

CBT4T: What difference can you expect by using CBT4T?

Qualitative Difference

The [many reviews written by CBT4T users](#) offer comprehensive feedback about the **qualitative difference** they have experienced through using CBT4T

Quantitative Difference

The Tinnitus Functional Index (TFI) outcomes achieved by CBT4T users [have been available since 2022](#).

In 2026, [TFI outcomes including those for the TFI subscales are also published](#), providing the **quantitative difference** (average percentage improvements – API) made by Stage 4, Stage 6 and Stage 7/8.

[Link to complete a TFI](#)

The October 2026 update:

Average Percentage Improvement (API) – Tinnitus Functional Index (TFI)

	Initial TFI	Stage 4 TFI	Stage 6 TFI	Stage 7/8 TFI
	N=24	N=24	N=17	N=8
TFI Range	28.4 - 90.8	18.0 - 66.8	14.0 - 46.4	7.6 -26.8
Average TFI	64.7	39.7	27.2	15.9
*Reduced TFI score by		-25.0	-37.5	-48.8
Av % Improvement (API)		38.6%	58.0%	75.4%

*[Fackrell et al \(2022\)](#) identify a minimal important change (MIC) score of **-14 points** for the TFI. CBT4T delivers **-25.0** points by Stage 4, **-37.5** by Stage 6 and **-48.8** by Stage 7/8

TFI Category 5 – difference in TFI by Stage 4, Stage 6 & Stage 7/8

What to expect when starting CBT4T with a **TFI Category 5** (73-100% very big problem)

	Initial TFI	Stage 4 TFI	Stage 6 TFI	Stage 7/8 TFI
	N = 6	N = 6	N = 5	N = 2
TFI Range	78.4-90.8	24.4-66.8	24.8-46.4	19.2-26.8
Average TFI	82.9	45.9	35.9	23.0
*Reduced TFI score by		-37.0	-47.0	59.9
Av % Improvement (API)		44.6%	56.7%	72.2%

*[Fackrell et al \(2022\)](#) identify a minimal important change (MIC) score of **-14 points** for the TFI. For those starting with TFI category 5, CBT4T delivers **-37.0** points by Stage 4, **-47.0** by Stage 6 and **-59.9** by Stage 7/8

TFI Category 4 – difference in TFI by Stage 4, Stage 6 & Stage 7/8

What to expect when starting CBT4T with a **TFI Category 4** (54-72% big problem)

	Initial TFI	Stage 4 TFI	Stage 6 TFI	Stage 7/8 TFI
	N = 12	N = 12	N = 7	N = 3
TFI Range	56.4-72.4	15.6-66.0	14.0-46.4	7.6-23.6
Average TFI	64.6	40.0	25.4	13.2
*Reduced TFI score by		-24.6	-39.2	-51.4
Av % Improvement (API)		38.0%	60.6%	79.6%

*Fackrell et al (2022) identify a minimal important change (MIC) score of **-14 points** for the TFI. For those starting with TFI category 4, CBT4T delivers **-24.6** points by Stage 4, **-39.2** by Stage 6 and **-51.4** by Stage 7/8

TFI Category 3 – difference in TFI by Stage 4, Stage 6 & Stage 7/8

What to expect when starting CBT4T with a **TFI Category 3** (32-53% moderate problem)

	Initial TFI	Stage 4 TFI	Stage 6 TFI	Stage 7/8 TFI
	N = 5	N = 5	N = 4	N = 3
TFI Range	46.4-53.6	27.6-40.0	18.8-24.8	7.6-18.8
Average TFI	50.4	35.9	22.0	13.9
*Reduced TFI score by		-14.5	-28.4	-36.5
Av % Improvement (API)		28.7%	56.3%	72.5%

*Fackrell et al (2022) identify a minimal important change (MIC) score of **-14 points** for the TFI. For those starting with TFI category 3, CBT4T delivers **-14.5** points by Stage 4, **-28.4** by Stage 6 and **-36.5** by Stage 7/8

TFI Category 2 – difference in TFI by Stage 4, Stage 6 & Stage 7/8

***CBT4T is NOT recommended when an initial TFI is category 2.** The shorter 6-module course (NOT Cognitive Behaviour Therapy) may be suited for some with a TFI category 2.

Do NOT start CBT4T with a **TFI Category 2*** (18-31% small problem)

	Initial TFI	Stage 4 TFI	Stage 6 TFI	Stage 7/8 TFI
	N = 1	N = 1	N = 1	N/A
TFI	28.4	18.0	16.4	N/A
*Reduced TFI score by		-10.4	-12.0	N/A
Av % Improvement (API)		36.6%	42.3%	N/A

If your TFI is Category 2, PLEASE DO NOT ENROL IN CBT4T. **Cognitive Behaviour Therapy for tinnitus IS NOT RECOMMENDED IN ANY FORM.** N=1 (ONE person) – this person enrolled without first sending in their Tinnitus Functional Index.