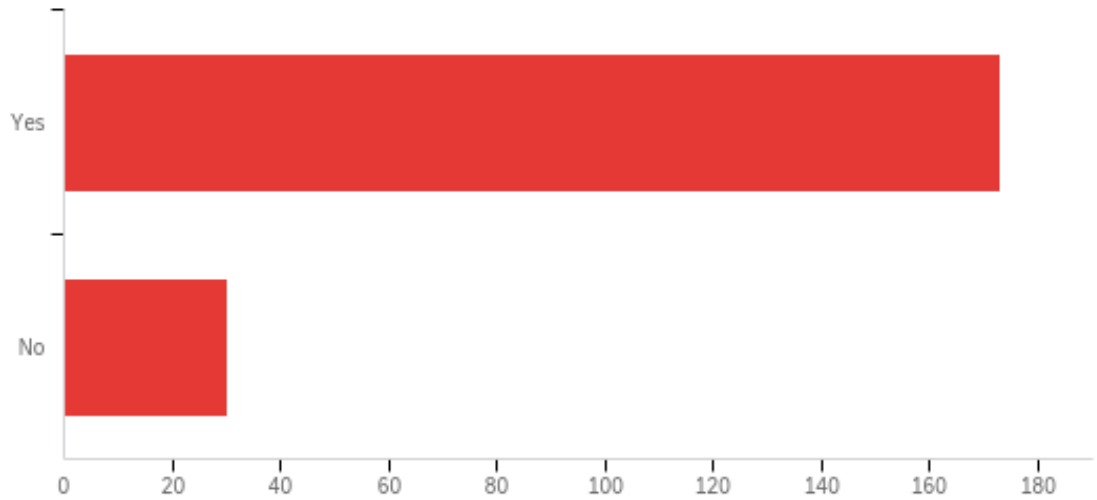


# Survey Results from Qualtrics<sup>1</sup>

## *Misophonia in the Workplace*

**CurrentEmployment - I am currently employed in a job that qualifies as white-collar.\***

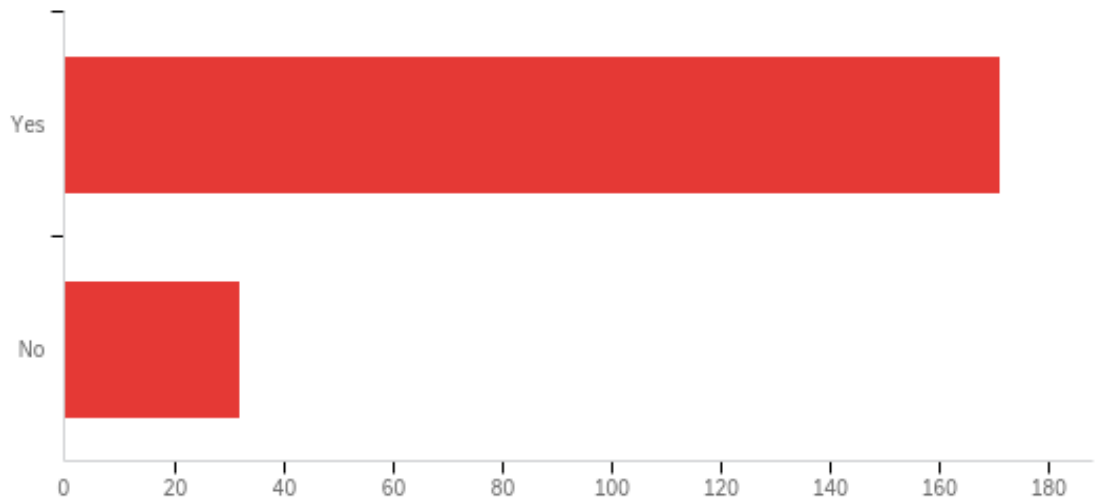


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I am currently employed in a job that qualifies as white-collar.*	1.00	2.00	1.15	0.35	0.13	203

#	Answer	%	Count
1	Yes	85.22%	173
2	No	14.78%	30
	Total	100%	203

<sup>1</sup> Results for screening questions, interest in being interviewed questions, and unique identifiers have been omitted.

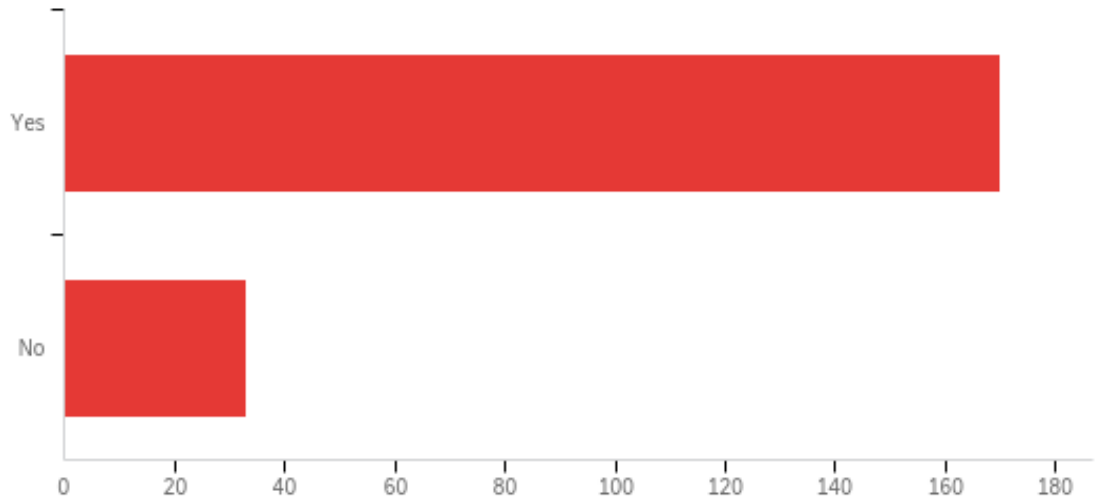
**CurrentEmplyLocal - I am currently employed in a job that qualifies as a white-collar and work in the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I am currently employed in a job that qualifies as a white-collar and work in the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area.*	1.00	2.00	1.16	0.36	0.13	203

#	Answer	%	Count
1	Yes	84.24%	171
2	No	15.76%	32
	Total	100%	203

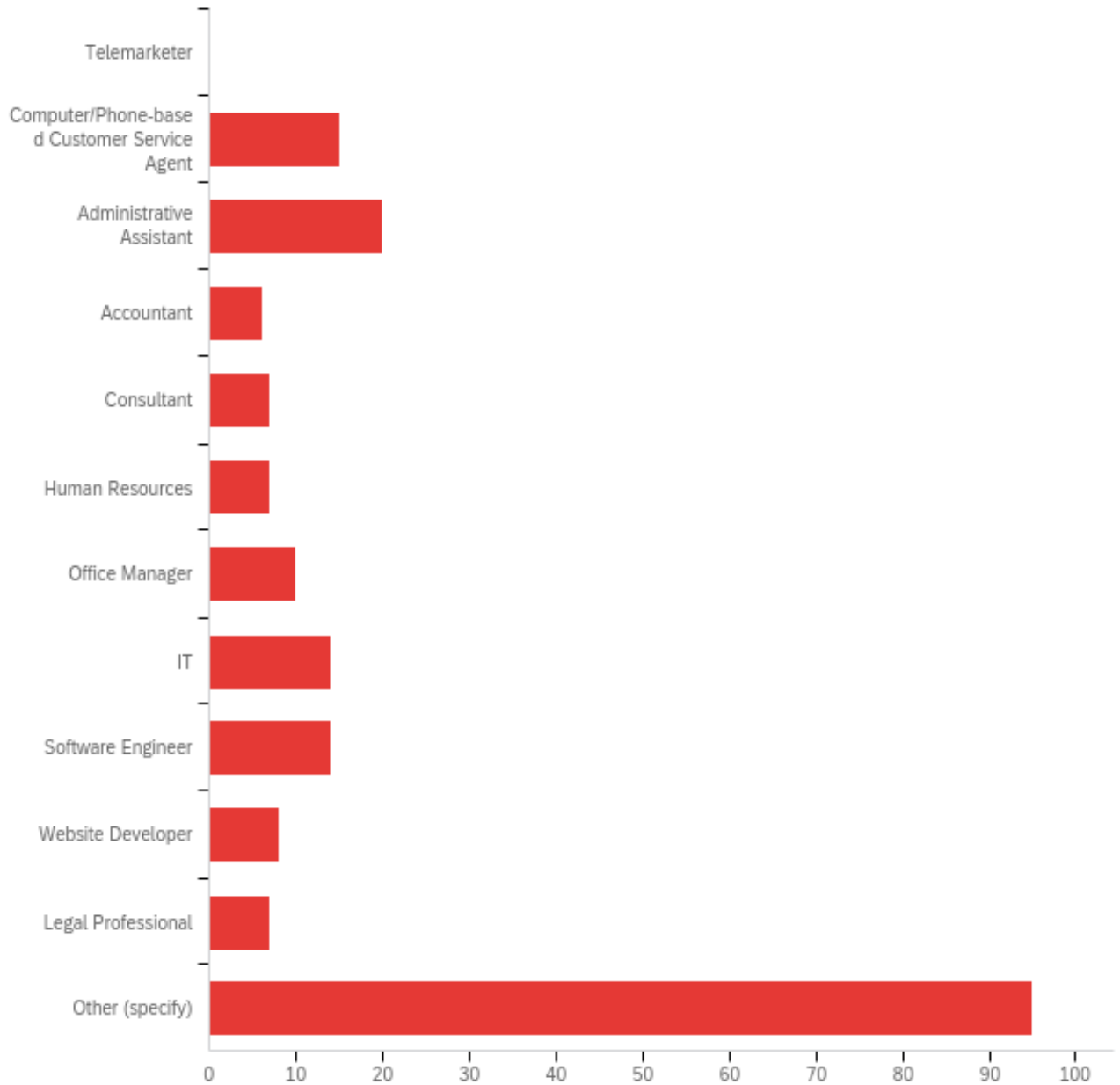
**Currentofficesetting - I currently work in an office-setting.\* If you currently work from home because of the pandemic, but otherwise would be working in an office, please select yes.**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I currently work in an office-setting.* If you currently work from home because of the pandemic, but otherwise would be working in an office, please select yes.	1.00	2.00	1.16	0.37	0.14	203

#	Answer	%	Count
1	Yes	83.74%	170
2	No	16.26%	33
	Total	100%	203

**JobTitle - Please select the white-collar job title you currently have or have most recently had. If a job(s) is not present, please select "Other" and write in your job title or field.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please select the white-collar job title you currently have or have most recently had. If a job(s) is not present, please select "Other" and	2.00	12.00	8.85	3.66	13.40	203

write in your job title or field.\* - Selected Choice

#	Answer	%	Count
1	Telemarketer	0.00%	0
2	Computer/Phone-based Customer Service Agent	7.39%	15
3	Administrative Assistant	9.85%	20
4	Accountant	2.96%	6
5	Consultant	3.45%	7
6	Human Resources	3.45%	7
7	Office Manager	4.93%	10
8	IT	6.90%	14
9	Software Engineer	6.90%	14
10	Website Developer	3.94%	8
11	Legal Professional	3.45%	7
12	Other (specify)	46.80%	95
	Total	100%	203

### JobTitle\_12\_TEXT - Other (specify)

Other (specify) - Text

Message Business Owner

Project manager

Marketing Intern

GIS/Programming

Management

Project Manager

Quantitative Risk Modeling Associate

Coordinator

Art buyer

---

Translator

---

Project/Development Manager

---

Professor

---

Sales & Marketing Manager

---

Sales/ customer service

---

Vice President

---

Billing

---

Project management

---

Content Strategist

---

Fed Govt Analyst

---

Optical Dispenser and Sales Associate

---

Brand Marketing

---

Medical records

---

BIM Drafter/Designer

---

Quality Assurance Specialist

---

Sales Operations

---

Government analyst

---

Artist

---

Software Tester

---

Insurance Professional

---

Pharmacy technician

---

clerical desk job

---

Project Manager in the EU parliament

---

Hospital admin

---

Policy advisor

---

Case Manager

---

Project Manager

---

Clinical research

---

Trader

Public servant

---

Account Manager

---

Research Assistant (academic setting, large lab, desk work)

