Misophonia Family/Significant Other Assessment Questionnaire

The F-MAQ, 2014, Dr. Marsha Johnson, AuD, can be used with permission.

RATING SCALE:

0 = not at all, 1 = a little of the time, 2 = a good deal of the time, 3 = almost all of the time

N/A = Not applicable/unable to answer

1. Sound sensitivity issues significantly impact our family happiness.	0	1	2	3
2. Sound sensitivity issues have significantly changed our regular family lifestyle.	0	1	2	3
3. Sound sensitivity issues negatively impact our family's regular routines or habits.	0	1	2	3
4. Sound sensitivity issues and negative impact are greater at home.	0	1	2	3
5. Sound sensitivity issues and negative impact are greater outside the home.	0	1	2	3
6. Sound sensitivity issues have impacted my marital life (routine habits and behaviors).	0	1	2	3
7. Sound sensitivity issues have created significant stress between parents or adult members of the family.	0	1	2	3
8. Sound sensitivity issues have created significant stress between siblings.	0	1	2	3
9. Sound sensitivity issues have resulted in verbal arguments.	0	1	2	3
10. Sound sensitivity issues have resulted in physical violence or attempted violence or threats of violence.	0	1	2	3
11. Sound sensitivity issues disrupt our normal routine at home.	0	1	2	3
12. Sound sensitivity issues disrupt out of the home activities, plans, travel, recreation, social, or other activities.	0	1	2	3
13. I am one of the main triggers for the affected person.	0	1	2	3
14. I am beign asked to vary my own normal behaviors or actions to avoid triggering someone else.	0	1	2	3
15. I feel that the sound sensitive person could control their negative reactions if they wanted.	0	1	2	3
16. When I try to reach out and try to help, I feel that I am shut out and my approach is rejected.	0	1	2	3
17. We have been unable to locate appropriate and effective treatment for our family member.	0	1	2	3
18. I am worried or anxious about the future of our family life and the impact this condition will have.	0	1	2	3

Total Score