


Hearing-related quality of life in children and adolescents in rural Alaska

Kelli L. Hicks MD, MPH¹ | Samantha Kleindienst Robler PhD, AuD^{2,3}  |
Ryan A. Simmons MB^{4,5} | Alexandra Ross MHS^{6,7} | Joseph R. Egger PhD⁵ |
Susan D. Emmett MD, MPH^{3,5,6,7,8}

Abstract

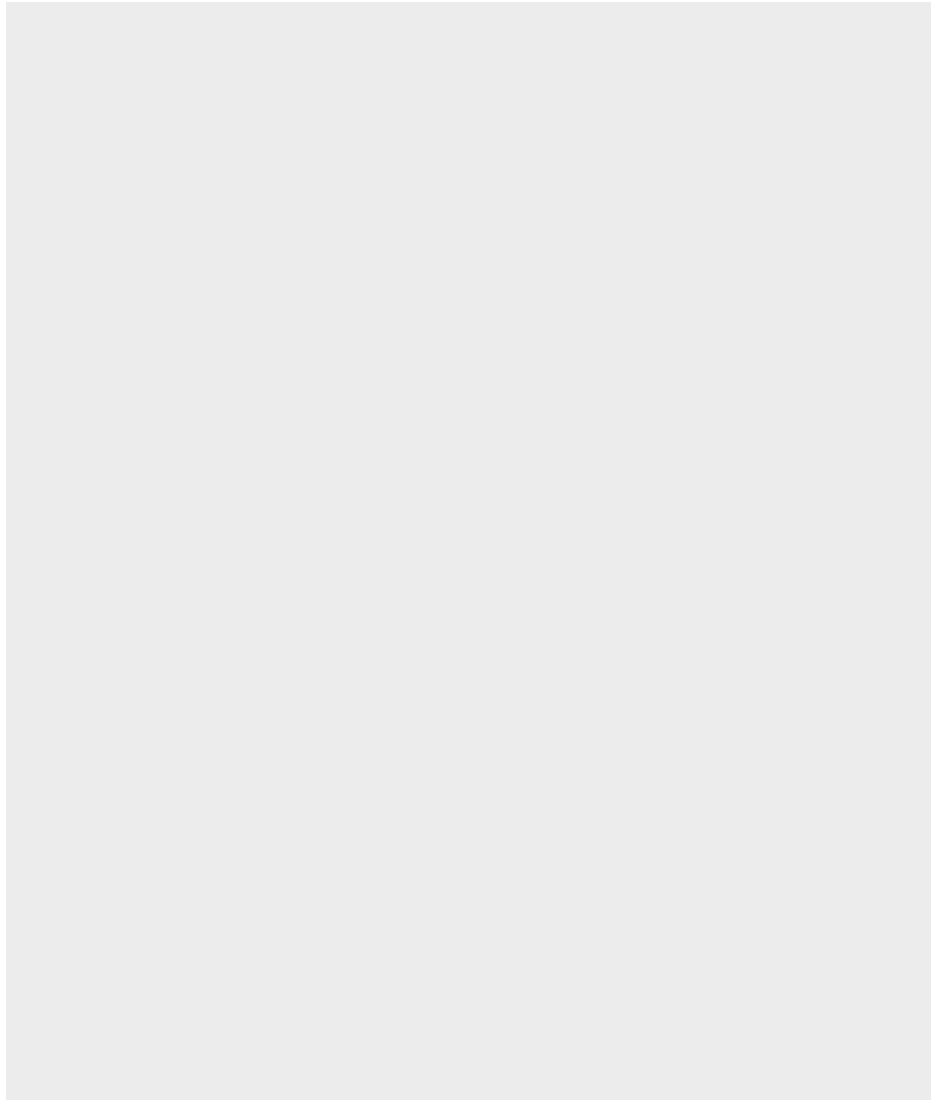
Background: Hearing-related quality of life (HRQL) is a key component of overall quality of life. The purpose of this study was to assess HRQL in children and adolescents in rural Alaska. Methods: A cross-sectional survey of 100 children and adolescents (ages 8-18) in rural Alaska was conducted. The survey included the Hearing Handicap Inventory for Children (HHIC) and the Hearing Handicap Inventory for Adults (HHIA). Results: The mean HHIC score was 18.5 (SD 12.5) and the mean HHIA score was 15.5 (SD 10.5). The majority of participants (75%) reported a hearing-related quality of life score of 10 or higher. Conclusions: Hearing-related quality of life is a key component of overall quality of life. The purpose of this study was to assess HRQL in children and adolescents in rural Alaska. Methods: A cross-sectional survey of 100 children and adolescents (ages 8-18) in rural Alaska was conducted. The survey included the Hearing Handicap Inventory for Children (HHIC) and the Hearing Handicap Inventory for Adults (HHIA). Results: The mean HHIC score was 18.5 (SD 12.5) and the mean HHIA score was 15.5 (SD 10.5). The majority of participants (75%) reported a hearing-related quality of life score of 10 or higher. Conclusions: Hearing-related quality of life is a key component of overall quality of life.