---

Sales Operations

---

Marketing Strategist

---

Buyer

---

Telecommunications analyst

---

librarian

---

Cyber Security analysy

---

Executive Director

---

Medical Records Specialist

---

Business analyst

---

E-commerce Executive

---

Data entry operator

---

Graphic designer

---

Architect

---

Researcher

---

Doctor

---

researcher/scientist

---

Administrator

---

Claims adjuster

---

Engineer

---

Higher Ed

---

Electrical Engineer

---

Media Production Specialist

---

Intelligence Analyst

---

Researcher

---

Portfolio Manager, wine import

---

Advertising and entertainment

---

Professor

Researcher

---

Airline pilot

---

physician

---

Project Engineer Construction

---

Case manager

---

Government Clerk

---

Therapist

---

Account Manager

---

Mtg loan processor

---

Police Dispatcher

---

Financial advisor

---

Marketing - creative

---

Marketing

---

Quality Assurance Auditor

---

UX Designer

---

secretary

---

Security

---

Data analyst

---

Analyst

---

Quality Engineer

---

Health services

---

Project manager

---

Mechanical Engineer

---

Process Engineer

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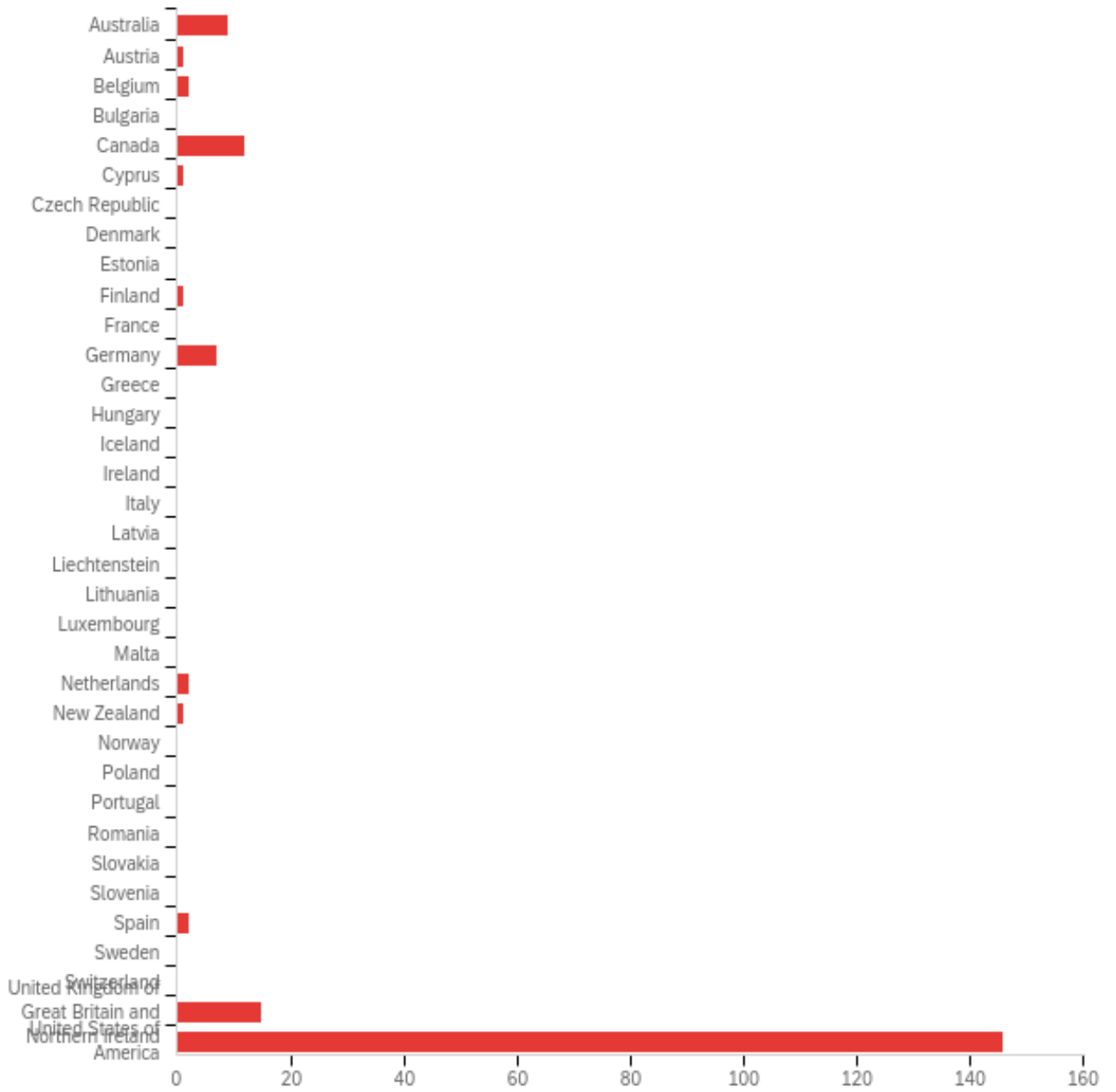
Process engineer

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Public servant Australian Taxation Office



## CurrentJob - List of Countries

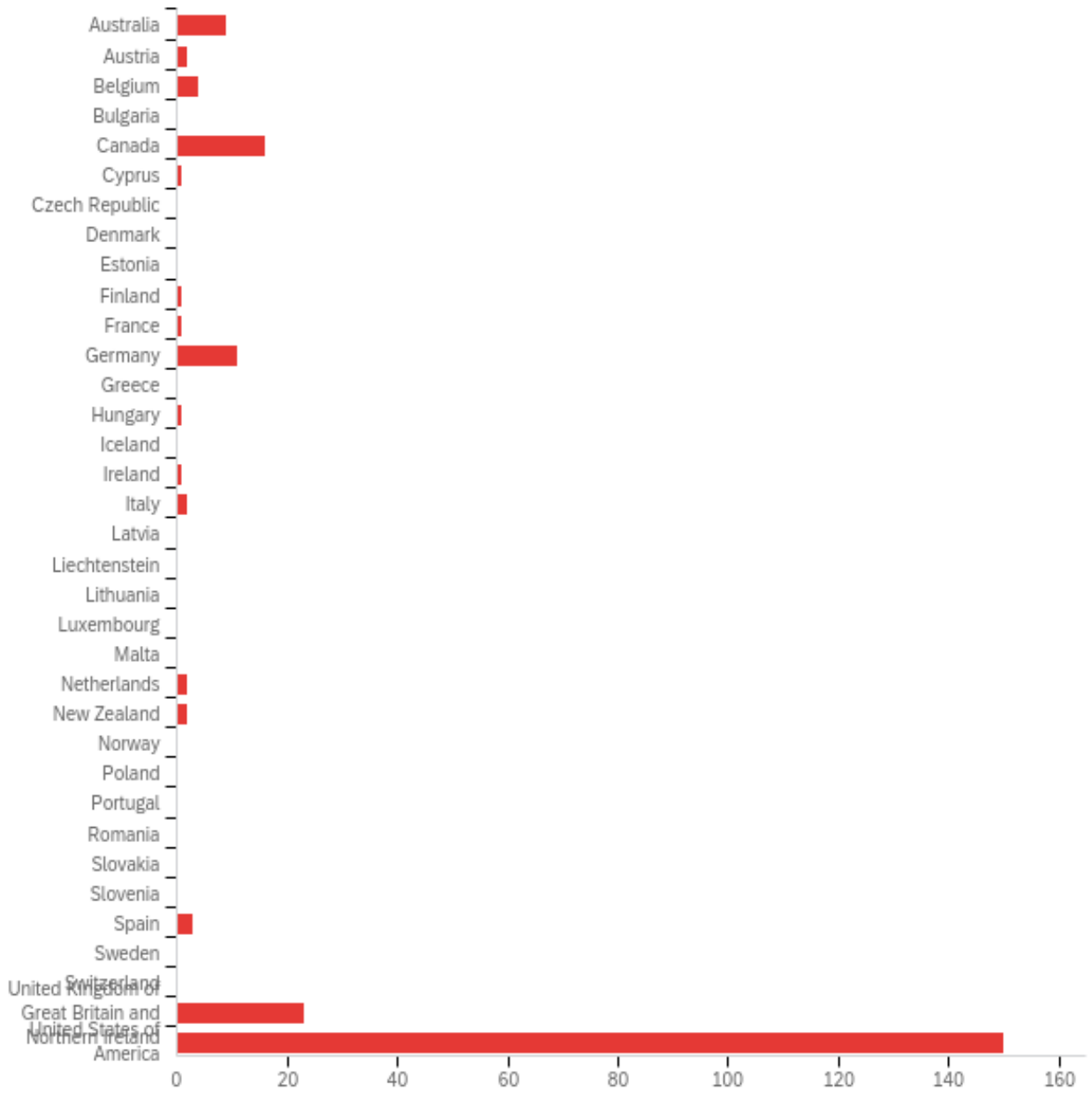


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	List of Countries	1.00	36.00	30.63	11.48	131.72	199

#	Answer	%	Count
1	Australia	4.52%	9
2	Austria	0.50%	1
3	Belgium	1.01%	2
4	Bulgaria	0.00%	0
5	Canada	6.03%	12
6	Cyprus	0.50%	1
7	Czech Republic	0.00%	0
8	Denmark	0.00%	0
9	Estonia	0.00%	0
10	Finland	0.50%	1
11	France	0.00%	0
12	Germany	3.52%	7
14	Greece	0.00%	0
15	Hungary	0.00%	0
16	Iceland	0.00%	0
17	Ireland	0.00%	0
18	Italy	0.00%	0
19	Latvia	0.00%	0
20	Liechtenstein	0.00%	0
21	Lithuania	0.00%	0
22	Luxembourg	0.00%	0
23	Malta	0.00%	0
24	Netherlands	1.01%	2
25	New Zealand	0.50%	1
26	Norway	0.00%	0
27	Poland	0.00%	0
28	Portugal	0.00%	0
29	Romania	0.00%	0
30	Slovakia	0.00%	0

31	Slovenia	0.00%	0
32	Spain	1.01%	2
33	Sweden	0.00%	0
34	Switzerland	0.00%	0
35	United Kingdom of Great Britain and Northern Ireland	7.54%	15
36	United States of America	73.37%	146
	Total	100%	199

