Online discussions about tinnitus: What can we learn from natural language processing of Reddit posts?

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Short Title: Online discussions about tinnitus

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Abstract

Background: The present study was aimed at identifying key topics in online discussions about tinnitus by examining a large dataset extracted from Reddit social media using natural language processing technique.

Method: A corpus of 113,215 posts about tinnitus were extracted from Reddit's application programming interface (API). After cleaning the data for duplications and posts without any text information, the sample was reduced to 101,905 posts which was subjected to cluster analysis using the open-source IRaMuTeQ software to identify main topics based on the cooccurrence of texts. These clusters were named by a panel of tinnitus experts (n=9) by reading typical text segments within each cluster.

Results: The cluster analysis identified 16 unique clusters which belong to two topics which were named as "tinnitus causes and consequences" and "tinnitus management and coping." Based on their characteristics, the clusters were named as: tinnitus timeline (10%), tinnitus perception (9.7%), medical triggers and modulators (8.8%), hearing research (8.8%), attention and silence (8.6%), social media posts about tinnitus (7.4%), hearing protection (7.3%), interaction with hearing healthcare providers (6.7%), mental health and coping (5.8%), music listening (5.7%), hope for a cure (5.6%), interactions with people without tinnitus (5.4%), dietary supplements and alternative therapies (3.2%), sleep (3.9%), dietary effects (1.7%), writing about tinnitus and being thankful to online community (1.4%).

Conclusions: Despite some limitations, tinnitus posts on Reddit provide rich real-world data to identify various issues and complaints that tinnitus patients and their significant others discuss in online communities. Some of the clusters identified here are novel (e.g., tinnitus timeline, interactions with people without tinnitus) and have not been much discussed in the tinnitus literature. The results suggest that individuals with tinnitus relay on social media for support and highlights the service delivery needs in providing social support through other means (e.g., support groups).

Key Words

70

71 **Introduction**

72 Tinnitus is a common yet highly heterogenous condition. Approximately 10-15% of adults have

73 tinnitus, with 1-2% experiencing severe, distressing tinnitus (Baguley et al., 2013). The tinnitus

74 population is highly varied in terms of their symptoms and complaints. Many individuals with

75 tinnitus have a normal life other than the occasional nuisance due to the auditory percept;

76 however, some experience deleterious effects of tinnitus (such as anxiety, depression and

77 insomnia) (Manchaiah et al., 2018a) on their professional and personal lives. While various

78 management approaches for tinnitus are available, there is currently no cure (McFerran et al.,

79 2019). Additionally, many individuals with tinnitus lack access to evidence-based tinnitus

80 management such as cognitive behavioral therapy (Bhatt et al., 2016).

81

82 In recent years, it has become increasingly common for people to seek health information online

83 (Madrigal & Escoffery, 2019) — this can be particularly true for individuals with chronic,

84 incurable conditions such as tinnitus. The online environment serves as both a social support

85 system as well as a complement to medical professionals, hence it is particularly attractive for

86 chronic incurable conditions such as tinnitus. Online health information-seeking behaviors may

87 vary across individuals in terms of why they seek online health information, where they seek

88 (e.g., internet websites, social media), ability to find reliable information, and how they use this

89 information. During the early stages of the condition (e.g., during initial tinnitus onset),

90 individuals may look for possible causes and treatment options. At later stages, they may seek

91 social support online or alternative therapies to improve coping. Although much of the

92 information online is unreliable (Swire-Thompson & Lazer, 2020), it is still important for

93   healthcare professionals to understand the type of information available on different online

94   outlets as well as how individuals with tinnitus interact with this information as this could impact

95   the decision-making process as well as how these individuals cope with the condition.

96

97   The web-based approach for gathering and sharing ideas on a large-scale is referred to as

98   "crowdsourcing." This approach may have several advantages including (a) the pool of people

99   contributing to such discussion are large and diverse, (b) much lower efforts and costs in

100   collecting data and increases the speed of innovation, and (c) public and professionals are on

101   equal footing reducing the power imbalance seen in clinical therapeutic relationship (Hall et al.,

102   2012).

103

104   During the last decade several studies have examined online health information about tinnitus on

105   various outlets as well as on various dimensions such as content, user characteristics, and

106   misinformation using the crowdsourcing approach to data extraction. Manchaiah et al. (2019a)

107   examined English language websites about tinnitus and reported that they have poor quality and

108   high readability. In another study, Manchaiah et al. (2018b) examined tinnitus posts on Facebook

109   pages using the Hierarchical Cluster Analysis (HCA) and reported that the messages belonged to

110   various topics including (1) diagnosis (21.9%), (2) cause (4.1%), (3) research and development

111   (13.6%), (4) social support (18.8%), (5) challenges (11.1%), (6) symptoms (21.4%), and (7)

112   coping (9.2%). A study on tinnitus tweets suggested that Twitter is mainly used for advocacy,

113   sharing personal information and experiences rather than providing social support or to build

114   relationships (Ni et al., 2020). Examination of the top 100 most-viewed videos on YouTube

115   about tinnitus suggests that the videos were mainly uploaded by individuals with tinnitus sharing

116   their personal experiences (Basch et al., 2018). In another study, Deshpande et al. (2018)

117   examined tinnitus information on various social media platforms and suggested that these social

118   media outlets vary in terms of their use – individuals with tinnitus could learn about tinnitus,

119   seek social support, advocate for tinnitus support, as well as connect with health professionals on

120   different platforms.

