

The Impact of the Covid-19 Pandemic on Tinnitus Patients with Age-Related Hearing Loss

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The population of older adults is growing all over the world, therefore, the attention to their care need is very important [1]. Age-related hearing loss (ARHL), or presbycusis is one of the most prevalent disorders among older adults. Presbycusis is very prevalent in older adults above 65 years old. Presbycusis is also common reason of tinnitus [2]. Studies indicate strong relation between tinnitus and presbycusis [3-5].

By definition, tinnitus is the understanding the annoying sound in the ears. There is an interconnected between tinnitus and stress and tinnitus increase with stress [6].

Older adults around the world are affected by the COVID-19 pandemic. The World Health Organization (WHO) has reported the COVID-19 as pandemic since involved the whole world [7].

We know that the COVID-19 pandemic is lead to stress, anxiety and depression [8]. The most part of older adults have to isolate for a long time and this situation could have negative effects on mental health [9].

The COVID-19 pandemic has several negative effects on mood and mental health especially in older population. Isolation and loneliness that strongly recommended for older populations present important concern during the COVID-19 pandemic to this high risk group [10]. Such recommending has intensive health consequences for them such as increase of stress, anxiety and depression [11].

There is a direct relation between the severity of stress and severity of tinnitus. Highest level of stress for the long period of time associated with worsening of tinnitus [12]. Stress as the result of the COVID-19 pandemic condition threatens the health of ones body [13]. Emotional and psychological factors have the main role in increasing the tinnitus [14]. Home care services and family caregivers are needed for being a stress reliever [15]. Keeping the elderly away from any bad news about the COVID-19 pandemic and using of online technologies such as phone calls or video chats can provide empathy with less lonely.

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