

TINNET Resting-state Questionnaire

Version 1, March 2016

Part 1: consumption of stimulants

How much coffee did you drink today?	- enter data here -				
Compared to your normal daily consumption, this is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	much less	less	normal	more	much more
How many cigarettes did you smoke today?	- enter data here -				
Compared to your normal daily consumption, this is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	much less	less	normal	more	much more
How much alcohol did you drink today?	- enter data here -				
Compared to your normal daily consumption, this is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	much less	less	normal	more	much more
How much tea did you drink today?	- enter data here -				
Compared to your normal daily consumption, this is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	much less	less	normal	more	much more

Part 2: Resting-state cognition

This part of the Tinnitus Resting-state Questionnaire is based on Diaz, B. A., Van Der Sluis, S. & Moens, S. The Amsterdam Resting-State Questionnaire reveals multiple phenotypes of resting-state cognition. *Frontiers in Human Neuroscience* (2013).

Domain / Factor	Question	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely Agrees
DoM	I had rapidly switching thoughts.					
DoM	I felt restless					
DoM	I had busy thoughts					
DoM	I had my thoughts under control					
DoM	I had difficulty holding on to my thoughts					
ToM	I thought about others					
ToM	I thought about people I like					
ToM	I placed myself in other peoples shoes					
Self	I thought about my feelings					
Self	I thought about my behavior					
Self	I thought about myself					
Plan	I thought about my work / study					
Plan	I thought about solving problems					
Plan	I thought about things I need to do					
Plan	I thought about the past					
Plan	I thought about the future					
Plan	I had deep thoughts					
Plan	I thought about things I need to do					
Sleep	I felt tired					
Sleep	I was sleepy					
Sleep	I had difficulty staying awake					
Comfort	I felt comfortable					
Comfort	I felt relaxed					
Comfort	I felt happy					

SomA	I thought about my health					
SomA	I was conscious of my body					
SomA	I thought about my heartbeat					
SomA	I thought about my breathing					
TA	I monitored my tinnitus during the scan					
TA	I was thinking about my tinnitus					
TA	I was aware of my tinnitus					
TA	The frequency of my tinnitus changes during the scan					
TA	My tinnitus did not change during the scan					
TA	My tinnitus increased during the scan					

DoM: Discontinuity of Mind

ToM: Theory of Mind

Plan: Planning

Sleep: Sleepiness

SomA: Somatic Awareness

TA: Tinnitus Awareness