121

122   More recently, Palacios et al. (2020) examined the symptoms and complaints reported by

123   individuals with tinnitus and hyperacusis in a tinnitus forum using Natural Language Processing

124   (NLP) methods, thereby identifying 15 unique topics of symptoms/complaints based on

125   users'own words. Another recent qualitative study which analyzed the discussions around

126   tinnitus in web-based forums showed that the messages include (a) lived experiences of tinnitus,

127   (b) perspectives on interventions for tinnitus, and (c) experience of participating in web-based

128   discussion forum (Hall et al., 2021). Overall, these studies suggest that internet health

129   information, especially the information about tinnitus on social media, helps identify questions,

130   concerns as well as complaints of individuals with tinnitus. Moreover, online discussions

131   including social media posts are a reflection of the free speech of individuals with tinnitus which

132   is not biased by any medical interaction. However, despite many recent studies in this area, we

133   believe that there is limited understanding of what kind of discussions happen in social media.

134   This is because, previous studies were limited in the amount of information extracted for

135   analysis. For example, studies by Manchaiah et al. (2018b) and Palacios et al. (2020) only

136   included 1,569 and 3,785 message, respectively in the analysis while thousands of messages are

137   posted in social media platforms each day. Moreover, previous social media platforms were not

138   anonymous due to which some users may not have discussed their opinions freely. Social media

139 platforms such as Reddit provide an anonymous way for users to share their messages which

140 may be more conducive for free speech online. However, no previous studies have examined

141 tinnitus information in Reddit platform.

142

143 The present study was aimed at identifying key topics in online discussions about tinnitus by

144 examining a large social media dataset using NLP technique. This study uses a much larger

145 sample size as well as uses a different NLP technique than the study by Palacios et al. (2020).

146 We anticipated that the examination of anonymous free texts would provide us an understanding

147 of user perception of causes and consequences as seen in previous studies (Manchaiah et al.,

148 2018b; Palacios et al., 2020), and most importantly the coping mechanism both in terms of

149 seeking and offering support.

150

151 **Method**

152 **Study Design and Ethical Considerations**

153 The study used a cross-sectional design. Reddit posts about tinnitus were extracted from the

154 Reddit Application Programming Interface (API) via custom-made Python scripts. Ethical

155 approval (IRB-FY21-89) for the study was obtained from the Institutional Review Board (IRB)

156 at Lamar University. In addition, good practices for analyzing and reporting publicly available

157 data were followed (Eysenbach & Till, 2001).

158

159 **Data Extraction**

160 While Reddit is a considered as a social media, it is quite different from other social media

161 platforms. Reddit platform is based around communities (i.e., subreddit) which focus on specific

162   topic rather than people. As the Reddit platform ensures anonymity of the user identity no user

163   information (e.g., age, gender, name) was available. As a result of this, it functions more like a

164   forum with social media aspects, which could potentially make it more friendly and easy to use.

165   In addition, in the current study we analyzed text message as a whole text corpus rather than

166   looking at individual messages. Only small segment of individual messages was used as

167   examples in the results section.

168

169   Reddit API is publicly accessible and allows researchers to acquire language data directly from

170   the site without using the typical web interface. However, the main limitation to this approach is

171   that Reddit does not provide demographic data on the site's users; hence, characteristics of the

172   sample cannot be described. Therefore, Reddit posts about tinnitus were extracted via Reddit

173   API using a custom-built script. This included both original posts (i.e., a submission that starts a

174   conversation) and associated comments (i.e., a submission that replies to posts or other

175   comments) from the r/tinnitus subcommunity (or "subreddit"). Entire thread histories were

176   extracted and, where possible, all original post-level information (i.e., exact message that was

177   posted) was retained. In cases where comments remained but user-level information (i.e., Reddit

178   user ID) had been removed, all available data were retained. Data posted from the time Reddit

179   started through March 2020 were extracted chronologically, although the timestamp information

180   was not extracted.

