Can listening-related fatigue influence well-being? Examining associations between hearing loss, fatigue, activity levels and well-being

The impact of hearing loss and hearing aid use on fatigue is well documented:

**Systematic literature review examining the relationships between**

- hearing loss and work, social and physical activity level
- hearing aid use and work, social and physical activity level

**Results**

- **Work activity:**
  - Hearing loss is associated with decreased work activity
  - 17 / 21 studies
  - Hearing aid use is related to increased work activity – stronger impact for cochlear implants than for hearing aids
  - 5 / 9 studies

- **Social activity:**
  - Hearing loss is associated with decreased social activity
  - 9 / 15 studies
  - Hearing aid use is related to increased social activity
  - 7 / 11 studies

- **Physical activity:**
  - Hearing loss is associated with decreased physical activity
  - 10 / 14 studies
  - Higher self-reported physical activity level for women, but not men
  - 2 studies

**Considerations for Practice**

Interactions between hearing loss, hearing aid use, fatigue and activity levels can be expected to impact the well-being of adults with hearing loss directly and indirectly: Clinicians need to understand the daily life fatigue their clients’ experience.