## Q148 - List of Countries



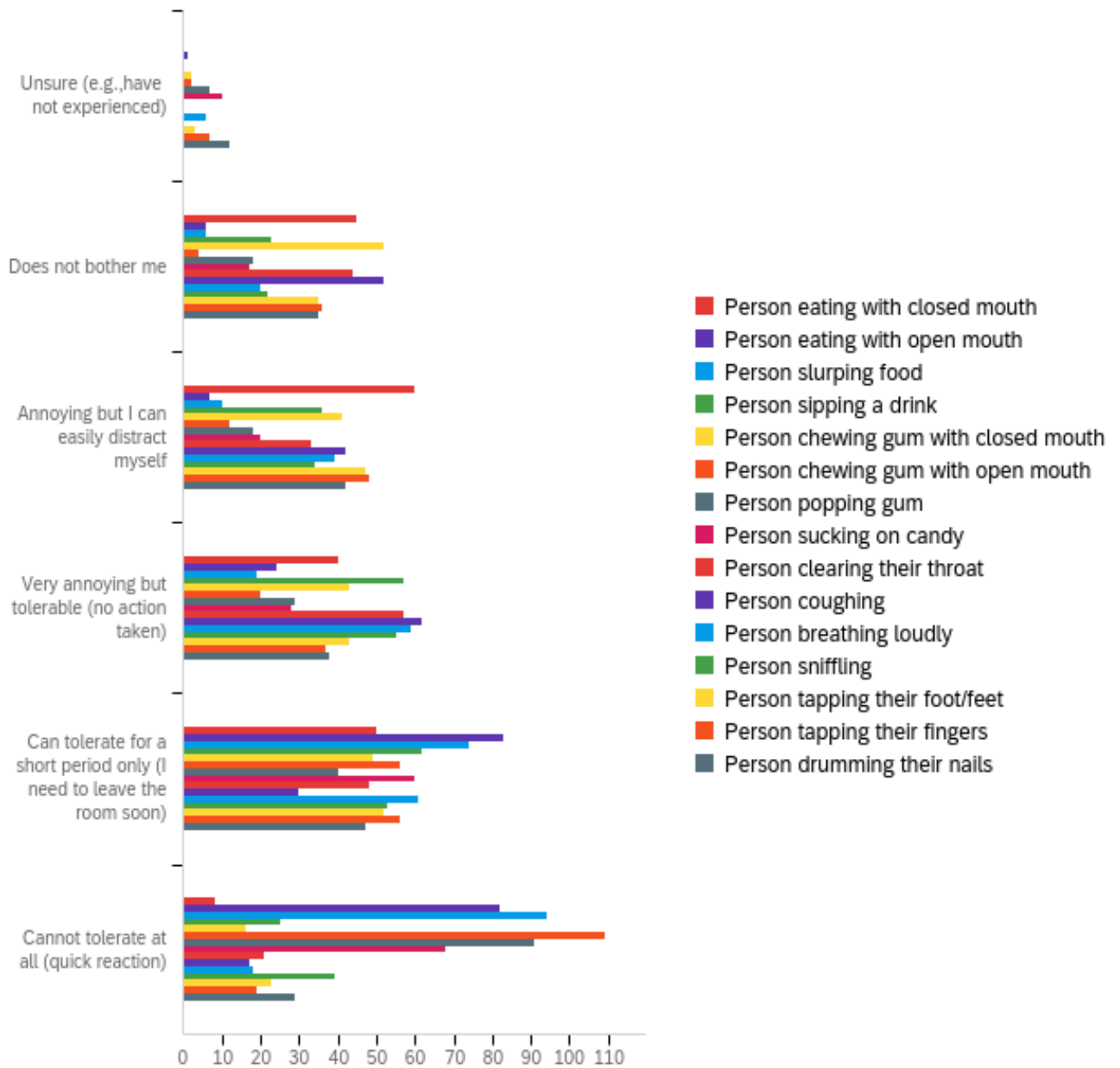
#	Answer	%	Count
1	Australia	3.93%	9
2	Austria	0.87%	2
3	Belgium	1.75%	4
4	Bulgaria	0.00%	0
5	Canada	6.99%	16

6	Cyprus	0.44%	1
7	Czech Republic	0.00%	0
8	Denmark	0.00%	0
9	Estonia	0.00%	0
10	Finland	0.44%	1
11	France	0.44%	1
12	Germany	4.80%	11
14	Greece	0.00%	0
15	Hungary	0.44%	1
16	Iceland	0.00%	0
17	Ireland	0.44%	1
18	Italy	0.87%	2
19	Latvia	0.00%	0
20	Liechtenstein	0.00%	0
21	Lithuania	0.00%	0
22	Luxembourg	0.00%	0
23	Malta	0.00%	0
24	Netherlands	0.87%	2
25	New Zealand	0.87%	2
26	Norway	0.00%	0
27	Poland	0.00%	0
28	Portugal	0.00%	0
29	Romania	0.00%	0
30	Slovakia	0.00%	0
31	Slovenia	0.00%	0
32	Spain	1.31%	3
33	Sweden	0.00%	0
34	Switzerland	0.00%	0
35	United Kingdom of Great Britain and Northern Ireland	10.04%	23
36	United States of America	65.50%	150

	Total	100%	229
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**HumanProducedSounds - The following four questions use a reaction categorization system developed by Vitoratou, Hayes, & Uglik-Marucha (2018). The categories "does not bother me", "annoying but I can easily distract myself", "very annoying but tolerable (no action taken)", "can tolerate for a short period only (I need to leave the room soon)", and "cannot tolerate at all (quick reaction)" are from the 2018 version of the tool. If you are interested in this tool, please also see their 2020 paper. Vitoratou, S., Hayes, C., & Uglik-Marucha, N. (2018). S-Five: a psychometric tool for assessing misophonia.**

**<https://doi.org/10.31234/osf.io/fqbm3> In an office setting, what effects do the following human produced sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Person eating with closed mouth	1.00	5.00	2.59	1.19	1.41	203
2	Person eating with open mouth	0.00	5.00	4.11	1.00	0.99	203
3	Person slurping food	1.00	5.00	4.18	0.99	0.99	203
4	Person sipping a drink	1.00	5.00	3.15	1.19	1.41	203
5	Person chewing gum with closed mouth	0.00	5.00	2.66	1.32	1.75	203
6	Person chewing gum with open mouth	0.00	5.00	4.22	1.08	1.16	203

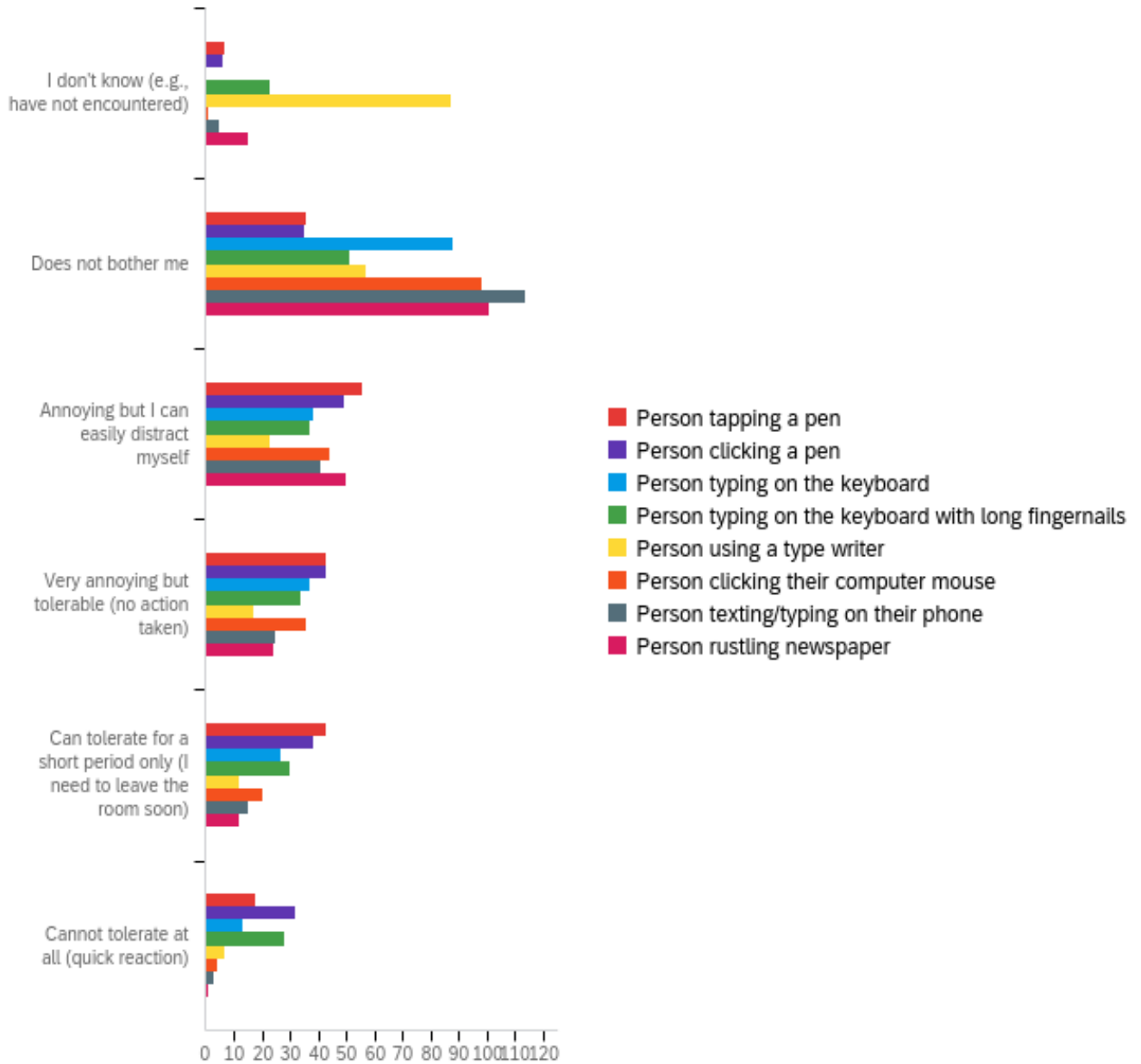


7	Person popping gum	0.00	5.00	3.72	1.49	2.22	203
8	Person sucking on candy	0.00	5.00	3.55	1.49	2.21	203
9	Person clearing their throat	1.00	5.00	2.85	1.29	1.66	203
10	Person coughing	1.00	5.00	2.60	1.25	1.55	203
11	Person breathing loudly	0.00	5.00	3.00	1.23	1.51	203
12	Person sniffing	1.00	5.00	3.26	1.25	1.56	203
13	Person tapping their foot/feet	0.00	5.00	2.86	1.32	1.74	203
14	Person tapping their fingers	0.00	5.00	2.77	1.36	1.85	203
15	Person drumming their nails	0.00	5.00	2.79	1.48	2.19	203

#	Question	Unsure (e.g., have not experienced)	Does not bother me	Annoying but I can easily distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (I need to leave the room soon)	Cannot tolerate at all (quick reaction)	Total						
1	Person eating with closed mouth	0.00%	0	22.17%	45	29.56%	60	19.70%	40	24.63%	50	3.94%	8	203
2	Person eating with open mouth	0.49%	1	2.96%	6	3.45%	7	11.82%	24	40.89%	83	40.39%	82	203
3	Person slurping food	0.00%	0	2.96%	6	4.93%	10	9.36%	19	36.45%	74	46.31%	94	203
4	Person sipping	0.00%	0	11.33%	23	17.73%	36	28.08%	57	30.54%	62	12.32%	25	203

	g a drink													
5	Person chewing gum with closed mouth	0.99%	2	25.62%	52	20.20%	41	21.18%	43	24.14%	49	7.88%	16	203
6	Person chewing gum with open mouth	0.99%	2	1.97%	4	5.91%	12	9.85%	20	27.59%	56	53.69%	109	203
7	Person popping gum	3.45%	7	8.87%	18	8.87%	18	14.29%	29	19.70%	40	44.83%	91	203
8	Person sucking on candy	4.93%	10	8.37%	17	9.85%	20	13.79%	28	29.56%	60	33.50%	68	203
9	Person clearing their throat	0.00%	0	21.67%	44	16.26%	33	28.08%	57	23.65%	48	10.34%	21	203
10	Person coughing	0.00%	0	25.62%	52	20.69%	42	30.54%	62	14.78%	30	8.37%	17	203
11	Person breathing loudly	2.96%	6	9.85%	20	19.21%	39	29.06%	59	30.05%	61	8.87%	18	203
12	Person sniffing	0.00%	0	10.84%	22	16.75%	34	27.09%	55	26.11%	53	19.21%	39	203
13	Person tapping their foot/feet	1.48%	3	17.24%	35	23.15%	47	21.18%	43	25.62%	52	11.33%	23	203
14	Person tapping their fingers	3.45%	7	17.73%	36	23.65%	48	18.23%	37	27.59%	56	9.36%	19	203
15	Person drumming their nails	5.91%	12	17.24%	35	20.69%	42	18.72%	38	23.15%	47	14.29%	29	203