181

182   The original corpus included 113,214 posts, which included 12,481 (11%) original posts and

183   100,733 (89%) comments. However, after cleaning the data for duplications and posts without

184   text information, the text corpus was reduced to 101,905 posts which was used in further

185   analyses. These messages were generated from 12,313 unique user accounts. The mean number

186   of posts was 8.3 (SD 22 posts). Of these, 11,573 (11.4%) were original posts and 90,332 (88.6%)

187   were comments which were generated from 12,303 user accounts. No other preprocessing was

188   performed.

189

190   **Data Analysis**

191   While there are several types of techniques used in NLP, topic modelling is one of the most

192   commonly used NLP techniques. Moreover, this approach produces results in a similar way to

193   qualitative content analysis or thematic analysis making it easy for hearing healthcare

194   professionals to understand the results as they are familiar with qualitative analysis techniques.

195   Topic modelling is a technique that involves text mining algorithms to identify patterns within

196   the data (Nunez-Mir et al., 2016). This method examines how words commonly occur to produce

197   text with similar meaning. In this study, hierarchical cluster analysis (HCA) was performed using

198   IRaMuTeQ software (IRaMuTeQ, 2021) which is a type of topic modelling. This analysis helped

199   identify key topics within the text corpus. The software produces a dendrogram based on the

200   cluster analysis which shows the most representative words within each cluster as well as the

201   percentage of texts each of the cluster included from the whole corpus. Latent Dirichlet

202   Allocation (LDA) is another popular topic modelling technique to extract topics from a given

203   text corpus. Unlike LDA which uses words as the unit of analysis, the HCA uses the text

204   segments (i.e., 1-2 sentences) as the unit of analysis. For this reason, the chosen approach helps

205   identify sub-clusters within the main cluster providing both macro and micro view of the data.

206   Table 1 provides description of key steps in the data analysis.

207

208   <Table1 here>

209

210   Following the HCA, the top 20 highly representative words for each cluster was provided to a

211   panel of tinnitus experts (n=9) and they were requested to come up with a name for each cluster

212   based on the frequently occurring words. The details were sent to experts in an email and were

213   requested to respond to the email with appropriate names for each of the clusters. The responses

214   were grouped to identify the most appropriate name. Researchers (VM and AL) reviewed the

215   names to come up with the final names. Any disagreements were discussed with the third

216   researcher (AKD) before coming to consensus. Following this step, the typical text segments

217   from each cluster (see Table 1) was compared with the name of the cluster. It is noteworthy that

218   the cluster names themselves are arbitrary, using domain experts in labelling the clusters helped

219   us ensure the cluster names represent the intended meaning of the social media posts and is

220   common topic modelling approach (Boyd et al., 2017; Kennedy et al., 2021).

221

222   **Results**

223   **Main Clusters**

224   The cluster analysis resulted in a 16-cluster solution as illustrated in Figure 1. Here, the

225   dendrogram presents the words that are most representative of each cluster. The font size of

226   words within each cluster is proportional to the χ^2 value within the cluster (i.e., higher the χ^2,

227   larger the font size). The largest cluster contained 10% of the Reddit posts in our sample, and the

228   smallest cluster contained 1.4% of the posts. Table 2 presents the cluster names, descriptions,

229   and examples of text segments that are typical representation of these clusters.

230

231   <Table 2 here>

232   <Figure 1 here>

233

234   The 16 clusters were grouped into two topics relying on experts' assessments: (1) *causes and*

235   *consequences* (55.7% of texts), and (2) *management and coping* (44.3% of the texts). The *causes*

236   *and consequences* topic was primarily characterized by Reddit users discussing medical triggers

237   and modulators of their tinnitus, dietary effects of tinnitus, tinnitus perception (e.g., pitch,

238   loudness, maskability), sleep-related issues, association between tinnitus and

239   attention/concentration, discussions around the onset of their tinnitus as well as how long it may

240   last, and also discussions around music listening and hearing protection. The *management and*

241   *coping* topic, on the other hand, was largely defined by discussions around Reddit

242   users''interactions with their hearing healthcare providers, general discussions around social

243   media posts about tinnitus, hoping for a cure, dietary supplements and alternative therapies,

244   hearing research, interactions with people who do not experience tinnitus and their limited

245   understanding of tinnitus, mental health issues and coping, as well some appreciation toward the

246   online community for answering their questions or concerns and for being supportive.

247

248   **Discussion**

249   The present study examined the main topics in Reddit posts about tinnitus by analyzing users '

250   own words using automated text analysis. The study identified 16 key clusters within social

251   media posts about tinnitus, which fell into two main topics (i.e., tinnitus causes and

252   consequences, tinnitus management and coping). These findings help understand the types of

253   discussions taking place on social media, although it may not be possible to examine why

254 individuals use social media for accessing hearing health information. The following sections

255 highlight the key findings and implications.