Correspondence

Kelli L. Hicks MD, MPH
1000 University Ave
Fairbanks, AK 99775
USA
Email: kelli.hicks@alaska.edu

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Level of Evidence: **1**

Clinicaltrials.gov registration numbers: **NCT01100152**

KEYWORDS

depression; cognitive behavioral therapy; self-help; internet

1 INTRODUCTION

Major depressive disorder (MDD) is a common mental health condition that affects approximately 10% of the population each year. It is characterized by persistent feelings of sadness, loss of interest in activities, and changes in appetite and sleep patterns. MDD is a leading cause of disability worldwide and is associated with significant personal and societal costs.

Traditional treatments for MDD include antidepressant medication and psychotherapy. While these treatments can be effective, they often have side effects and may not be accessible to all individuals. Self-help interventions, such as cognitive behavioral therapy (CBT) delivered via the internet, offer a promising alternative. These interventions are designed to be accessible, flexible, and cost-effective, allowing individuals to engage in therapy at their own pace and in their own homes.

The current study aims to evaluate the effectiveness of a self-help CBT program for MDD. The program is based on established CBT principles and is designed to be user-friendly and engaging. The study will compare the outcomes of the self-help program to a waitlist control group, assessing changes in symptoms, functioning, and quality of life over a 12-week period.

The self-help CBT program consists of several modules that cover topics such as understanding depression, identifying and challenging negative thoughts, and developing coping strategies. The program is delivered through a secure online platform and includes interactive exercises, self-monitoring tools, and support resources. The study will also explore the usability and acceptability of the program, as well as the impact of program features on engagement and adherence.

The program is designed to be accessible to a wide range of individuals, including those who may not have access to traditional mental health services. The study will also explore the impact of program features on engagement and adherence, as well as the potential for long-term benefits. The results of the study will provide valuable information about the effectiveness of self-help CBT for MDD and inform the development of future mental health interventions.

2 MATERIALS AND METHODS

2.1 Study overview

The study is a randomized controlled trial (RCT) comparing the self-help CBT program to a waitlist control group. The study is conducted in a primary care setting and involves 150 participants who have been diagnosed with MDD. The participants are randomly assigned to either the self-help CBT program or the waitlist control group. The self-help CBT program is delivered over a 12-week period, while the waitlist control group receives no intervention during this time.

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2.3 Audiometric assessment

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2.4 Statistical analysis

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1. $\int_0^1 x^2 dx = \frac{1}{3}$
2. $\int_0^1 x^3 dx = \frac{1}{4}$

1. The first part of the text discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes the need for transparency and accountability in financial reporting.

2. The second part of the text focuses on the role of internal controls in preventing fraud and ensuring the integrity of the financial statements. It highlights the importance of a strong internal control system.

1. The first step is to identify the problem or goal.
2. Next, you need to gather relevant information.
3. Then, you should analyze the information.
4. After that, you can develop a plan or strategy.
5. Finally, you should implement the plan and evaluate the results.

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Pain Res Manage

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APPENDIX A