**HumanObjectSounds - In an office setting, what effects do the following human produced object sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.\***



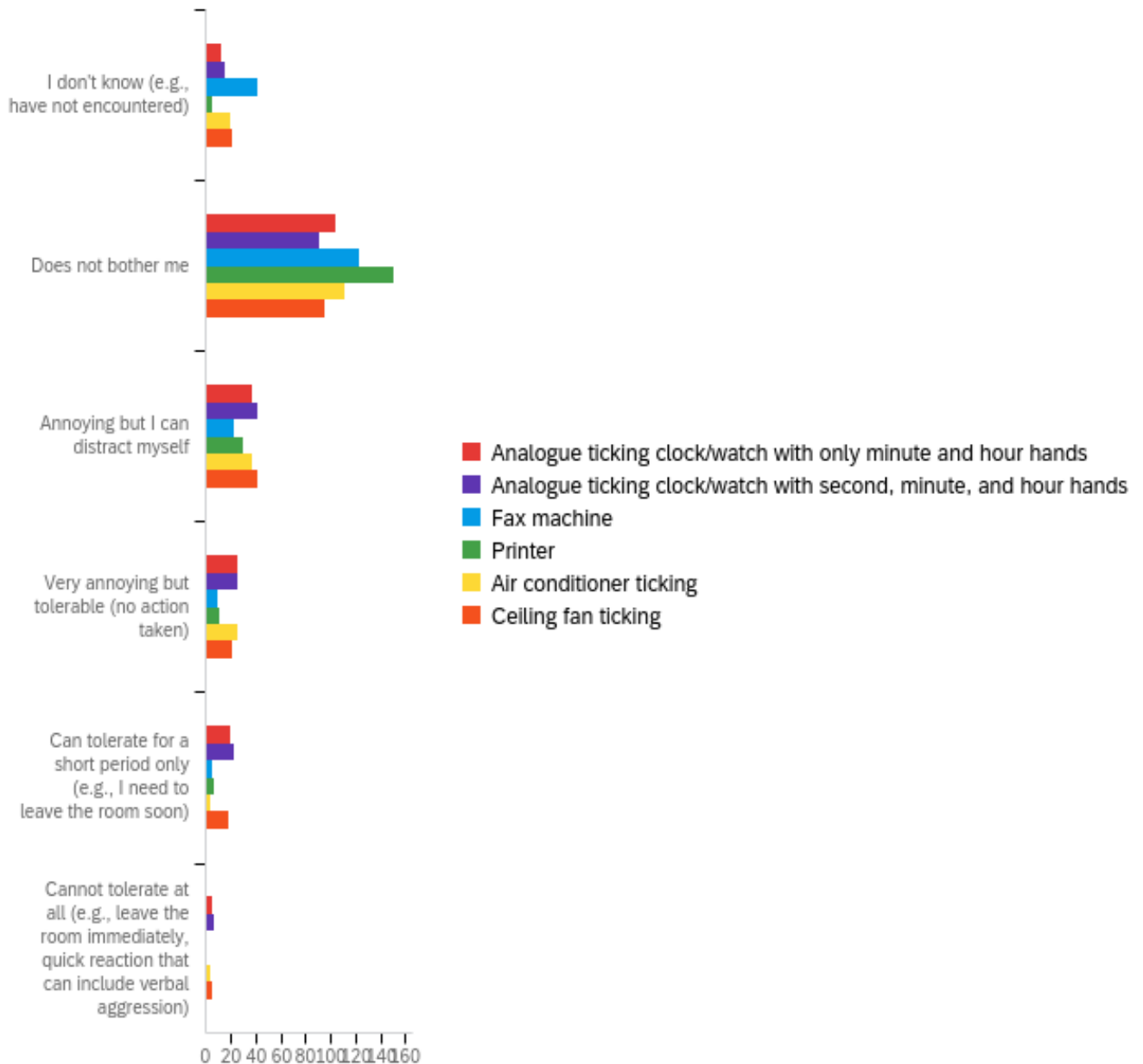
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Person tapping a pen	0.00	5.00	2.66	1.32	1.74	203
2	Person clicking a pen	0.00	5.00	2.83	1.41	1.99	203
3	Person typing on the keyboard	1.00	5.00	2.21	1.30	1.68	203

4	Person typing on the keyboard with long fingernails	0.00	5.00	2.40	1.60	2.55	203
5	Person using a typewriter	0.00	5.00	1.17	1.39	1.93	203
6	Person clicking their computer mouse	0.00	5.00	1.94	1.12	1.25	203
7	Person texting/typing on their phone	0.00	5.00	1.70	1.06	1.12	203
8	Person rustling newspaper	0.00	5.00	1.61	1.02	1.04	203

#	Question	I don't know (e.g., have not encountered)	Does not bother me	Annoying but I can easily distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (I need to leave the room soon)	Cannot tolerate at all (quick reaction)	Total						
1	Person tapping a pen	3.45%	7	17.73%	36	27.59%	56	21.18%	43	21.18%	43	8.87%	18	203
2	Person clicking a pen	2.96%	6	17.24%	35	24.14%	49	21.18%	43	18.72%	38	15.76%	32	203
3	Person typing on the keyboard	0.00%	0	43.35%	88	18.72%	38	18.23%	37	13.30%	27	6.40%	13	203
4	Person typing on the keyboard with long fingernails	11.33%	23	25.12%	51	18.23%	37	16.75%	34	14.78%	30	13.79%	28	203
5	Person using a	42.86%	87	28.08%	57	11.33%	23	8.37%	17	5.91%	12	3.45%	7	203

	type writer													
6	Person clicking their compute r mouse	0.49%	1	48.2 8%	9 8	21.67 %	4 4	17.73 %	3 6	9.85 %	2 0	1.97 %	4	20 3
7	Person texting/t yping on their phone	2.46%	5	56.1 6%	1 1 4	20.20 %	4 1	12.32 %	2 5	7.39 %	1 5	1.48 %	3	20 3
8	Person rustling newspap er	7.39%	1 5	49.7 5%	1 0 1	24.63 %	5 0	11.82 %	2 4	5.91 %	1 2	0.49 %	1	20 3

**MachineSounds - In an office setting, what effects do the following machine or technology produced sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Analogue ticking clock/watch with only minute and hour hands	0.00	5.00	1.74	1.19	1.42	203
2	Analogue ticking clock/watch with	0.00	5.00	1.86	1.27	1.62	203

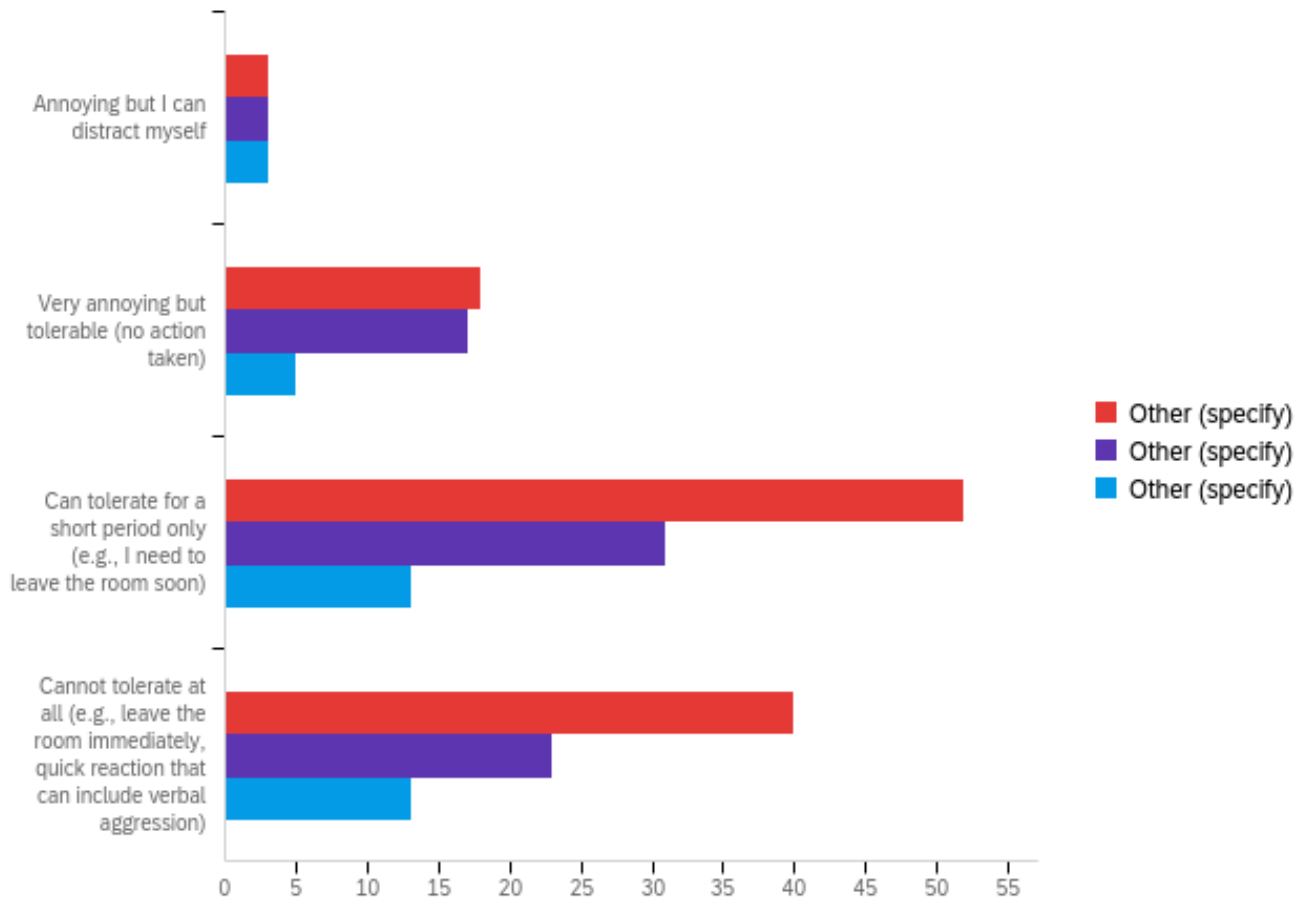
	second, minute, and hour hands						
3	Fax machine	0.00	4.00	1.08	0.86	0.73	203
4	Printer	0.00	4.00	1.32	0.74	0.55	203
5	Air conditioner ticking	0.00	5.00	1.48	1.03	1.06	203
6	Ceiling fan ticking	0.00	5.00	1.67	1.21	1.46	203

#	Question	I don't know (e.g., have not encountered)	Does not bother me	Annoying but I can distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (e.g., I need to leave the room soon)	Cannot tolerate at all (e.g., leave the room immediately, quick reaction that can include verbal aggression)	Total						
1	Analogue ticking clock/watch with only minute and hour hands	6.40%	13	51.23%	104	18.23%	37	12.32%	25	9.36%	19	2.46%	5	203
2	Analogue ticking clock/watch with second, minute, and hour hands	7.39%	15	44.83%	91	20.20%	41	12.81%	26	11.33%	23	3.45%	7	203

3	Fax machine	20.69%	4 2	60.5 9%	1 2 3	11.33 %	2 3	4.93 %	1 0	2.46 %	5	0.00%	0	20 3
4	Printer	2.46%	5	74.3 8%	1 5 1	14.78 %	3 0	5.42 %	1 1	2.96 %	6	0.00%	0	20 3
5	Air conditioner ticking	9.85%	2 0	55.1 7%	1 1 2	18.23 %	3 7	12.81 %	2 6	1.97 %	4	1.97%	4	20 3
6	Ceiling fan ticking	10.34%	2 1	47.2 9%	9 6	20.69 %	4 2	10.34 %	2 1	8.87 %	1 8	2.46%	5	20 3