256

257 Most of the discussions (i.e., 55.7% of texts) about tinnitus on Reddit were concerned about the

258 causes and consequences of tinnitus. The dominant cluster within this topic was about tinnitus

259 timeline in which users discussed the onset and duration of their tinnitus and, more importantly,

260 concerns they had about how long they may have to live with tinnitus. This is an especially

261 interesting cluster as several individuals with tinnitus are afraid that they may have to 'live with

262 tinnitus' for the rest of their life (Watts et al., 2018). The cluster on medical triggers and

263 modulators of tinnitus highlighted the complex interactions between middle ear, somatosensory

264 tinnitus, stomatological conditions, and sinonasal and eustachian tube dysfunctions that may

265 have triggered or exacerbated tinnitus – topics often discussed in tinnitus literature (Haider et al.,

266 2018). Users' descriptions of the perceptual attributes of their tinnitus in terms of type of sound,

267 loudness, pitch, location, unpleasantness, and maskability was also a dominant cluster,

268 accounting for nearly 10% of the posts. These descriptions are quite similar to how individuals

269 with tinnitus would describe their problem during clinical interactions (Hall et al., 2018).

270 Another cluster included substantial amount of discussions (13%) around how listening to loud

271 music could result in tinnitus and ways to mitigate it (i.e., preventative hearing conservation

272 strategies) (Zhao et al., 2020). These posts appeared to come from individuals who developed

273 tinnitus due to exposure to loud music and have had tinnitus for quite some time. The messages

274 are targeted at younger users to prevent hearing damage by taking appropriate precautions. This

275 observation highlights how social media is used for the advocacy of hearing conservation and

276 prevention of tinnitus. Sustaining attention as well as sleep functions are often affected in those

277   experiencing tinnitus (Manchaiah et al., 2018a), and these aspects were also included in the

278   Reddit discussions. Interestingly, users also described how absence of silence became a major

279   burden for them despite the fact that a low level sound stimulation is known to induce tinnitus

280   even in non-clinical subjects (Schaette et al., 2012). Indeed, laboratory experiments have

281   suggested a link between the perception of tinnitus and silence modulated by the auditory

282   attention load (Knobel & Sanchez, 2008; Tucker et al., 2005). However, the discussions on

283   Reddit were predominantly focused on how individuals with tinnitus were bothered by the loss

284   of silence in their life. In contrast, as highlighted by cluster 4, it is interesting to note that

285   avoiding silence and using a variety of sound enrichment techniques is proposed as a therapeutic

286   intervention for tinnitus patients (Pienkowski, 2019). Finally, a smaller proportion of discussions

287   centered around how certain types of food and drinks (e.g., caffeine, alcohol) affected tinnitus

288   perception. Although a few studies have examined the link between diet and tinnitus (e.g.,

289   Dawes et al., 2020), this is an area that requires much attention from tinnitus researchers.

290

291   The examined Reddit posts also had a substantial amount of discussion around management of

292   and coping with tinnitus (i.e., 44.3% texts). This topic included various clusters ranging from

293   interactions, management options, coping, as well as up-to-date research about tinnitus. The

294   predominant cluster in this topic was that about hearing research in which users discussed the

295   latest research in diagnosis and treatment of tinnitus. This discussion may have taken place partly

296   due to users having come across tinnitus studies being discussed in newspaper media or other

297   social media posts. These outlets have become popular ways of sharing newly published research

298   (Manchaiah et al., 2018b). There was also substantial amount of discussion about social media

299   posts themselves as many users recognized that posts that get more attention (go 'viral') are often

300   negative, and most people's modest experiences or positive life stories are not shared enough

301   (Vosoughi et al., 2018). Many users discussed their interactions with hearing healthcare

302   providers as well as people without tinnitus. Posts about hearing healthcare providers were

303   mainly about office visits and what to expect during an office visit (e.g., types of investigations

304   that were performed, possible management). However, the posts about interactions with people

305   without tinnitus were mainly about unhappiness that those who do not have tinnitus do not

306   understand how it is to live with tinnitus. This observation may call for inclusion of significant

307   others of tinnitus in the management process as well as public health campaign to raise

308   awareness about tinnitus to general public. The posts also highlight that individuals with tinnitus

309   continue to be hopeful about a possible cure in the near future or in their lifetime, although no

310   cure exists now (McFerran et al., 2019). Several posts discussed relying on dietary supplements

311   and alternative therapies, although the current evidence does not support its use for tinnitus

312   management (Luetzenberg et al., 2020). Many individuals shared the mental health issues they

313   were facing such as anxiety and depression and the mechanisms they use to cope with them. This

314   was an expected finding as many people seek social media information for social support. Lastly,

315   a small number of posts were related to how some users had difficulty writing in English and

316   thanking the online community for being helpful.

