Table 1. Study outcome measures used pre-intervention, post-intervention and at 2-months follow-up

Outcome Measures	**Internal consistency**	**Range of scores**	**Levels of significance**	**Assessment timeframe**
Tinnitus Functional Index (TFI; Meikle et al, 2012)	.8	0-100	>25= mild 26-50= significant 50+ =severe	Pre, post and follow-up
Generalized Anxiety Disorder (GAD-7, Spitzer, Kroenke, Williams, et al., 2006)	.89	0-21	0-4= minimal anxiety 5-9= mild anxiety 10-14= moderate anxiety 15-21= severe anxiety	Pre, post and follow-up
Patient Health Questionnaire (PHQ-9; Spitzer, Kroenke, Williams, 1999)	.83	0-27	5-9=mild depression 10-14=moderate 15-19=moderately severe 20-18= severe depression	Pre, post and follow-up
Insomnia Severity Index (ISI; Bastien, Vallières, & Morin, 2001)	.74	0-28	0–7 = Not clinically significant 8–14 = Subthreshold insomnia	Pre, post and follow-up