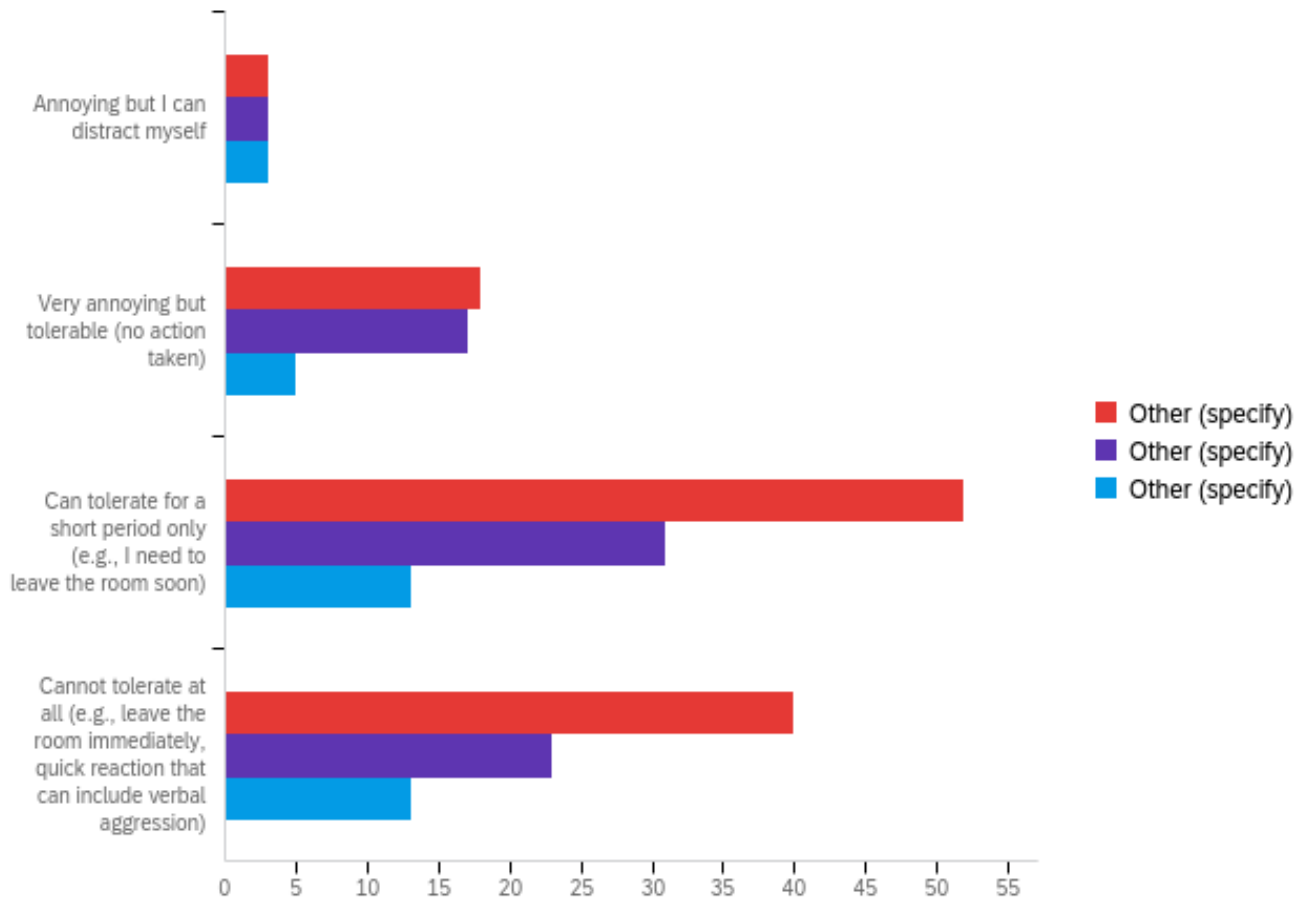


**AddTriggers - If there are any sound triggers not mentioned, please list them here and indicate your typical reaction(s).**

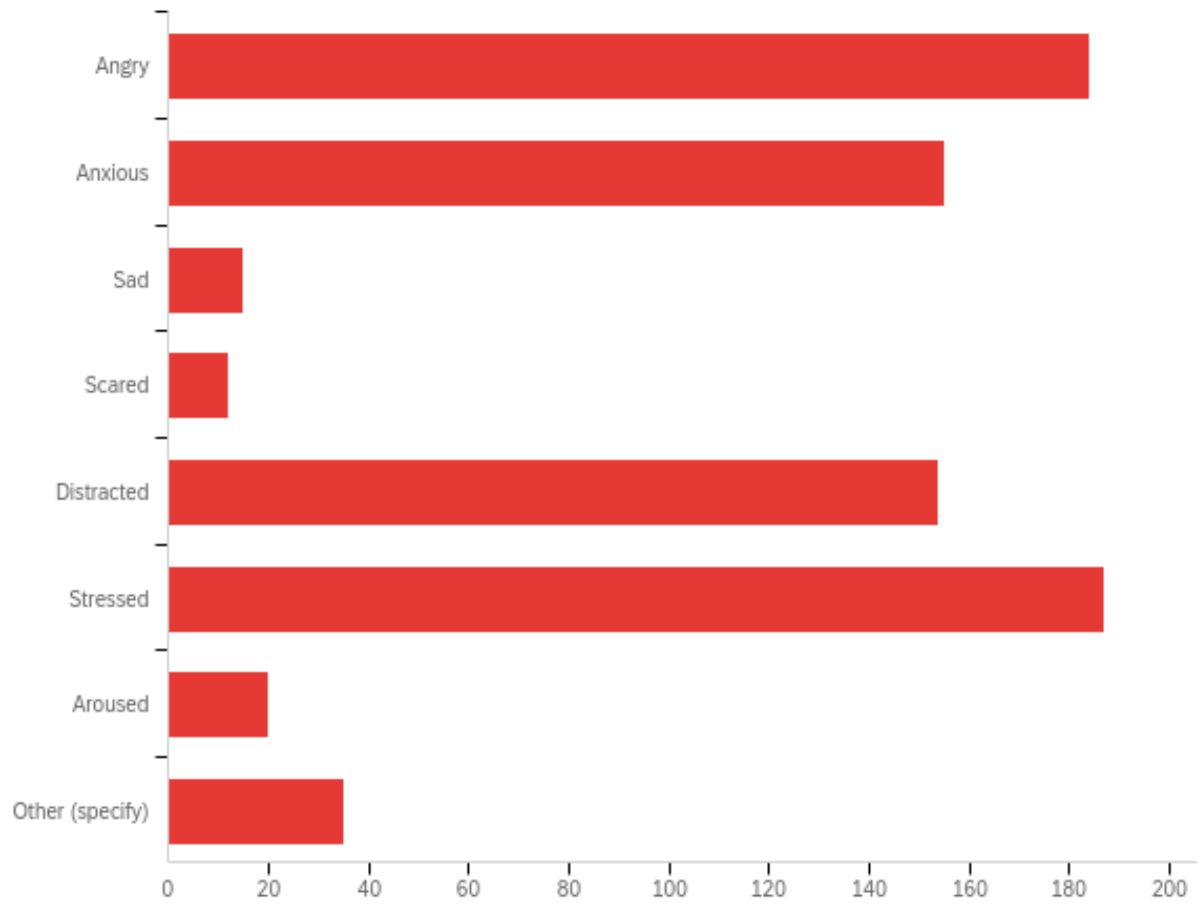


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Other (specify)	2.00	5.00	4.14	0.77	0.60	113
2	Other (specify)	2.00	5.00	4.00	0.84	0.70	74
3	Other (specify)	2.00	5.00	4.06	0.94	0.88	34

#	Question	2	3	4	5	6	7	8	9	Total
		Annoying but I can distract myself		Very annoying but tolerable (no action taken)		Can tolerate for a short period only (e.g., I need to leave the room soon)		Cannot tolerate at all (e.g., leave the room immediately, quick reaction that can include verbal aggression)		
1	Other (specify)	2.65%	3	15.93%	18	46.02%	52	35.40%	40	113
2	Other (specify)	4.05%	3	22.97%	17	41.89%	31	31.08%	23	74
3	Other (specify)	8.82%	3	14.71%	5	38.24%	13	38.24%	13	34



**Triggeremotions - Cumulatively, how do any of these triggering sounds or auditory stimuli make you feel when you are in the workplace? If a feeling is missing, please select other and specify. Multiple options are possible and click all that apply.\***



#	Answer	%	Count
1	Angry	24.15%	184
2	Anxious	20.34%	155
3	Sad	1.97%	15
4	Scared	1.57%	12
5	Distracted	20.21%	154
6	Stressed	24.54%	187
7	Aroused	2.62%	20
8	Other (specify)	4.59%	35