317

318   **Study Implications**

319   Social media has become an integral part of modern human life and has an important role in

320   health. People may use social media for various reasons including seeking information or

321   seeking (or providing) social support. However, previous studies have identified that health

322   information on social media could have misinformation (Deshpande et al., 2018; Deshpande et

323   al., 2019; Swire-Thompson & Lazer, 2020). Identifying and addressing misinformation is

324   important both at an individual level during clinical interactions as well as at public health level

325   through public education campaigns. Because of the negative effects misinformation about

326   health issues may create, our findings further inform the discussion about the need for regulation

327   and moderation of information on social media.

328

329   The present study may also help uncover some important topics (i.e., tinnitus timeline,

330   interactions with people without tinnitus, dietary supplements and alternative therapies) that

331   individuals with tinnitus are concerned about, and that are not covered in the current literature.

332   Moreover, examining the patient's own natural language may provide unique insights into their

333   symptoms and complaints that may not be captured easily through standardized patient-reported

334   outcome measures (Spasić et al., 2019). Hearing healthcare professionals should consider

335   discussing if the individuals with tinnitus have engaged in social media discussions as well as

336   offer to help clarify issues that were not clear in the social media. Moreover, such a discussion

337   may also help hearing healthcare professionals to examine if social media has had any influence

338   on their treatment decisions/choices as well as to develop patient-centered strategies for tinnitus

339   management.

340

341   **Study Limitations and Future Directions**

342   The current study is the first to examine Reddit posts about tinnitus and has a large sample size.

343   Moreover, due to the anonymous nature of Reddit platform, it is likely that users will share their

344   opinions and views more openly and honestly and the data generated from this platform may be

345   more ecologically valid. In the present study, we used a cluster analysis which is one type of

346   NLP. It would be interesting to see if other types of NLP techniques (e.g., LDA) yield similar

347   results (Palacios et al., 2020). Further analysis of some of the clusters using either qualitative

348   methods and/or microanalysis may help provide in-depth understating about specific topic. The

349   microanalysis of the data should also focus on identifying any misinformation about tinnitus in

350   these posts (Deshpande et al., 2018). In addition, the current study was focused on grouping

351   similar messages based on their meaning. However, it would be worthwhile to identify

352   subgroups of users based on the types of messages they post using the Reddit ID as a factor.

353   Such an analysis may help understand how and for what purpose different users may rely on

354   social media platforms for tinnitus information.

355

356   **Statement of Ethics**

357   The study was approved by the Institutional Review Board (IRB) at Lamar University. As the

358   anonymous data was extracted from social media posts no informed consent was obtained.

359

360   **Conflict of Interest Statement**

361   There are no financial interests to disclose. There are no conflicts of interest.

362

363   **Funding Sources**

364   There are no funding sources.

365

366   **Author Contributions**

367 VM conceptualized the study. RB extracted the data and PR performed the data analysis. AL,

368 AKD, MR, GP, RB and PR provided input to the study design and provided input to draft

369 manuscript. All authors approved the content of the manuscript.

370

371 **Data Availability Statement**

372 The data that support the findings of this study are not publicly but are available from the

373 corresponding author [VM] upon reasonable request.

374

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511   **Figure Legends**

512

513   Figure 1: Dendrogram (i.e., classification of clusters), size of clusters as percentage of the text

514   segments, and overrepresented words in each cluster in Reddit posts about tinnitus.

