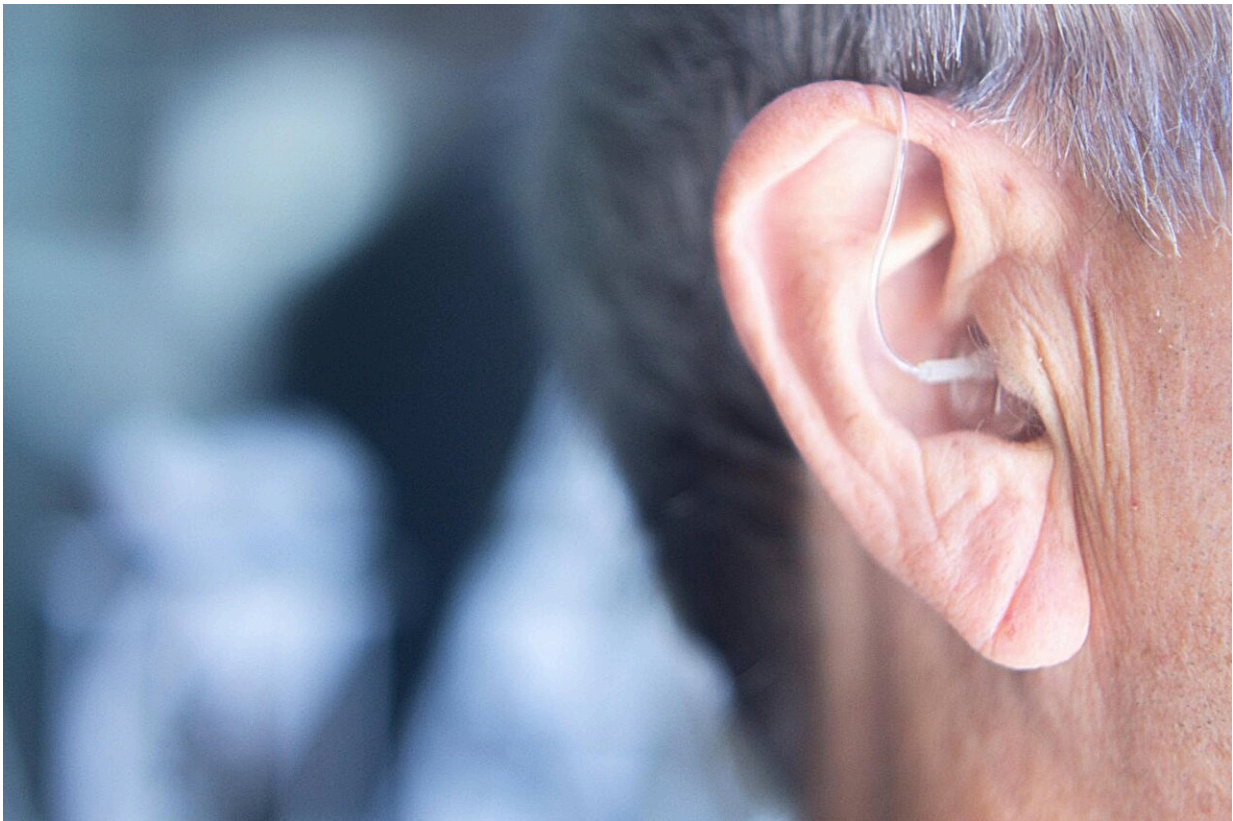


Self-fit over-the-counter hearing aids beneficial in long term, says study

July 17 2024, by Elana Gotkine



For individuals with mild-to-moderate hearing loss, self-fit over-the-counter (OTC) hearing aids offer comparable long-term benefits to audiologist-fit hearing aids, according to a study [published](#) online July 11

in *JAMA Otolaryngology-Head & Neck Surgery*.

Karina C. De Sousa, Ph.D., from the University of Pretoria in South Africa, and colleagues compared long-term self-reported outcomes at eight months of self-fit OTC [hearing aids](#) to the same hearing aids fit by audiologists in a follow-up comparative effectiveness research study. Overall, 44 of the 64 participants in the original trial were included in this extension study.

The researchers found that at long-term follow-up, there were no significant differences in the Abbreviated Profile of Hearing Aid Benefit (APHAB) global score or the International Outcome Inventory for Hearing Aids (IOI-HA) total score between the self-fit and audiologist-fit groups. No clinically meaningful group-time interaction was observed between the groups for the APHAB global score from six weeks to eight months, but there was a significant interaction for the IOI-HA total score (Cohen d , -0.6), with generally better performance seen for the self-fit group.

"Given the low uptake and use of hearing aids, even among those with adequate access to audiological resources, these results are promising for persons with mild-to-moderate hearing loss seeking more accessible and affordable hearing care," the authors write.

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More information: Karina C. De Sousa et al, Long-Term Outcomes of Self-Fit vs Audiologist-Fit Hearing Aids, *JAMA Otolaryngology-Head & Neck Surgery* (2024). [DOI: 10.1001/jamaoto.2024.1825](https://doi.org/10.1001/jamaoto.2024.1825)

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