

# The remedy for buzzing comes from internet

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Chronic tinnitus is a disabling disorder. A new study published in the current issue of *Psychotherapy and Psychosomatics* reports on a therapy that is performed over internet. The aim of this randomized controlled trial was to investigate the effects of conventional face-to-face group cognitive behavioral therapy (GCBT) and an Internet-delivered guided self-help treatment (Internet-based CBT, ICBT) on tinnitus distress.

A total of 128 adults with at least mild levels of chronic tinnitus distress were randomly assigned to GCBT (n = 43), ICBT (n = 41), or a web-based discussion forum (DF) that served as a control condition (n = 44). Standardized self-report measures [the Tinnitus Handicap Inventory (THI), Mini-Tinnitus Questionnaire (Mini-TQ), Hospital Anxiety and Depression Scale, Insomnia Severity Index and Tinnitus Acceptance Questionnaire] were completed at the pre- and post-assessments and at the 6-month follow-up. Repeated-measures ANOVAs revealed significant time  $\times$  group interaction effects on the primary outcomes (THI and Mini-TQ scores) in favor of both CBT interventions compared with the DF at post-assessment ( $0.56 \leq g \leq 0.93$ ; all  $p \leq 0.001$ ). There were no significant differences between GCBT and ICBT (all  $p > 0.05$ ) and the treatment effects remained stable at the 6-month follow-up.

This study provides evidence that ICBT might be an equally effective alternative to conventional CBT in the management of [chronic tinnitus](#). Despite encouraging results, further research is necessary to determine the actual potential of ICBT as a viable alternative to CBT, and under which circumstances it is effective.

**More information:** Jasper K, Weise C, Conrad I, Andersson G, Hiller W, Kleinstäuber M. "Internet-Based Guided Self-Help versus Group Cognitive Behavioral Therapy for Chronic Tinnitus: A Randomized Controlled Trial." *Psychother Psychosom* 2014;83:234-246

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