**“Tinnitus Aurium in Normally Hearing Persons”**

**M.F. Heller and M.Bergman 1953**

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# A summary of this study

### The Participants

Eighty men and women, apparently with normal hearing, from 18 to 60 years of age were assessed. They were only included in the study if they reported **no** ear disorder, hearing loss, or tinnitus, and considered themselves in good health. They included doctors, teachers, students, administrators, clerks and housewives.

## The Study

Upon entering a sound proof (very quiet) room, the participants were instructed to make notes of the sounds that might be detected. No suggestion was given that the sound might be within the subject himself. The time of observation was limited to five minutes.

**No sounds were introduced into the room. The only sounds the participants could hear were those originating from within their own bodies.**

## The Result

A total of 23 different sounds were reported including a “buzz”, “hum” and “ring”. 94% of these **NORMAL HEARING** people with **NO HISTORY** of tinnitus reported tinnitus sounds under these conditions. Most reported only one sound, but about 20% reported two or more sounds. Many of the sounds reported were the same as those reported by a similar group of hearing impaired people.