

Depression and mental health improve *significantly* when people have access to hearing aids. The more severe the hearing loss, the stronger the association. Chair Lippert had asked for us to speak further on this topic. I offer the below and attached resources.

Sincerely,  
Rebecca Chalmers

"Age-related hearing loss has adverse effects on older adults' mental health, due to reduced hearing inputs that may increase levels of effort to communicate and affect social engagement, which lead to depression. Hearing aid use improves levels of depression and can promote greater quality of life in older adults." <https://link.springer.com/article/10.1007/s00405-021-06805-6>

"This highlights the importance of interventions to address vision and hearing loss, especially in women. Some sensory loss is preventable or treatable, and clearly these issues are taking their toll not just on physical health, but mental health too."

Visual, hearing, and dual sensory impairment are associated with higher depression and anxiety in women

[https://medicalxpress.com/news/2021-03-women-sensory-loss-depression.html?utm\\_source=hearingtracker.com](https://medicalxpress.com/news/2021-03-women-sensory-loss-depression.html?utm_source=hearingtracker.com)

"Interventions are needed to address vision and/or hearing impairment in order to reduce anxiety and depression especially in women."

Shahina Pardhan, Guillermo F. López Sánchez, Rupert Bourne , Adrian Davis , Nicolas Leveziel , Ai Koyanagi , Lee Smith First published: 10 March 2021| <https://doi.org/10.1002/gps.5534>

"Due to poor help-seeking among this population, an enhanced focus on specific and targeted assessment and treatment is likely necessary to ensure reduced mental health burden among older adults with HL."

"Preliminary evidence indicates that audiological rehabilitation, including use of hearing aids, as well as community-based hearing interventions can also improve mental health. Psychological intervention that enhances communication skills and addresses coping strategies might also be beneficial for this population.

Additionally, evidence suggests that online interventions are feasible and may circumvent communication difficulties in therapy associated with HL. "

<https://pubmed.ncbi.nlm.nih.gov/31616138/>

Review of hearing loss and depression:

[https://www.dovepress.com/front\\_end/cr\\_data/cache/pdf/download\\_1616791779\\_605e48e385660/cia-195824-depression-in-elderly-patients-with-hearing-loss-current-pe.pdf](https://www.dovepress.com/front_end/cr_data/cache/pdf/download_1616791779_605e48e385660/cia-195824-depression-in-elderly-patients-with-hearing-loss-current-pe.pdf)

"Loneliness and social isolation among older adults with HL have been well documented.<sup>23,39</sup> These may partly be due to difficulty following a conversation, leading to increased feelings of isolation.<sup>40</sup> Furthermore, with a lack of social support, it has been argued that HL can then develop into a chronic stressor, thereby leading to or exacerbating depression symptoms.<sup>41</sup>

" use of hearing aids and auditory rehabilitation has been reported to mitigate depression symptoms.<sup>68–70</sup> A recent study showed that a 6-month auditory training program and 3 months of hearing aid use conferred a moderate to large effect on depression symptom reduction.<sup>70</sup> Further, an intervention study documented improved depression and psychosocial wellbeing within 3 months of hearing a"

<https://pubmed.ncbi.nlm.nih.gov/30457063/>

"Early diagnosis and rehabilitation of age-related hearing loss improves the overall quality of life of older adults living with hearing impairment."

" People facing problems in communication with others may experience withdrawal from social interactions, feeling of being excluded, poor quality of life and loneliness that lead to the feeling of depression and having higher rate of psychological distress.<sup>12</sup> People with hearing impairment are at more risk related to maladjustment in social situations, they are susceptible to experience additional disability by having difficulty in facing environmental hazardous. All these factors contribute to the decreased social health that has a significant negative influence on the mental health and well-being of individuals facing the problem.<sup>10</sup>"

[Impact of hearing impairment on psychological distress and subjective well-being in older adults](#)

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## EPIDEMIOLOGY, CLINICAL PRACTICE AND HEALTH

Associations between self-reported hearing loss and outdoor activity limitations, psychological distress and self-reported memory loss among older people: Analysis of the 2016 Comprehensive Survey of Living Conditions in Japan  
Masao Iwagami Yoko Kobayashi Eriko Tsukazaki Taeko Watanabe Takehiro Sugiyama Tetsuro Wada Akira Hara Nanako Tamiya  
First published: 24 June 2019 <https://doi.org/10.1111/ggi.13708>

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