Table 1: Steps involved in Hierarchical Cluster Analysis (HCA) of text data

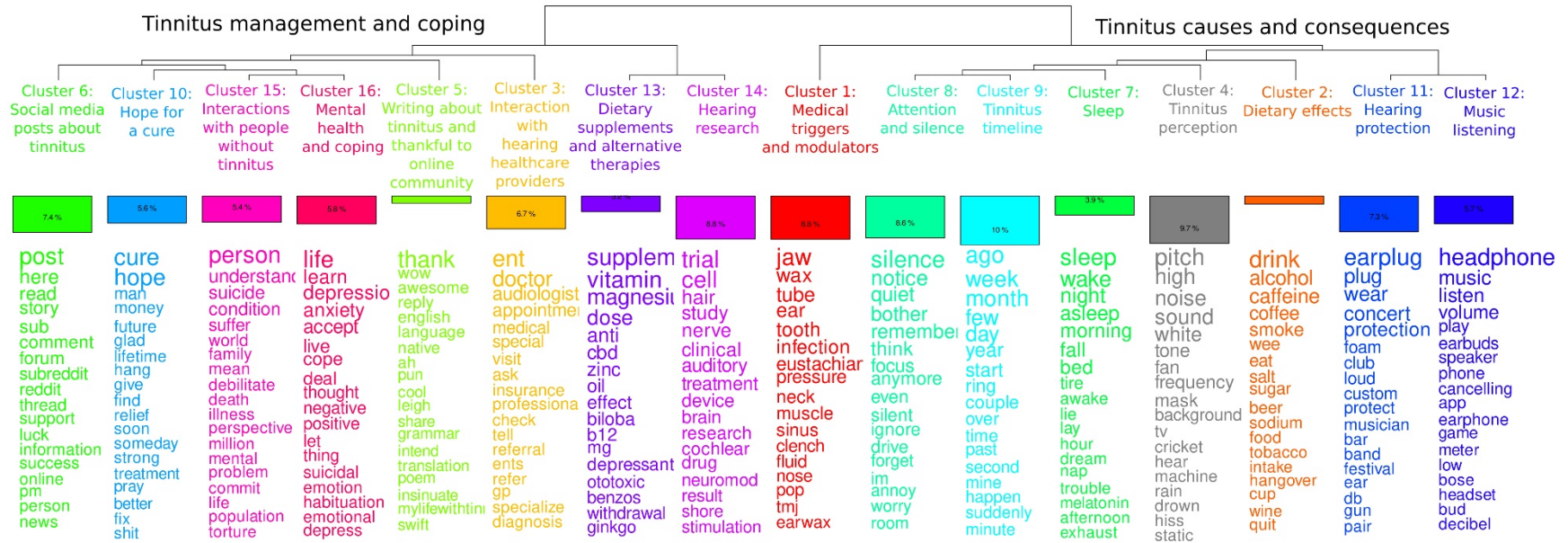| Steps	Description
Step 1: Text segmentation	Split each unit of text (i.e., single Reddit post) into smaller unit of text segments (generally 1-2 sentences) based on criteria od size and punctuation. This step is important to maintain precision of analysis while maintaining natural segmentation of texts.
Step 2: Lemmatization	Words within the text corpus is sorted by grouping variant or inflated forms of the same word called as "lemmas.". At this stage, "full words" (e.g., verbs, noun, adjectives, and adverbs) and "tool words" (e.g., pronoun, determent, and useful verbs such as—to be and to have) and only the full words are included in the analysis.
Step 3: Generation of sub-corpus	The text segments related to topic of interest (i.e., tinnitus) were extracted to form and a more directed sub-corpus was formed for further analysis.
Step 4: Applying Reinert method for text analysis	The software builds a binary matrix with text segments in rows and full words in columns, and then performs HCA based on a series of bipartitions made with correspondent analysis. At each stage of classification, a larger text segment is divided into two parts based on correspondent analysis until no further distinction is made in terms of information extracted from each cluster or until a maximum set number is reached. The maximum number of allowable clusters was set to 30. This cluster analysis groups the text segments based on co-occurrence of lemmas. Each of the clusters aim to be homogeneous (regrouping text segments with the common pattern of lemmas). Finally, the software produces results in terms of dendrogram and the software also provides profiles typical text segments from each of the clusters. The software uses a Reinert method cluster analysis which is practically developed for analysis of text data.A detailed description of Reinert method cluster analysis of textual data using the IRaMuTeQ software has been provided in our earlier publications (Manchaiah et al., 2018b, 2019b, 2019c).

Table 2: Cluster description and example text segments

Cluster	Description	Examples
Cluster 1: Medical triggers and modulators (8.8%)	Discussions around medical causes, triggers and modulators of tinnitus especially in the head, face, and neck area.	i also seem to have eustachian tube issues ears sometimes feel plugged after blowing my nose and i need to sort of yawn move my jaw around to get them to clear so i guess I'll get checked for any wax buildup and mention the tinnitus congestion issues while I'm at it yeah my left ear feels the same way been having issues with it for a year it could be due to jaw neck muscle putting pressure on eustachian tube which makes tinnitus more noticeable
Cluster 2: Dietary effects (1.7%)	Discussions around dietary items (food and beverages) that may affect tinnitus.	some people have complained smoking weed has had an negative effect on tinnitus so try and avoid that drinking alcohol or caffeine beverages is worse though if yours is getting worse and you don't think its from any of those it might be coming from noise exposure I've been told from doctors that caffeine and alcohol can make it worse and that exercise can help make it better i have experienced the reduced tinnitus from exercise i need to quit drinking coffee and start exercising
Cluster 3: Interaction with hearing healthcare providers (6.7%)	Discussions around hearing health visits including why to seek medical help, what might happen during the visit, as well as the role of audiologists and ENT specialists.	until a cure is found there are tons of medical things you can do to help yourself out firstly book an appointment with an audiologist or an ent doctor they will do an assessment of your symptoms and tell you where to go from there it might be and it might fade i would schedule an appointment with an ent doctor or audiologist as soon as you can because there can be a wait to get in and you want to get it evaluated within two weeks
Cluster 4: Tinnitus perception (9.7%)	Discussions around the perceptual characteristics and masking of tinnitus.	i have a low pitch but high frequency humming sound in my left ear and a high pitch and low frequency ringing in my right ear i also have a static like white noise in both of my ears but it feels like it's coming from the back of my head yes sometimes a white noise will help with the buzzing but will not mask the high pitch tone i hear in the background i can only describe the different tones as constant buzzing throbbing pulsing or electronic high pitch tone

