

Background noise

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STELLINGEN

associated with the dissertation

BACKGROUND NOISE

CLINICAL GUIDELINES, ASSESSMENT & CBT FOR DISABLING TINNITUS

1. Inconsistencies between international clinical guidelines contribute to inequalities in access to tinnitus assessment and treatment services. (Chapter 2)
2. CBT is the best available intervention to improve the lives of people suffering from tinnitus. (Chapter 3)
3. The mode and method of delivering CBT for tinnitus does not affect its efficacy. (Chapter 3)
4. There is insufficient evidence to conclude that CBT is more effective than Tinnitus Retraining Therapy. (Chapter 3)
5. Internet-based CBT is needed to rapidly increase access to affordable and effective treatment. (Chapter 3)
6. Likert-type response options will improve the sensitivity of the Fear of Tinnitus Questionnaire (Chapter 4)
7. Further evaluation of the implementation of specialised stepped-care CBT for tinnitus in the Netherlands should include a wait-list control group. (Chapter 5)
8. Understanding what components of CBT interventions work for whom should continue to be a research priority.
9. “Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” Marie Skłodowska Curie
10. “Bear with us while we think.” Slow Science.org

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