and **your hearing could be improving despite the same test outcome showing.**
- Results are automatically sent to the trial team.
- **Thank you for taking the test**