

# HEARING LOSS & DEPRESSION

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**Those suffering from the debilitating effects of hearing loss may be at risk for depression** and symptoms related to it, including anxiety, anger, frustration, paranoia and emotional instability.

Since many who suffer from hearing loss are less likely to participate in social activities, they are more likely to experience isolation, worsening the situation.

***Depression affects***  
***an estimated***  
***21 million Americans***<sup>1</sup>

The answer to improving depression may be as simple as wearing hearing devices. Researchers at the Archives of Gerontology and Geriatrics found that every study participant who wore hearing devices showed improvements in psychosocial and cognitive conditions in just three months.<sup>2</sup> Hearing devices may help improve social withdrawal and connection to family and friends, which in turn can improve depression.

**Even mild forms of hearing loss can lead to an increased risk of negative emotional experiences. The sooner these are discovered, the more successful the treatment.**

<sup>1</sup> National Institute of Mental Health. (2020). Major depression. <https://www.nimh.nih.gov/health/statistics/major-depression>

<sup>2</sup> Acar, B. et al. (2010). Effects of hearing aids on cognitive functions and depressive signs in elderly people. Archives of Gerontology and Geriatrics. <https://pubmed.ncbi.nlm.nih.gov/20472312/>