Cluster 5: Writing about tinnitus and being thankful to online community (1.4%)	Writing about tinnitus on social media including the quality of writing, difficulty in writing in English, and being thankful to the online community for their responses.	wow thank you for this in depth reply I'm glad you have found ways to cope and make your situation better i went to the ENT today and they ran all their tests and i don't have any signs of hearing loss or any abnormal ear pressure ok I'll have my doc set up a referral that's awesome how the research is advancing from what I've read tinnitus isn't understood very well so that's great that they are getting somewhere thank you for replying
Cluster 6: Social media posts about tinnitus (7.4%)	Positive or negative views or experiences about tinnitus social media posts.	when i was having a rough time it helps to read all of the success stories on here but be careful because there's a lot of negative posts from the minority also if i were you i would go get a couple different opinions from ENTs stop reading those bad stories lol there are more good ones a lot of people get tinnitus and never post online i wouldn't rely too much on those but habituating really isn't too bad stay off the forums and mask it a lot you should be ok
Cluster 7: Sleep (3.9%)	Discussions around sleep-related disturbances due to tinnitus as well as strategies to have better sleep.	unless I'm super tired it's tough for me to fall asleep try not to disturb my wife by having the tv loud all night i wake up in the middle of the night and the T is the first thing i hear think of and trouble getting back to sleep yesterday i took a xanax when i got home and i took a xanax right before bed because i really needed to sleep that night and i was able to fall asleep pretty easly and i woke up at almost 8 but still before my alarm went off
Cluster 8: Attention and silence (8.6%)	Discussions around effects of tinnitus on attention, concentration, memory, and lack of silence.	I'm obsessive and not focusing on the tinnitus is difficult i am a quiet person who lives alone and enjoys silence and now silence is distressing it is hard to meditate anymore as all i think about is the ringing I'm hearing been having tinnitus for 17 years and smoking weed for 10 years daily as long as there is sound i dont focus on it and never hear it more or less just help not thinking about it the only time I'm bothered by it is in complete silence
Cluster 9: Tinnitus	Discussions around the onset and duration	just left the doctor i posted a few days ago I've had tinnitus for about 18 months but this past week it increased ten fold i was terrified that it was going to be a permanent change in my tinnitus

timeline (10%)	of tinnitus as well as how long it may last.	this all started months ago and it started with my left ear muffled and ringing it went away after a couple days the ringing then became periodic it would come in stay for a few seconds and fade out
Cluster 10: Hope for a cure (5.6%)	Users hoping for a cure in the near future or at least in their lifetime.	thank you man i hope yours gets better i wouldn't wish tinnitus on my worst enemy i pray for a cure in the near future for you'll who are still suffering good luck man all you can do is to follow the things usually prescribed to help t and then hope for a cure in our lifetime man I'm thinking about killing myself daily a lot of it is due to
Cluster 11: Hearing protection (7.3%)	Discussions around importance of hearing protection during recreational activities by minimizing exposure to loud sounds by avoiding loud events or with the use of ear protection.	don't go to concerts or shoot guns even with ear plugs for the time being to see if it starts getting better don't listen to loud music don't wear headphones don't play instruments without earplugs 3 anyone with tinnitus should always keep earplugs on your keychain and yes you should wear them at the movies i recommend custom plugs which are 200 for the best protection and sound quality but some decent ones that are at least 15db will sound better than foam
Cluster 12: Music listening (5.7%)	Discussion around music listening - both in terms of avoiding listening to music for hearing conservation as well as using music to aid distraction and sleep.	in regards of music do not shove it away make use of it i personally stopped listening through headphones and bought myself a pair of speakers which i play at low volume the only method i have of getting to sleep is having speakers next to my bed playing music in the night and i have also recently bought over ear headphones the earmuff kind which i listen to on much lower volume
Cluster 13: Dietary supplements and alternative therapies (3.2%)	Discussion around the benefits, limitations and evidence toward dietary supplements and alternative therapies for tinnitus.	I'd take looking like a doofus over a tinnitus spike or permanent increase in tinnitus anyday of the week i_ll have to look into nac since the onset of my tinnitus i_ve been taking b12 vitamin and a calcium magnesium zinc supplement daily after a few weeks i noticed huge difference also helps with falling asleep supplements and vitamins I've found to work all available on amazon cheap chelated magnesium citrus bioflavonoids taurine zinc

