

A Cross-sectional Study of Effect of Mental State on Sudden Sensorineural Hearing Loss

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Abstract

Objective: To explore the effects and clinical significance of mental state on SSNHL. **Design:** Cross-sectional study. **Setting:** Teaching-hospital otolaryngology. **Participants:** Otolaryngology inpatient with SSNHL. **Main outcome measures:** Mental state in pre- and post-treatment was evaluated by SCL-90, and the severity of tinnitus was acquired by THI. Moreover, the correlations between the mental state and classification, prognosis, tinnitus degree, different occupation, and age were analyzed. **Results:** 115 patients were analyzed. There were significant differences in the depression ($F=5.46$, $P=0.00$), other factor ($F=3.38$, $P=0.02$) and total mean score (TMS) ($F=7.70$, $P=0.00$) in the different types, and changes in the phobic anxiety ($F=2.95$, $P=0.03$) in different efficacy groups. Furthermore, there were statistic differences in all factors ($P<0.05$) except other factors ($F=0.75$, $P=0.47$) in different degrees of tinnitus. Additionally, anxiety ($t=3.20$, $P=0.00$) and paranoia factor score ($t=2.03$, $P=0.04$) increased in white-collar workers, but somatization factor ($t=-2.21$, $P=0.03$) in blue-collar workers. Finally, 10 factors and TMS unchanged among different age groups ($P>0.05$). **Conclusion:** Depression, insomnia and other negative emotions occurred generally, and improved significantly after treatment in all patients with SSNHL. Moreover, the mental state is correlated with the type, prognosis and degree of tinnitus. There were different mental symptoms in white and blue-collar workers. **Key word:** Sudden sensorineural hearing loss; Mental; Tinnitus; Classification; Prognosis; Occupation **Key Points** ?There are many problem to be solved about the correlation between mental state and SSNHL. ?115 patients with SSNHL were analyzed in a cross-sectional study. ?Depression, insomnia and other negative emotions occurred generally in patients with SSNHL. ?The mental state is correlated with the type, prognosis and degree of tinnitus. ?There were different mental symptoms in white and blue-collar workers.

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