

Self-fitting, over-the-counter hearing aids beneficial

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Self-fitting, over-the-counter (OTC) hearing aids produce self-reported

and clinical outcomes similar to those of audiologist-fitted hearing aids for adults with mild-to-moderate hearing loss, according to a study published online April 13 in *JAMA Otolaryngology-Head & Neck Surgery*.

Karina C. De Sousa, Ph.D., from University of Pretoria in South Africa, and colleagues compared the clinical effectiveness of a self-fitting OTC [hearing](#) aid with remote support and smartphone application to a hearing aid fitted using audiologist-fitted best practices. The analysis included 64 adults with self-perceived mild-to-moderate hearing loss randomly assigned to self-fitting or audiologist-fitted hearing aids. Outcome measures were completed at baseline, at two weeks, and at six weeks following hearing aid fitting.

The researchers found that after two weeks, the self-fitting group had an initial advantage versus the audiologist-fitted group on the self-reported Abbreviated Profile of Hearing Aid Benefit and International Outcome Inventory for Hearing Aids, but not [speech recognition](#) in noise. However, at six weeks, no significant differences existed between the groups on any outcome measures.

"These findings suggest that a self-fitting OTC hearing aid may be an effective intervention option for individuals with mild-to-moderate hearing loss and produce self-perceived and [clinical outcomes](#) similar to those of an audiologist-fitted hearing aid," the authors write.

The authors disclosed financial ties to the funder, hearX group. The funder provided the Lexie Lumen devices and software support.

More information: Karina C. De Sousa et al, Effectiveness of an Over-the-Counter Self-fitting Hearing Aid Compared With an Audiologist-Fitted Hearing Aid, *JAMA Otolaryngology-Head & Neck Surgery* (2023). [DOI: 10.1001/jamaoto.2023.0376](https://doi.org/10.1001/jamaoto.2023.0376)

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