Cluster 14: Hearing research (8.8%)	Discussions around the latest hearing research, especially on tinnitus assessment and management.	the findings have implications for a phase 1 clinical trial now underway that uses gene therapy to restart expression of atoh1 to regenerate hair cells for treatment of hearing loss is it phase 1 of audion therapeutics trial a whole group of companies are racing for that sweet tinnitus money the area of development is mainly hearing restoration by growing cochlea hair cells some of the treatment delivery methods being explored are injection drug pill delivery or perhaps even deep brain stimulation of the auditory cortex
Cluster 15: Interactions with non-tinnitus people (5.4%)	Discussions around interactions with non-tinnitus people, others (e.g., friends, family members, and people in general) not understanding the consequences of tinnitus as well as how tinnitus affects psychology and social interactions.	people sometimes do commit suicide over this and your family friends need to understand that they should not be minimizing what you are experiencing just because they can't understand it few truly understand what it means to lose the will to live tinnitus took that from me and altered my life in a negative way permanently we need a real treatment and real help not blanket dismissal some people suffer in silence we don't even get that
Cluster 16: Mental health and coping (5.8%)	Discussion around consequences of tinnitus on mental health and ways of coping with it.	what do you mean you don't have a choice you can choose to accept the fact of what has happened and learn to deal with it and enjoy life or you can choose to let it rule you and think negative thoughts about it constantly i have gone through depression and anxiety issues because of this and it directly affects my job and many many more aspects of my life i can tell you that you just learn to cope with it the obvious solution to me is a change in lifestyle i probably just need to get out more but depression and anxiety issues tend to make you a recluse so it isn't going to be an instantaneous change

Tinnitus management and coping

Tinnitus causes and consequences

Cluster 6: Social media posts about tinnitus

Cluster 10: Hope for a cure

Cluster 15: Interactions with people without tinnitus

Cluster 16: Mental health and coping

Cluster 5: Writing about tinnitus and thankful to online community

Cluster 3: Interaction with hearing healthcare providers

Cluster 13: Dietary supplements and alternative therapies

Cluster 14: Hearing research

Cluster 1: Medical triggers and modulators

Cluster 8: Attention and silence

Cluster 9: Tinnitus timeline

Cluster 7: Sleep

Cluster 4: Tinnitus perception

Cluster 2: Dietary effects

Cluster 11: Hearing protection

Cluster 12: Music listening

7.4% | 5.6% | 5.4% | 5.8% | | 6.7% | | 8.8% | 8.8% | 8.6% | 10% | 3.9% | 9.7% | | 7.3% |

Cluster 6: post, here, read, story, sub, comment, forum, subreddit, reddit, thread, support, luck, information, success, online, pm, person, news

Cluster 10: cure, hope, man, money, future, glad, lifetime, hang, give, find, relief, soon, someday, strong, treatment, pray, better, fix, shit

Cluster 15: person, understand, suicide, condition, suffer, world, family, mean, debilitate, death, illness, perspective, million, mental, problem, commit, life, population, torture

Cluster 16: life, learn, depression, anxiety, accept, live, cope, deal, thought, negative, positive, let, thing, suicidal, emotion, habituation, emotional, depress

Cluster 5: thank, wow, awesome, reply, english, language, native, ah, pun, cool, leigh, share, grammar, intend, translation, poem, insinuate, mylifewithtinn, swift

Cluster 3: ent, doctor, audiologist, appointment, medical, special, visit, ask, insurance, professional, check, tell, referral, ents, refer, gp, specialize, diagnosis

Cluster 13: supplem, vitamin, magnesiu, dose, anti, cbd, zinc, oil, effect, biloba, b12, mg, depressant, ototoxic, benzos, withdrawal, ginkgo

Cluster 14: trial, cell, hair, study, nerve, clinical, auditory, treatment, device, brain, research, cochlear, drug, neuromod, result, shore, stimulation

Cluster 1: jaw, wax, tube, ear, tooth, infection, eustachiar, pressure, neck, muscle, sinus, clench, fluid, nose, pop, tmj, earwax

Cluster 8: silence, notice, quiet, bother, remember, think, focus, anymore, even, silent, ignore, drive, forget, im, annoy, worry, room

Cluster 9: ago, week, month, few, day, year, start, ring, couple, over, time, past, second, mine, happen, suddenly, minute

Cluster 7: sleep, wake, night, asleep, morning, fall, bed, tire, awake, lie, lay, hour, dream, nap, trouble, melatonin, afternoon, exhaust

Cluster 4: pitch, high, noise, sound, white, tone, fan, frequency, mask, background, tv, cricket, hear, machine, rain, drown, hiss, static

Cluster 2: drink, alcohol, caffeine, coffee, smoke, wee, eat, salt, sugar, beer, sodium, food, tobacco, intake, hangover, cup, wine, quit

Cluster 11: earplug, plug, wear, concert, protection, foam, club, loud, custom, protect, musician, bar, band, festival, ear, db, gun, pair

Cluster 12: headphone, music, listen, volume, play, earbuds, speaker, phone, cancelling, app, earphone, game, meter, low, bose, headset, bud, decibel