Hearing loss – psychological consequences and coping strategies

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Why do we hear?

• To communicate

• To be safe
Communication

• The meaning of life?
To communicate if hearing is challenging - effortful listening

• Working memory
• Distinguishing sounds
• Fill in the gaps

• Compromised storing of information
To be safe

- Our senses are important for detecting danger
- How is the impact of a sense not functioning at its best?
Charging station
Charging stations
Charging station
My charging station
Psychological consequences

• Fatigue
• Isolation
• Lack of information
• Withdrawal
• Depression
• Anxiety
• Dementia
Is focus on hearing loss relevant for the OI group?

• Easy to underestimate the consequences

• Progressing hearing loss
  • Ever lasting adjustment
Coping strategies

• Knowledge about hearing loss
• Amplification, technical devices
• Find a charging station
• Be open about hearing loss
Openness - be a teacher

- Tell people how to act
- Be prepared to do it over again
- Consider if it is worth it, pick your fights!
Mental disorder

• Treatment
Take home message

• Hearing loss and consequences are easy to underestimate
• Effortful listening can have impact on both physical and mental health

• Seek knowledge
• Seek treatment if needed


• Dammeyer J, Chapman M (2017) Prevalence and characteristics of self-reported physical and mental disorders among adults with hearing loss in Denmark: a national survey


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References III

