Appendix

In the questionnaire, *listening to loud music* includes *playing loud music*, so please answer if you do either. In 1-49, answer using *yes* or *no*.

**Northeastern Excessive Music Listening Survey (Q. 1. – 31.)**

1. Do you feel you listen to music at normal levels?
2. Have you woken up in the morning after listening to loud music the night before and found that your ears were still ringing or that you heard sounds differently (e.g., softer, distorted, hollow, tinny)?
3. Does your spouse (or parents) ever worry or complain about your listening to loud music?
4. Can you stop listening to loud music without a struggle if interrupted, or if the music is turned down?
5. Do you ever worry about your listening to loud music?
6. Do friends or relatives think you listen to music within normal limits?
7. Do you ever try to limit your listening to loud music to certain times of the day or to certain places and not succeed?
8. Are you always able to stop listening to loud music when you want to?
9. Have you ever discussed concerns about your music listening behavior with anyone?
10. Have you gotten into arguments or fights when listening to loud music?
11. Has your listening to loud music ever-created problems with you and your close relationships (e.g. spouse, partner, roommate)?
12. Has your spouse (or other family member) discussed his/her concerns about your music listening habits with anyone?
13. Have you ever lost friends or girlfriends/boyfriends because you listen to loud music?
14. Have you ever gotten into trouble at work or school because you listen to loud music?
15. Have you ever lost a job because of listening to loud music?
16. Have you ever neglected your obligations, your family, or your work because you were listening to loud music?
17. Do you listen to loud music [early] in the morning?
18. Have you ever been told you have a noise-induced hearing loss in which loud music played a part?
18a. If yes to 18, are you still listening to loud music?

19. Have you had ringing in the ears, heard sounds differently or felt disoriented after listening to loud music for several hours?

20. Have you ever gone to anyone for help about your music listening behavior?

21. Have you ever had your hearing tested because you were worried about your music listening behavior?

22. Have you ever been lethargic, moody, irritable or depressed after you stopped listening to loud music for a period of time?

23. Have you ever gone to a doctor, social worker, or clergyman for help with an emotional problem in which loud music played a part?

24. Have you ever been in trouble with the law because of loud music?

25. Have you ever had an accident or injury while listening to loud music?

26. Have you ever lost housing because of listening to loud music?

27. Since you’ve been listening to music, have you found that loud enough keeps getting louder and louder?

28. If you have to turn the volume down, for whatever reason, do you then find the music to be particularly unsatisfying?

29. Do you spend large amounts of time involved in activities having to do with loud music (such as reading about it, shopping for new tapes and CDs, or buying and installing stereo equipment)?

30. Do you spend large amounts of time involved in actually listening to loud music?

31. Do you spend large amounts of time involved in dealing with the consequences of it (complaints by neighbors, warnings from landlords and police, worries about damage to hearing)?
History of music exposure and hearing problems
32. Would you say your hearing is good?
33. Do you think you have damaged your hearing through the enjoyment of loud music?

Subjective effects of loud music upon the individual
34. Would you agree that you only get the desired effect from listening to music if it is at high volume?
35. Does loud music make you feel better when you are in a bad mood?
36. Would you say that loud music has got a drug-like effect on you?
37. Would you say that loud music has more of a drug-like effect on you than on other people?
38. Would you characterize yourself as addicted to loud music?

General questions and questions regarding drug-use
39. Do you consider life rather boring?
40. Do you frequently feel jaded and tired?
41. Can you understand people who try to escape from reality?
42. Do you feel an inner emptiness quite often?
43. Do you sometimes have to get high on something?
44. Do you feel the need to get drunk from time to time?
45. Do you consume alcohol or cannabis?
   If so, how much?
       ☐ alcohol, approximately _______ drinks per day
       ☐ cannabis: ☐ every day ☐ sometimes ☐ rarely
       ☐ other drugs: ____________________________
46. Have you ever taken drugs at a party?
47. Do you frequently consume party-drugs?
48. Do you smoke?
If so, how much? ______ cigarettes per day for ______ years

49. Do you take any medication?
If so, which medication? ______________________________

**Questions of self-estimation. Please put a mark on the scale where you find yourself between the two extremes:**

50. Passive  x___________________________x  Active
51. Inhibited x___________________________x  Spontaneous
52. Closed x___________________________x  Open
53. Not creative x___________________________x  Creative
54. Unstable x___________________________x  Stable
55. Sad, melancholic x___________________________x  Happy
56. Pessimistic x___________________________x  Optimistic
57. Taking risks: reluctant x___________________________x  Willing
58. Insecure, vulnerable x___________________________x  Self confident

**Demographic items**

59. What is your sex?

60. What is your age?

61. What is your level of education?

1. High school or less; 2. Current apprenticeship; 3. Finished apprenticeship; 4. Some college courses; 5. College graduate