

# MISOPHONIA

An information sheet for adults with misophonia

THIS FACTSHEET ABOUT MISOPHONIA ALLOWS YOU TO RECORD ANY TYPE OF MISOPHONIA YOU MAY EXPERIENCE. PEOPLE WITH MISOPHONIA SOMETIMES STRUGGLE TO FIND THE APPROPRIATE SUPPORT SO THIS FORM IS DESIGNED TO BE PRINTED AND SHARED WITH RELEVANT PROFESSIONALS (EG. FAMILY DOCTOR, STUDENT SUPPORT OFFICE). BELOW WE ALSO PROVIDE A LINK TO OUR ONLINE RESOURCES SHOWING

HOW TO SUPPORT ADULTS WITH MISOPHONIA IN STUDENT SETTINGS, OR OTHER ENVIRONMENTS. NUMBERS IN THE TEXT REFER TO SCIENTIFIC REPORTS USED IN WRITING THIS FACTSHEET (LISTED ON PAGE 2). FURTHER MISOPHONIA RESOURCES FOR ADULTS, CHILDREN, PARENTS, TEACHERS, CLINICIANS, AND RESEARCHERS CAN BE FOUND AT [WWW.MISOPHONIA-HUB.ORG](http://WWW.MISOPHONIA-HUB.ORG).

This information sheet contains:



Information about misophonia



Checklist for misophonia



Support for misophonia



Web-resources for educators



## What is misophonia?

Misophonia is a sound-sensitivity condition which causes an unusually strong aversion to particular sounds<sup>1</sup>. For people with misophonia, sounds like chewing, for example, can cause extreme anger, disgust or even fear<sup>1</sup>. Misophonia trigger-sounds are typically human-made, such as eating-noises, throat and nasal sounds, rustling, or tapping<sup>2</sup>. Misophonia typically emerges during childhood or adolescence, and can improve or worsen over time<sup>3</sup>. Although misophonia is not a disease, it has a known neurological basis<sup>4</sup> and is recognised by health bodies such as the NHS (UK National Health Service) and the British Tinnitus Association<sup>5</sup>. Below is a checklist for adults with misophonia; please check any that apply.



## Misophonia checklist. I...

- ...hate or am disgusted by certain sounds (more so than the average person)
- ...cannot tolerate particular sounds other people make
- ...regularly find particular sounds overly loud or painful in the ears or face (this is another sound-sensitivity called *hyperacusis*)
- ...am afraid of certain sounds (this is sometimes part of misophonia/hyperacusis, and referred to as *phonophobia*)
- ...do not want to eat with others because of the sounds they will make
- ...do not want to go to work (college etc.) because of the sounds other people make
- ...have other experiences I'd like to raise (write details in the box below):

## (checklist cont.) I am affected by...

- ...difficulty in dining environments (eg. cannot eat with others, or hear sounds of chewing, clattering, crunching etc.)
- ...difficulty in classroom or work environments (eg. upset by sounds like paper shuffling, sniffing, coughing, certain voices)
- ...experiencing pain when hearing certain sounds (= hyperacusis)
- ...difficulty stopping myself from shouting when triggered by particular sounds
- ...anxiety or repetitive actions, eg. repetitive routines or urges to check things (anxiety/compulsions sometimes arise with misophonia)<sup>6</sup>
- ...suicidal thoughts or wanting to self-harm<sup>7</sup>
- ...other challenges I would like to raise (write details in the box below):



## What support is available for people with misophonia?

Support for people with misophonia depends on your location. Within the UK, you can contact your GP (family doctor) who may refer to you an audiology clinic. They may run an assessment to provide a diagnosis, and/or rule out hyperacusis. A diagnosis of clinically significant misophonia means it causes frequent and notable distress, and is having an impact on daily life, relationships, work-life, or studies. If misophonia is confirmed, you may be referred to a psychologist for support. You may also access similar support privately (using a recognized regulator such as [www.bacp.co.uk/about-us/protecting-the-public/bacp-register](http://www.bacp.co.uk/about-us/protecting-the-public/bacp-register)). Psychologists offer behavioural treatments and do not prescribe medication (although they may work alongside medication for related conditions such as anxiety). Empirically-based treatments are described in our resources for clinicians <http://www.misophonia-hub.org/clinician>.



## Web resources for educators

Misophonia can have a significant impact on education. An information webpage for teachers and other educational professionals can be found at [www.misophonia-hub.org/teacher](http://www.misophonia-hub.org/teacher). This takes approximately 5 minutes to read and is written primarily for those in primary and secondary education, but apply also to those supporting adults in continuing and higher education.

# MISOPHONIA

An information sheet for adults with misophonia (cont.)

## Scientific sources used in the creation of this misophonia factsheet:

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2. Wu, M. S., Lewin, A. B., Murphy, T. K., & Storch, E. A. (2014). Misophonia: Incidence, phenomenology, and clinical correlates in an undergraduate student sample. *Journal of Clinical Psychology*, 70(10), 994–1007. <https://doi.org/10.1002/jclp.22098>
3. Rinaldi, L.J., Ward, J., & Simner, J. (2021). Well-being in Children with Misophonia: Evidence from the Sussex Misophonia Scale for Adolescents. *Frontiers in Psychology*, 13, 808379.
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5. Misophonia - Living with misophonia | British Tinnitus Association. (n.d.). Retrieved October 7, 2020, from <https://www.tinnitus.org.uk/misophonia-living-with-misophonia>
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7. Simner, J., & Rinaldi, L. J. (2023). Misophonia, self-harm and suicidal ideation. *Psychiatry and Clinical Neurosciences Reports*, 2(4), e142. <https://doi.org/10.1002/pcn5.142> /doi.org/10.1002/pcn5.142