

## SHORT TERM SCIENTIFIC MISSION (STSM) SCIENTIFIC REPORT

This report is submitted for approval by the STSM applicant to the STSM coordinator

Action number: **STSM BM1306-38492**

STSM title: **“Clinical Assessment of tinnitus patients: Development, evaluation and implementation of clinical standards“**

**STSM start and end date: 18/09/2017 to 27/09/2017**

Grantee name: António Vasco de Oliveira

### PURPOSE OF THE STSM:

(max.200 words)

The purpose of STSM “Clinical Assessment of tinnitus patients: Development, evaluation and implementation of clinical standards“ with Prof. Dr. Berthold Langguth, Dr. Martin Schecklmann and their team, in the Department of Psychiatry and Psychotherapy of the University Hospital Regensburg, Germany, was to gain experience, in-depth inside, and background knowledge of standardized clinical assessment of tinnitus patients in a specialized Tinnitus Centre.

A particular specific goal was to translate the questionnaire set to European Portuguese language.

The duration of STSM was eight days, starting Monday 18<sup>th</sup> September 2017, and leaving Regensburg on Wednesday 27<sup>th</sup> September 2017.

### DESCRIPTION OF WORK CARRIED OUT DURING THE STSMS

(max.500 words)

1<sup>st</sup> day:

Presentation, and performing of administrative procedures with Susanne Staudinger;

Preparing the intervention on the field of work group 2 – Data base;

Presentation of Tinnitus Database, and learning of main functions and goals of Tinnitus Data base;

2<sup>nd</sup> day:

Preparing the visit to the Tinnitus Centrum with Dr. Martin Schecklmann;

Preparing the translation of documents mainly the TSCHQ with the help of Dr. Haula Heider back in Portugal, and asking the authorization for the use of Portuguese versions of THI, TBF 12, WHOQOL-BREF, and preparing the validation of MDI;

Sharing our experience with the use of a booklet with tinnitus patients;

3<sup>rd</sup> day:

Visit to the Tinnitus Centrum, observing the use in tinnitus patients of biofeedback, and neurobiofeedback techniques;

4<sup>rd</sup> day:

Visit to ENT department, regarding and discussing audiological protocols in tinnitus patients, and ENT anamnesis and consultation;

Present in the meeting of the multidisciplinary team from ENT, Psychiatry and Psychology for discuss the tinnitus patients cases that were observed in the clinic;

5<sup>th</sup> day

Looking for Acoustic Stimulation procedures, a new research method in investigation;

6<sup>th</sup> day

Translation of CBR Tinnitus Severity questionnaire, translation of TFI, and preparing the validation of the translation.

7<sup>th</sup> day

Visit to Tinnitus Centrum, to observe the Transcranial Magnetic Stimulation Therapy in tinnitus patients, their protocol and discuss their results.

8<sup>th</sup> day

Meeting with Susanne Staudinger and Martin Schecklmann to review the aspects related with the STSM visit, and preparing the collaboration of the Hospital das Forças Armadas – Porto, in the Tinnitus Database.

### **DESCRIPTION OF THE MAIN RESULTS OBTAINED**

Finishing the European Portuguese version of the Case Report Form.

Have a precise idea how works a Multidisciplinary Centre for Tinnitus patients, to try to export, in the better way possible this reality to our working daily experience.

Have the possibility to look different therapeutic methods, particularly the TMS therapy, and discuss their usefulness in tinnitus patients.

### **FUTURE COLLABORATIONS (if applicable)**

Preparing our future participation in the Tinnitus Database, and, if possible, some other Portuguese Tinnitus Centers.

Prepare the presentation and disclosure of the European Portuguese version of the CSR, back in Portugal.

I would like to thanks Prof. Dr. Berthold Langguth for the possibility to be with his team, and particularly to Dr. Martin Schecklmann, for their support in the TMS laboratory and all practical and theoretical information's, and Susanne Straudinger for the practical, logistic and informative support in Tinnitus Database, and in the preparation of all STSM.