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## Guided Internet-Delivered Cognitive Behavioural Therapy for Adults with Tinnitus in Ontario: A Randomized Controlled Trial

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**Title: Guided Internet-Delivered Cognitive Behavioural Therapy for Adults with Tinnitus in Ontario: A Randomized Controlled Trial**

Tinnitus is the perception of sound such as ringing, buzzing, hissing, roaring or grinding noise without an external, sound producing source. About 43% of Canadians aged 16-79 years usually experience tinnitus in their lifetime. The prevalence rate increases with age, which is of great concern with an increasing aging population in Canada.

Studies have shown that tinnitus has debilitating psychological effects such as depression, anxiety, stress, insomnia, poor concentration and cognitive dysfunction which significantly impacts quality of life and inflicts socioeconomic and healthcare economic burdens on the individual.

My current study will seek to investigate how effective guided internet-delivered cognitive behavioural therapy will be in the long-term treatment of chronic tinnitus among adults in Ontario in a randomized controlled trial.

The results of this research will establish a cost effective, easily accessible and an effective long-term treatment for tinnitus to help improve the overall quality of life of tinnitus patients.

**Frank Ocran, PhD student.**