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A Culturally Adapted Psychologically Informed, Audiologist-Delivered, Manualized Intervention for Chronic Tinnitus Patients in Malaysia

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Abstract

This protocol outlines the delivery procedures for a culturally adapted, manualized, psychologically informed intervention for chronic tinnitus patients in Malaysia, as well as the standard care procedures used in the control group. The intervention consists of three individual sessions delivered by a trained audiologist using structured modules adapted from the UK TinMan study. This protocol was developed as part of a randomized controlled feasibility trial. Details on randomization, allocation, and blinding are provided in the full manuscript.

Intervention Group Procedure

- 1 The adapted psychologically informed intervention is delivered by the researcher to chronic tinnitus patients concurrently at three different study sites. The researcher is an audiologist with 10 years of clinical experience and has received specialized training in a dedicated workshop at University College Cork, Ireland, conducted by the authors who developed the intervention manual. Each participant in the intervention group receives three individual, face-to-face sessions (1 hour each), completed within one month. The intervention is delivered mainly in the form of talking therapy in the participant's preferred language (Malay or English).
- 2 Session 1: A patient assessment is performed to determine which elements of patient education and patient management/self-management are relevant. At the end of the session, the participant receives a treatment plan and relevant resources for reading and practice.
- 3 Session 2: Discussions are based on previously provided worksheets using the toolkit of resources. Participants are encouraged to implement the non-optional module of rapid relaxation in patient management/self-management.
- 4 Session 3: After the participant has successfully addressed the relevant elements, the intervention is concluded with instruction on relapse prevention.

Control Group Procedure

- 5 Participants in the control group receive standard care, which includes a session of informational counseling about tinnitus (1 hour) following a routine hearing assessment. This session is delivered by an experienced audiologist at the site who is not specially trained in managing tinnitus.

Note: This document summarizes the procedures used in both intervention and control arms of the study. For comprehensive details on study design, rationale, recruitment strategy, and outcome measures, please refer to the full protocol manuscript.