## Triggeremotions\_8\_TEXT - Other (specify)

Other (specify) - Text

Extremely irritated

Embarrassed by my reactions

Angry

Desperate

Agitated

Annoyed

Nauseous

frustated

Powerlessness

Discouraged

Annoyed

Panicked

Annoyed

Enraged

Annoyed

Trapped

Frustrated

Disgusted

fightorflight

Disgusted

Irritated

irritated

Disgusted, pissed-off, on-alert

Trapped, helpless, panicked

Crazy bc why am I the only one bothered

hopeless/depressed

---

Trapped

---

hyper aware of everything, uneasy, wrestles

---

Nauseous, disgusted

---

Frustrated

---

Annoyed

---

Frustrated

---

enraged; hopeless

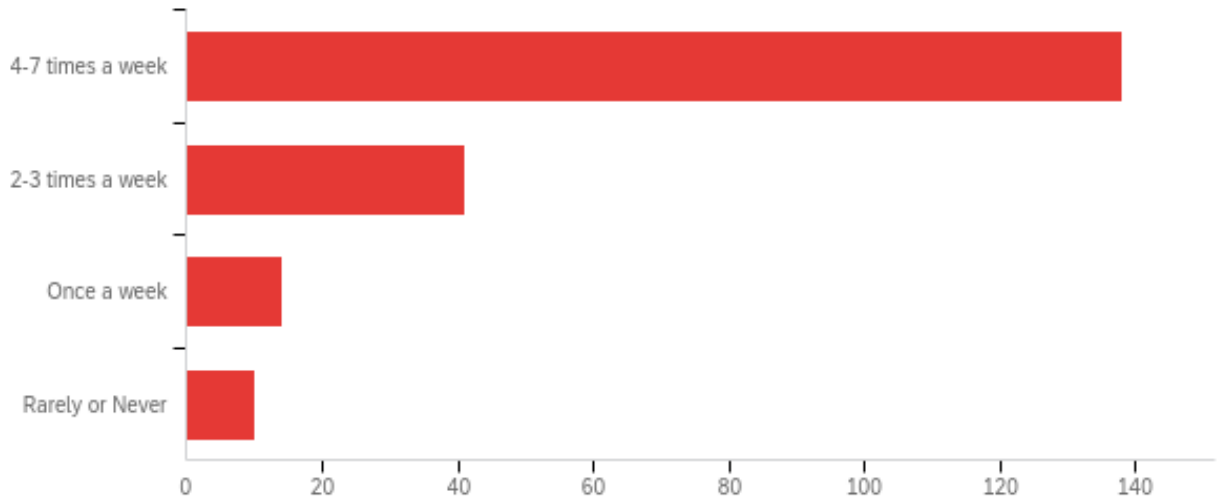
---

irritated

---

Physically intolerable all over the body

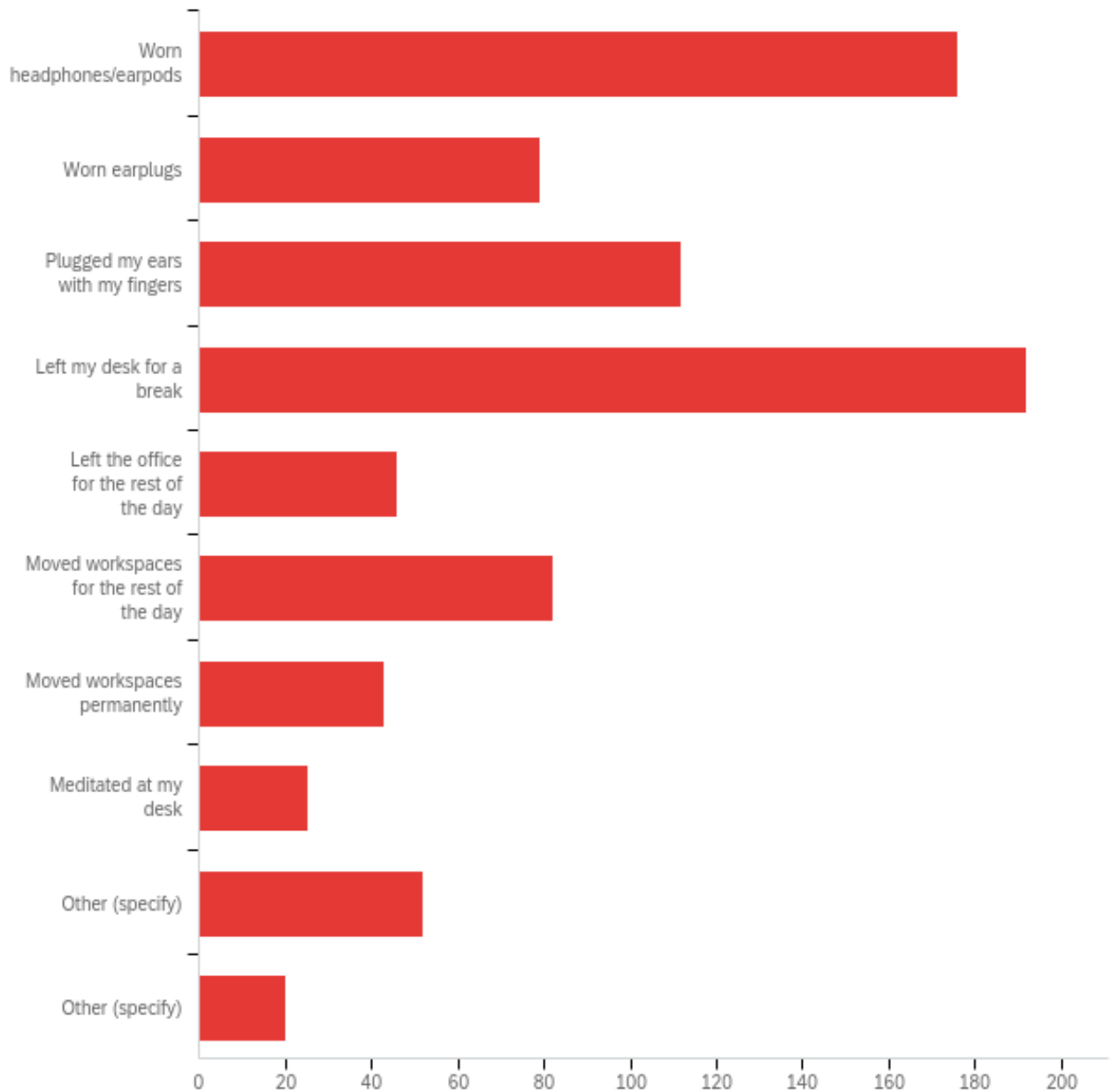
**CurrentTriggerFreque - How often do you or did you encounter the triggers that are only tolerable for short time in your current or most recent white-collar office?\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How often do you or did you encounter the triggers that are only tolerable for short time in your current or most recent white-collar office?*	2.00	5.00	2.49	0.83	0.68	203

#	Answer	%	Count
2	4-7 times a week	67.98%	138
3	2-3 times a week	20.20%	41
4	Once a week	6.90%	14
5	Rarely or Never	4.93%	10
	Total	100%	203

**CopingDesc - When a stimuli I find particularly distressing is present at work, I have...\*Multiple answers are possible**



#	Answer	%	Count
1	Worn headphones/earpods	21.28%	176
2	Worn earplugs	9.55%	79
3	Plugged my ears with my fingers	13.54%	112
4	Left my desk for a break	23.22%	192
5	Left the office for the rest of the day	5.56%	46

6	Moved workspaces for the rest of the day	9.92%	82
7	Moved workspaces permanently	5.20%	43
8	Meditated at my desk	3.02%	25
10	Other (specify)	6.29%	52
11	Other (specify)	2.42%	20
	Total	100%	827

### CopingDesc\_10\_TEXT - Other (specify)

#### Other (specify) - Text

Asked HR to move the snack basket within 5 paces of my desk

Asked leadership for help relocating office

Asked offending person to stop (e.g. loud chewing)

Asked politely for them to stop

Asked the offender to stop

Asked the person to stop making the noise

Broken pens

Changing offices ( we had 3 different )

Completed disability accommodation paperwork

Confronted the situation as politely as possible

Continued trying to work and hoped it would go away

Deep breathing

Distract myself as best as I can

Glared at people or told them to stop

Gone for a walk

Gone on a walk

I hum to myself, trying to drown out the offensive sounds

I transitioned to working from home

Lashed out at the person to cease

Listen to music



Made obnoxious noises myself. Violently striking a keyboard etc.

---

Make louder noises in response

---

Most of the time I have no choice but to sit and listen as it occurs during an active conversation with a boss/co-worker

---

Play white noise

---

Prayed

---

Put phone headset on

---

Quit the Job

---

Reminded myself that the sniffer is my beloved coworker who is one of the kindest people I know

---

Reserved a solo meeting room for a break

---

Rub my arms, neck, and chest to rid of the sensation

---

Run to restroom to get away from the sound

---

Sat with my head on the desk until the trigger stopped

---

Sing to myself

---

Slammed my fist on my desk

---

Snapped at the person

---

Specifically asked the person to stop

---

Spoken with person making trigger noise

---

The only time I had major relief from this was at one job where I was segregated in a fabric-covered cubicle.

---

Tried to ignore it

---

Turned music up loudly

---

Turned on fan/white noise at desk

---

Vaped with my weed pen on my breaks

---

White noise must be played with music or podcast because earbuds don't work otherwise.

---

Wore a hoodie and tied the hood closed

---

Work in loud settings like cafeteria while putting on headphones so that it drowns out any individual's sounds

---

ask offender to stop (rare)

---

cried in the bathroom privately

---

cry

---

made myself ignore it and did my work

---

played pink noise on my computer

talked with the person about the noise they're making and see if they'll stop it

---

white noise machine

---

## CopingDesc\_11\_TEXT - Other (specify)

Other (specify) - Text

---

Prayer

---

Asked to work from home

---

Become belligerent and imitated the noise

---

Rubbing ear discreetly to create blocking sound.

---

Closed the door

---

panic attack

---

Went into another room and screamed into my shirt

---

Asked someone to accommodate/remove the trigger

---

Cried

---

close my office door

---

Approached the people that cause the trigger and explained my problem (director of department)

---

Asked the person nicely to stop and I explain Miso

---

I can kind of manipulate my ears to make a whitenoise type of sound, like whe nyou yawn or wiggle your ears, there is a sound I hear, I can make that sound intentionally to try and manage a little longer before I lost my cool or must leave the area.

---

Made louder noises.

---

Turn up the office music

---

made unnecessary phone calls to distract me

---

Talked to Management

---

Avoid meetings with people who make sounds that trigger me

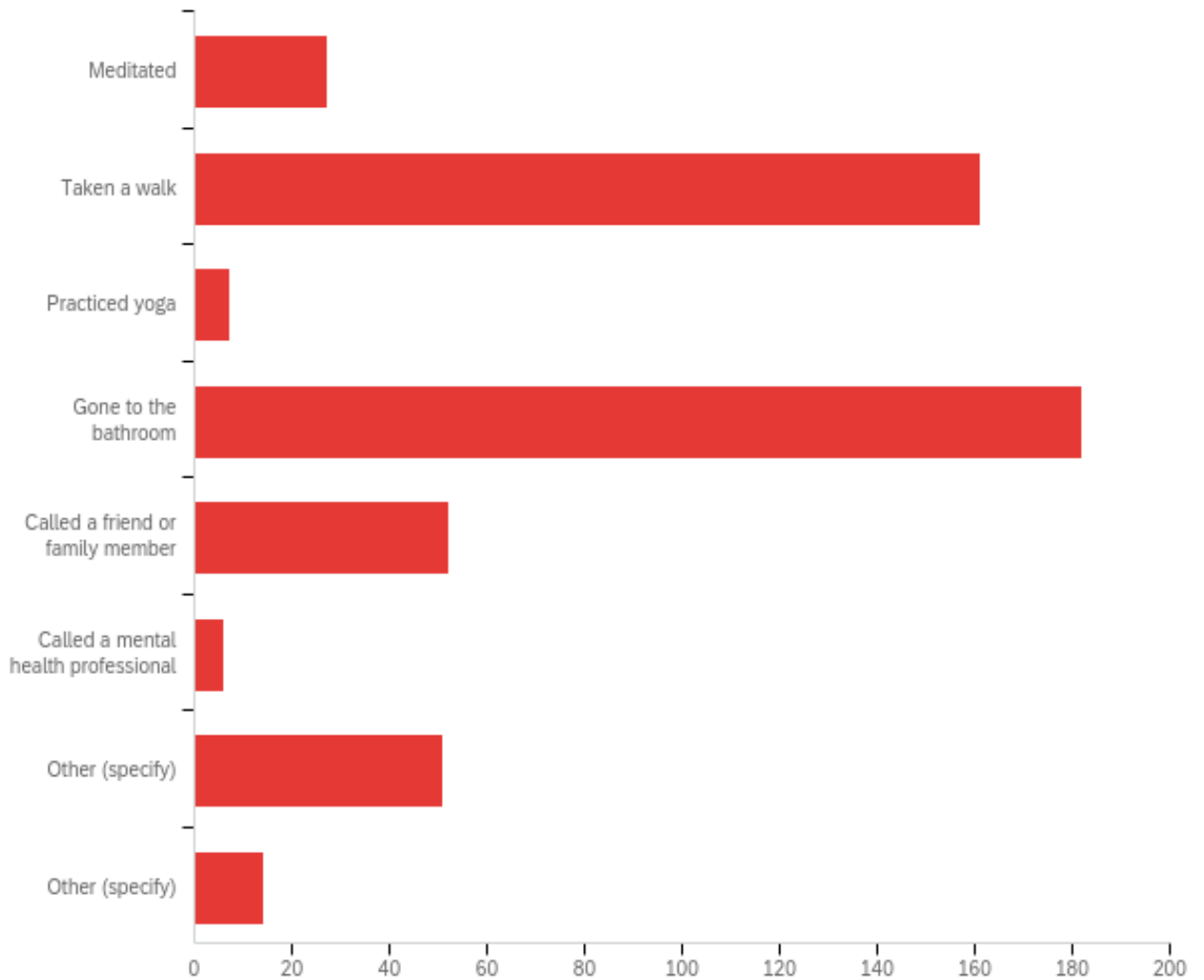
---

talk with my supervisor about what can be done

---

Gotten testy with the person making the noise

**Q7.3 - Optional: During a break away from my desk, I have... Multiple answers are possible.**



#	Answer	%	Count
1	Meditated	5.40%	27
2	Taken a walk	32.20%	161
3	Practiced yoga	1.40%	7
4	Gone to the bathroom	36.40%	182
5	Called a friend or family member	10.40%	52
6	Called a mental health professional	1.20%	6
7	Other (specify)	10.20%	51
8	Other (specify)	2.80%	14

## Q7.3\_7\_TEXT - Other (specify)

Other (specify) - Text

Gone outside to vape

gym/exercise

Gotten something to eat/drink as a way to reward/distract myself

Vaped my weed pen

Smoked a cigarette

Usually I have a nervous breakdown and if I cannot calm myself I have to go home

texted a friend

Distracted myself with a book or surfing the internet

Cried

Prayed

Gotten something to eat

Browsed internet

Got coffee

Self harmed

Cigarette break, water break

Ran a quick errand

scroll on my phone

Found work to do away from the desk

Go to my car

Walked over to a friendly coworker's desk away from mine

Distracted myself with texting or social media

Smoked cigarettes

Stand in a room alone and let myself freak out until I feel comfortable enough to grab headphones or go back to my desk

Waited until they were done eating. Went for a drive.

