



dr. louis hofmeyr

The Penn Acoustic Neuroma Quality-of-Life scale (PANQOL)

Please rate how much you agree or disagree with each statement by circling only ONE number on each line.

PATIENT NAME: _____ DATE: _____

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Hearing loss has affected my personal relationships.	1	2	3	4	5
2. I have difficulty carrying on a conversation because of hearing loss.	1	2	3	4	5
3. My concentration is affected by ringing, hissing or other noises in my ears.	1	2	3	4	5
4. I have significant problems with dizziness.	1	2	3	4	5
5. I feel unsteady or off balance.	1	2	3	4	5
6. I feel a sense of whirling or falling when standing or walking.	1	2	3	4	5
7. Because of dizziness or imbalance, I have difficulties with changing direction when walking.	1	2	3	4	5
8. I have difficulty walking around my house in the dark.	1	2	3	4	5
9. Because of balance problems, I am afraid people will think I am intoxicated.	1	2	3	4	5
10. I act differently around people because of problems moving my face.	1	2	3	4	5
11. I have discomfort, itching or excessive tearing in one of my eyes.	1	2	3	4	5
12. My speech has been affected by problems with my face.	1	2	3	4	5
13. I accomplish less than I would like because of my diagnosis of acoustic neuroma.	1	2	3	4	5
14. I have problems with head pain on the side of my acoustic neuroma tumour.	1	2	3	4	5
15. I get a sort of frightened feeling as if something awful is about to happen.	1	2	3	4	5
16. Worrying thoughts go through my mind.	1	2	3	4	5
17. I feel as if I am slowed down.	1	2	3	4	5
18. I get a sort of frightened feeling like 'butterflies' in the stomach.	1	2	3	4	5
19. I get sudden feelings of panic.	1	2	3	4	5
20. I often feel isolated as a result of my diagnosis of acoustic neuroma.	1	2	3	4	5
21. I have had difficulty concentrating on things, like reading a newspaper or watching television.	1	2	3	4	5
22. I have become more impatient.	1	2	3	4	5
23. I am lacking in energy or vitality.	1	2	3	4	5
24. I have difficulty remembering things.	1	2	3	4	5
25. My health is excellent.	1	2	3	4	5
26. I expect my health to get worse in the coming year.	1	2	3	4	5

Reference:

Shaffer BT, Cohen MS, Bigelow DC, Ruckenstein MJ Quality-of-Life Instrument for Acoustic Neuroma: The Penn Acoustic Neuroma Quality-of-Life Scale. Laryngoscope Aug 2010; 120(8):1646-54

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