

Misophonia Questionnaire

Directions: Please rate how much the following statements describe you on a scale from 0 to 4, 0 being “Not at all true” and 4 being “Always true.”

	Variable Name
In comparison to other people, I am sensitive to the sound of:	
...people eating	MQ1
... repetative tapping	MQ2
... rustling	MQ3
... people making nasal sounds	MQ4
... people making throat sounds	MQ5
... certain consonants and/or vowels	MQ6
... environmental sounds	MQ7
... other sounds	MQ8
 A total score pertaining to sound sensitivity	 MQ9

Directions: If any of the aforementioned statements were given a value of “1 – Rarely True” or higher, please continue onto the following section and rate how often the subsequent statements occur, 0 being “Never” and 4 being “Always.”

	Variable Name
Once you are aware of the sound(s), because of the sound(s), how often do you:	
... leave the environment to a place where the sound(s) cannot be heard anymore?	MQ10
... actively avoid certain situations, places, things, and/or people in anticipation of the sound(s)	MQ11
... cover your ears	MQ12
... become anxious or distressed	MQ13
... become sad or depressed	MQ14
... become annoyed	MQ15
... have violent thoughts	MQ16
... become angry	MQ17
... become physically aggressive	MQ18
... become verbally aggressive	MQ19
... have other reactions	MQ20
 A total score pertaining to reactions	 MQ21
A binary diagnosis of misophonia or not (1=has, 0= does not have)	MQDX

Directions: Please rate your typical reaction to the following stimuli, if produced by another person on a scale from 0 “does not bother me” to 4 “so unbearable that I need to plan beforehand to avoid it”

	Variable Name
Loud chewing	S5-1
Crunching an apple	S5-2
Swallowing	S5-3

Lip smacking	S5-4
Slurping	S5-5
Breathing	S5-6
Throat clearing	S5-7
Coughing	S5-8
Nose sniffing	S5-9
Baby crying	S5-10
Repetitive barking	S5-11
Certain letter sounds	S5-12
Certain accents	S5-13
Hiccups	S5-14
Tapping pen	S5-15
Tapping foot	S5-16
Tapping finger	S5-17
Swinging legs	S5-18
Clicking pen	S5-19
Keyboard tapping	S5-20
Rustling plastic	S5-21
Whistling sound	S5-22
Rustling paper	S5-23
Car engine	S5-24
Clock ticking	S5-25
Humming of object	S5-26
Low frequency base sounds	S5-27
Skin picking	S5-28
Foot wiggling	S5-29
Hair twirling	S5-30
Pacing	S5-31
Nail biting	S5-32
Hands to mouth	S5-33
Slimy textures	S5-34
Strong smells	S5-35
Seeing someone chew gum	S5-36

Directions: Please indicate your level of agreement to the following statements on a scale from 0 “very strongly disagree” to 5 “very strongly agree”

	Variable Name
While there are many annoying sounds, some sounds have a surprisingly negative impact on me	S5-37
I cannot explain how, but some everyday sounds make me lose my cool	S5-38
There are more types of sounds that I cannot bear today than there were a few years ago	S5-39
When people are enjoying their tea or coffee in the morning in a quiet room with me, I feel like I cannot take it	S5-40

I cannot stand the sound of people eating apples or crisps near me for more than a few minutes	S5-41
Eating sounds on TV can make me crazy, as the sounds are amplified	S5-42
The sounds that annoy me do not seem to bother others	S5-43
There are some sounds which I cannot simply ignore	S5-44
The reaction I have to certain sounds feels out of my control	S5-45
The way I react to some sounds can be extreme and out of proportion to the situation	S5-46
Sometimes even the sight of a person eating can trigger me, even if I do not hear the sound	S5-47
Certain repetitive movements performed by others can create a strong emotional response	S5-48
When I know that a certain horrible sound is about to happen I feel panic	S5-49
I might dislike someone permanently just because of a certain sound they make	S5-50
I find the sounds even more annoying if I am distressed or anxious	S5-51
On happy days, I can forget how annoying the sounds are	S5-52
There are certain sounds that I cannot bear, to the degree that I may become aggressive towards people so they stop making them	S5-53
When I visit friends' houses I am afraid that I will have to bear horrible sounds that they and their families will make	S5-54
I am too embarrassed to let others know that I can't stand the noises they make	S5-55
I can feel physical pain if I cannot avoid a sound	S5-56
Sometimes in response to sounds I feel rage that is difficult to control	S5-57
In the presence of certain sounds I feel my body becoming tense	S5-58
If I cannot avoid certain sounds I feel helpless	S5-59
If I cannot avoid certain sounds I could be so distressed that I burs into tears	S5-60
Some sounds make me so angry that not many things in life can make me feel this way	S5-61
My heart starts beating fast if I cannot avoid listening to certain sounds	S5-62
When people make certain sounds I feel like I almost hate them, even if this is not true at all	S5-63
I have informed good friends and family of certain sounds that they should avoid in my presence as I cannot stand them	S5-64
To make people understand how annoying are the sounds they make, I mimic them, exaggerating the sounds	S5-65
Some sounds are so unbearable that I have shouted at people for making them, to make them stop	S5-66
I plan ahead so I can avoid being in situations where I know people will make certain sounds I cannot bear	S5-67
I do not try to ignore the discomfort I feel, as I know that this will only lead to a faster and more intense reaction	S5-68
If I can, I cover my ears to avoid listening to certain sounds	S5-69
I use earplugs or headphones in situations that I know there will be awful sounds	S5-70
If I can, I leave the room to avoid telling off people for the sounds they make	S5-71

I might stare negatively at others to make them understand that the sound they make is horrible	S5-72
I don't like myself because of my responses to certain sounds	S5-73
To block out the sounds I dislike, I use other sounds, such as repeating words or increasing background noise	S5-74
Some sounds have caused me to use violence towards myself or others	S5-75
I need music or another sound distraction in order to have dinner with others	S5-76
Most of the time I can forget about the sound that annoys me	S5-77
It does not matter who is making the sounds, my reactions are the same	S5-78
I feel that my quality of life is decreasing because of this sensitivity to sounds	S5-79
I feel that my quality of life is decreasing because of this sensitivity to sounds	S5-80
I believe that my sensitivity will eventually isolate me	S5-81
I believe that others cannot understand how difficult it is	S5-82
People do not respect this condition, even if I try to explain	S5-83
People should not make certain sounds, even if they do not know about misophonia	S5-84
I feel restricted by my sensitivities	S5-85
My sound sensitivities prevent me from doing everyday things	S5-86
Others do not understand my sensitivities, and as a result, my relationships have suffered	S5-87