Gone to get a snack

Screamed in my car

---

Went outside

---

Changed tasks that allowed moving

---

Got a coffee from the kitchen

---

taken medication

---

go to car to cry

---

got food, dessert, snack to cope

---

Punched objects

---

Listened to calming music

---

Just sat somewhere else until I assumed the trigger was gone

---

Cried and had a panic attack

---

listen to music

---

Texted a friend with misophonia

---

Practiced deep breathing

---

Smoke

---

Cried

---

sit quietly in my car or alone somewhere with no noise at all. Just quiet to try and regroup to manage the rest of the work day, and not quit my job out of pure rage.

---

Texted a friend or relative

---

Breathing Exercises

---

Listen to music

---

Gone to lie down

---

done little tasks like fill up water bottle, looked at phone, etc.

---

Rub arms, neck, chest to rid of sensation

---

Taken deep breaths

---

Smoked

---

Hidden in the production area

---

Q7.3\_8\_TEXT - Other (specify)

Other (specify) - Text

---

Prayed

---

Cried

---

Taken anxiety medication

---

Had a Chat with a different coworker

---

Lost my breath

---

Gone to my car

---

Visited a friend in another workspace

---

Read

---

Listened to music

---

Texted a Friend for Support

---

Done breathing exercises

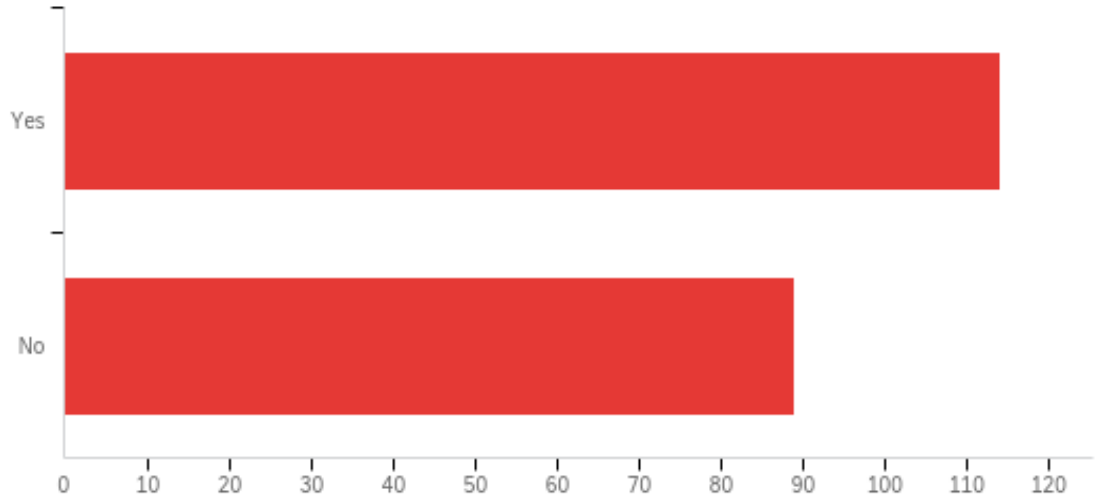
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Yell

---

Got coffee

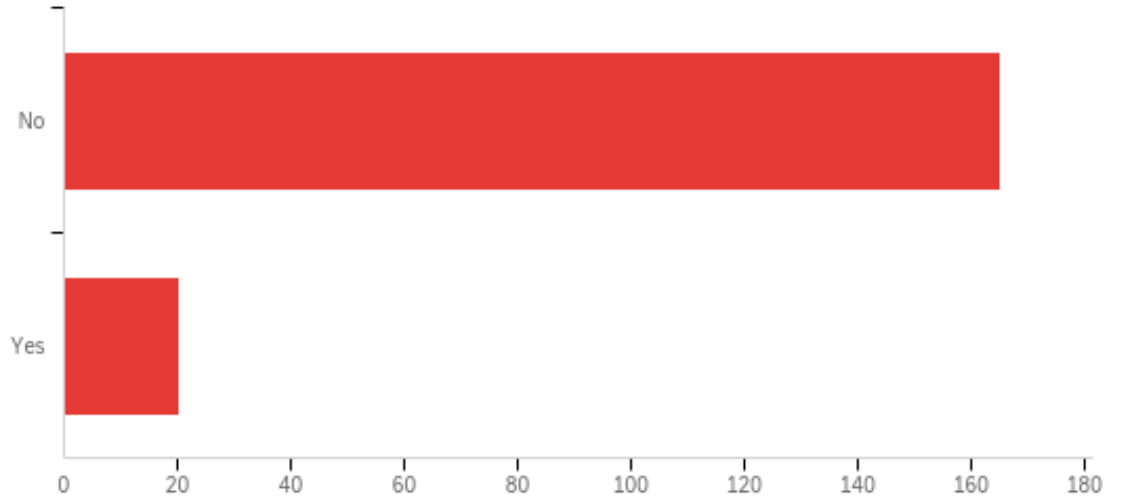
## InformColleague - I have informed a colleague of my misophonia.\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have informed a colleague of my misophonia.*	1.00	2.00	1.44	0.50	0.25	203

#	Answer	%	Count
1	Yes	56.16%	114
2	No	43.84%	89
	Total	100%	203

## InformHR - I have informed human resources of my misophonia.\*

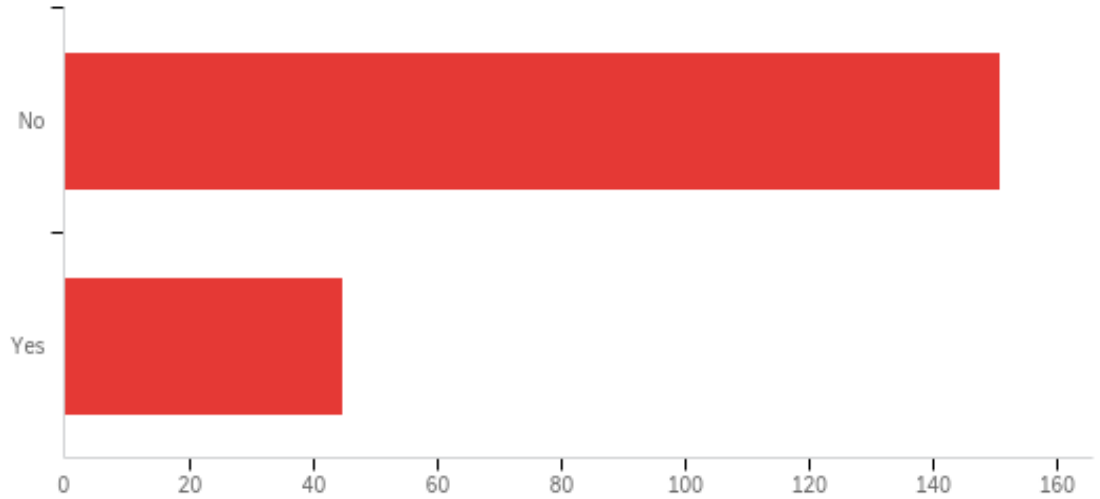


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have informed human resources of my misophonia.*	1.00	3.00	1.22	0.62	0.39	185

#	Answer	%	Count
1	No	89.19%	165
3	Yes	10.81%	20
	Total	100%	185



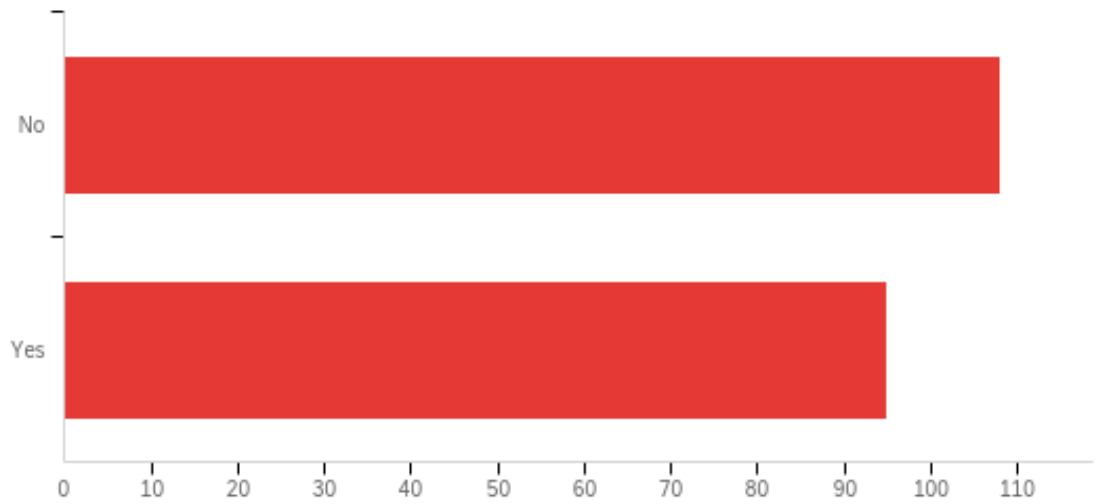
## InformUM - I have informed upper management of my misophonia.\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have informed upper management of my misophonia.*	1.00	3.00	1.46	0.84	0.71	196

#	Answer	%	Count
1	No	77.04%	151
3	Yes	22.96%	45
	Total	100%	196

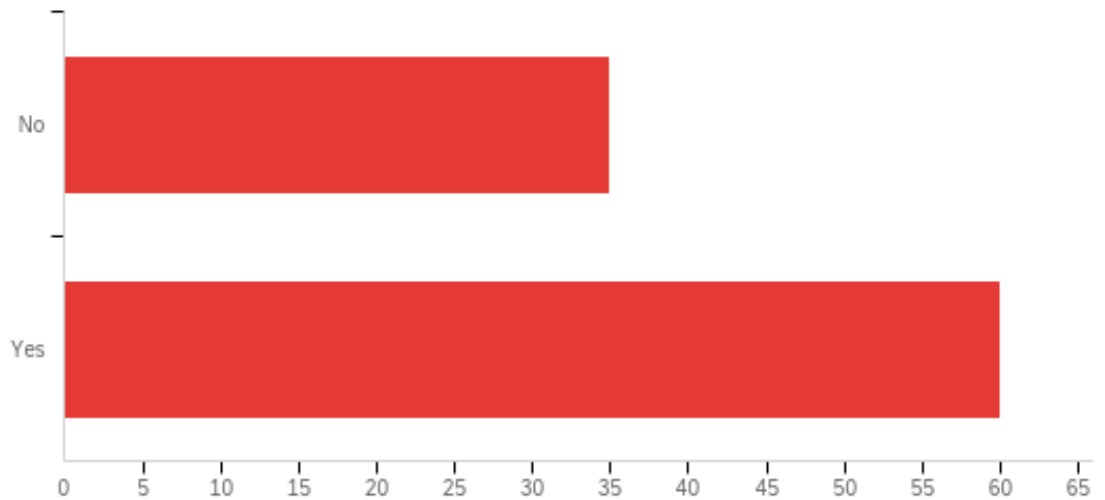
**Lessen - I have asked a colleague(s) or someone in upper management to stop or lessen a sound-producing behavior I find triggering.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have asked a colleague(s) or someone in upper management to stop or lessen a sound-producing behavior I find triggering.*	1.00	3.00	1.94	1.00	1.00	203

