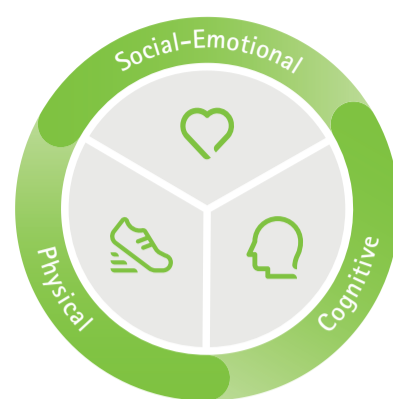


Can listening-related fatigue influence well-being?

Examining associations between hearing loss, fatigue, activity levels and well-being*

The impact of hearing loss and hearing aid use on **fatigue** is well documented:



Objective



Systematic literature review examining the relationships between



hearing loss and work, social and physical activity level



hearing aid use and work, social and physical activity level

Methodology

5 databases,
2977 articles retrieved



66 articles for full text review



Results

Relationship between activity and fatigue



Work activity:
dependent on satisfaction with work status



Social activity:
dependent on enjoyment of activities



Physical activity:
highest with both low and high levels of activity



Work activity

Hearing loss is associated with decreased work activity
17 / 21 studies



Social activity

Hearing loss is associated with decreased social activity
9 / 15 studies



Physical activity

Hearing loss is associated with decreased physical activity
10 / 14 studies



Hearing loss



Hearing aid

Hearing aid use is related to increased work activity – stronger impact for cochlear implants than for hearing aids
5 / 9 studies

Hearing aid use is related to increased social activity
7 / 11 studies

Higher self-reported physical activity level for women, but not men
2 studies

Considerations

Considerations for Practice

Interactions between hearing loss, hearing aid use, fatigue and activity levels can be expected to impact the well-being of adults with hearing loss directly and indirectly: Clinicians need to understand the daily life fatigue their clients' experience.



*Holman, J. A., Hornsby, B. W. Y., Bess, F. H., & Naylor, G. (2021). Can listening-related fatigue influence well-being? Examining associations between hearing loss, fatigue, activity levels and well-being. *International Journal of Audiology*, DOI: 10.1080/14992027.2020.1853261