#	Answer	%	Count
1	No	53.20%	108
3	Yes	46.80%	95
	Total	100%	203

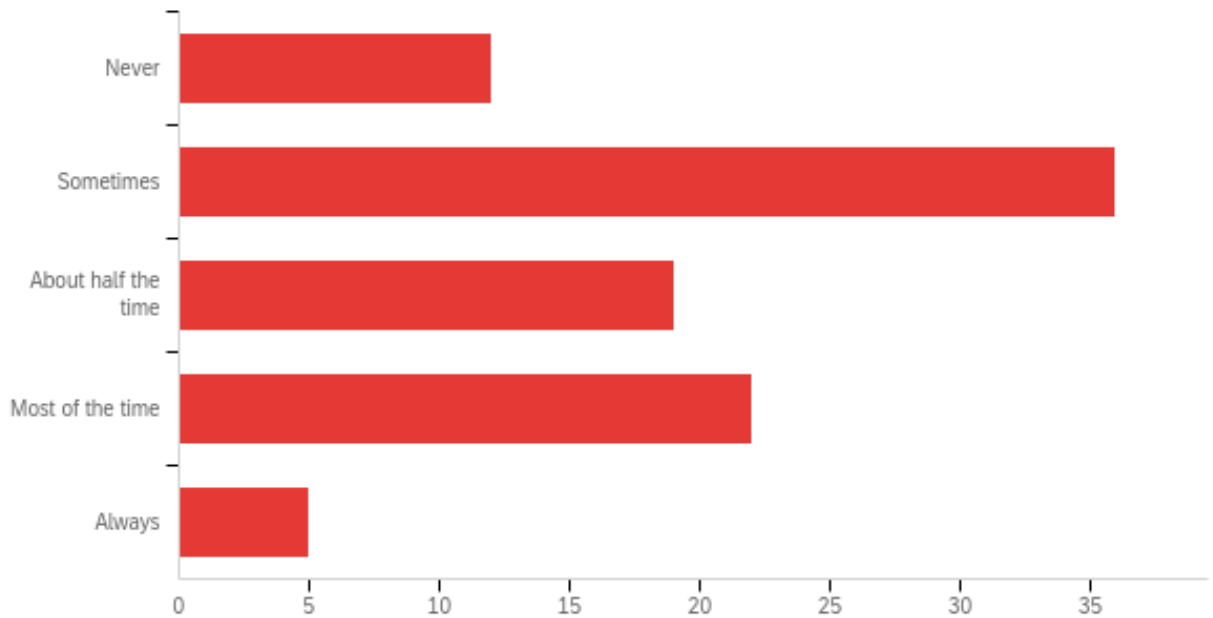
**LessenAffect - Optional: When I asked a colleague or someone in upper management to stop or lessen a sound-producing behavior I find triggering, I informed them of my misophonia or told them I had a condition.**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Optional: When I asked a colleague or someone in upper management to stop or lessen a sound-producing behavior I find triggering, I informed them of my misophonia or told them I had a condition.	1.00	3.00	2.26	0.96	0.93	95

#	Answer	%	Count
1	No	36.84%	35
3	Yes	63.16%	60
	Total	100%	95

**LessenFrequency - Optional: The person(s) adjusted their behavior (lessened or stopped producing the noise)...**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Optional: The person(s) adjusted their behavior (lessened or stopped producing the noise)...	1.00	5.00	2.70	1.12	1.25	94

#	Answer	%	Count
1	Never	12.77%	12
2	Sometimes	38.30%	36
3	About half the time	20.21%	19
4	Most of the time	23.40%	22
5	Always	5.32%	5
	Total	100%	94

**Q151 - Optional: If you would like, you can use this space to reflect on your experience of telling someone in your office about your misophonia.**

Optional: If you would like, you can use this space to reflect on your experience of telling someone in your office about your misophonia.

---

I've been afraid of telling anyone in the workplace about misophonia. Only my immediate family knows about my condition.

---

My main office sound issue is pen clicking, finger tapping, etc. I generally don't tell people for a couple main reasons: it makes most people uncomfortable when I tell them that something they don't realize they're doing is so annoying to me that I need to say something. It's absolutely not personal but I can't always get that across. I've found they'll feel on edge when they're around me, which is not a good trade-off. The other reason is when it's bad enough to say something, I don't know if I can respond calmly enough for professional standards and I know that an extreme/angry reaction to the sound will not achieve the result I want, which is just for the sound to immediately stop and we move on. I finally told my immediate team about 2 years ago (I'm 39) because we are good friends and work closely together, and because one of them is a clicker-tapper. It was not easy as first, but this produced more benefits than I expected: it helped me practice talking about it in a calm, composed way. It helped create a better system for asking people to change behaviors without judgment, shame, or drama; it's become an unofficial part of our team's community standards, where if someone is clicking a pen, any of 3 people might notice and request it stop. This small thing is a huge deal because I've been coaching myself to "just deal with it" about this and other difficult situations (ADHD) my whole life.

---

I haven't framed it as an actual condition because I feel so uncomfortable/unjustified at the degree of my irritation at regular-life sound phenomena. Occasionally I have mentioned to someone that their pen-tapping or whatever distracts me, but with anything like eating noises, people's voices I find irritating, people who unconsciously make noises I can't stand, I just try to get away from them.

---

The week before thanksgiving, upper management sent a memo out saying headphones and listening to music at work was banned. This was the only way I was making the job work with all the constant triggers but I was a temp worker and didn't want to complain. I struggled through a few days until Thanksgiving came and it was just too much. It's the hardest day of the year for me - even hearing people talk about it overwhelms me. I needed to block it out and told my higher ups (two of them were talking together and I didn't know how to say I didn't want an audience) that I needed to listen to my headphones due to sensitivity I have to sounds (I didn't say misophonia). I had a full on panic attack right before I asked and I think they could see I was shaken. They said yes just for today since it was slow but no one ever said anything when I continued to wear them until I quit months later. I just realized that day that I couldn't work under those conditions, and if those were the conditions I'd have to leave. Maybe they picked up on that, I don't know.

---

I didn't actually tell anyone, I was basically forced to. And investigator, who was vetting me for the job, looked on my Facebook page and saw that I like to support group for misophonia. So it was brought up to human resources and they question me about it. So I decided to go ahead and tell them and because there was a co-worker who cleared her throat more times than I could count and it was quite unbearable, they did make some accommodations. But those accommodations were at an inconvenience to some of my coworkers and thus I was treated differently (badly) by my direct supervisor and several colleagues. It was a traumatic experience, and now I'm in a situation where I need to tell my employers about my misophonia because of the work setting that I'm in, but I'm afraid to, because of my past experience. But I

think my need to get away from the trigger sounds out trepidation regarding potential consequences.

I only feel comfortable asking this of colleagues with whom I have a good relationship, and that I know will react well to the conversation. I typically tell them that it's part of an anxiety disorder I have (not diagnosed) and that I know it's weird and annoying, and I know that I make the same noises when I eat or type or whatever, (even though I think I actually do these things quietly) but it's an irrational problem I can't control and it's getting worse as I get older. People who I've worked with and told about misophonia either don't believe me, or minimize by saying something like "oh my god I hate gum chewing, I must have it too".

I find that as people generally have never heard of misophonia it is easier to say 'I have a problem with my ears'. Sometimes I let people know that the noise they are making is causing me physical pain.

Just complaining about a noise to a work friend.

I worked at a small company where my boss and I sat in the same room as each other. He was constantly tapping his feet, fingers and clicking his pen. I didn't have the balls to tell him in person, so I sent him an email explaining I have ADHD and extreme anxiety when it comes to certain sounds. I don't think I ever specifically said I had misophonia or that it was a condition besides mentioning anxiety.

HR followed my request to move the snack basket. They also suggested I use headphones or ear plugs but I have issues with my ears and it's uncomfortable.

I have told someone in my office about my misophonia on only a few rare occasions when I was driven by desperate hope that it would result in a much-needed change in behavior or environment. In all cases, even when the listener was courteous and trying to understand what I was experiencing, they could only grasp in within the context of their own experience with noise and would thus conclude that we all face those distractions and annoyances at work and we all just have to deal with it; I would walk away feeling as if I now was considered a 'high-maintenance' or 'entitled' employee....and in an even more vulnerable & powerless position.

most people do try to be conscious, I believe mostly because we have worked together for so long. They also intentionally trigger me because they think it is funny

After telling them they just look at me and say they've never heard of misophonia but they will look it up.

Admitting my misophonia to others, especially in the office setting, is extremely embarrassing. I view it as MY problem and something that I am expected to deal with individually. It has been a huge burden for the last 30 years of my life. The one time I elevated the situation in the office was when a guy was clearing his throat incessantly throughout the day - every single day - it NEVER stopped. I usually cope by putting in my headphones and turning up music very loud but it got to the point where I could hear it over the music. I approached my manager about the situation but he told me there was nothing he could do about it because if he said something to the man - it would embarrass him.

Humiliating. They denied their action (popping chewing gum, while popping chewing gum in my face) and now intentionally is excessively noisy in all daily activities

Have done it twice, both very stressful experiences. 1st time spoke with my manager and asked to permanently move desks to get away from an irritating person, request was accommodated. 2nd experience with another irritating co-worker (years later) I spoke with manager who said there was nothing they could do and I would have to speak with offending person directly, asked them to stop eating at their desk all the time as it was affecting my concentration and they stopped for a couple of weeks but then resumed usual behaviour.

One colleague has been very respectful, they've invited me to share if they are making sounds that are triggering. I think some people think I'm just being a bit precious though.

Generally don't like to bring it up with people directly, but have brought it up with management who has typically been indifferent which is very disheartening.

In addition to misophonia, I suffer from social anxiety, so just the thought of telling my colleagues, HR, or management that I have misophonia, or confronting someone about sounds that trigger me makes me anxious and stressed.

i didn't tell the person making the noise, I advised management about having misophonia and about the persons I couldn't work with due to them making the noises that negatively affect me. I think they tried to understand and be helpful, but it's not a very well know disorder and it's hard to explain or understand to most people.

Without using the term misophonia, I have told several colleagues how distressing it is for me when people chew gum, pop gum around me. Most don't understand and find it amusing, and I don't blame them.

I don't discuss with anyone in my office. I consider it my problem and not theirs, so I cope as best I can with headphones, working away from my desk, etc.

Usually comes up conversationally, and I'll talk about sensory issues rather than call it misophonia specifically. This seems to be more understandable to people who don't experience the condition. I have never had a negative reaction, but my workplace is fairly progressive.

This person was a horrific example of misophonia at it's peak, so his annoyances were known to all, to some more so, like me.

General blowing off steam to a coworker/friend about how loud another coworker eats

After telling them, I felt like they didn't believe me, or didn't believe the depth of misophonia.

I've made my teammates aware that I can't be in a meeting room if people are eating. For the most part people are very understanding as long as I don't get too angry/serious about it. The recurring problem however is that people tend to forget, and then I either have to re-ask, or just leave.

I could only tell the colleagues with whom I was close, it's something that people tend to take it as a joke or don't understand it's real. I've got a really bad experience in a previous job when younger where one of the colleague made some noise on purpose close to me just to trigger me. It ended up with him loosing the job and me leaving afterwards as the management wasn't happy with my reaction.

Preceded by a direct, confrontational request that they stop crunching their raw veggies at their desk. Then I awkwardly explained misophonia.

Misophonia is not respected and my requests were treated as burdensome and unreasonable

They are smart and understanding and I knew they would take it well. I lightened the situation and they were intrigued that there was a condition. To be honest, I'd only just discovered that it had a name, too.

I've only mentioned it to coworkers I'm friendly with

My boss asked why I was wearing headphones and I told him that the sound of someone crunching baby carrots bothered me so I was trying to drown it out. The next day he and a colleague stood outside my cubicle and crunched baby carrots very loudly because they thought it was funny. I went to the bathroom and cried, both because of the trigger and because I felt like they were making fun of me.

I've never told anyone because I don't want people to think that I'm just a jerk. Draws less attention to just remove myself.

N/A, I keep it to myself and wear headphones

I have anxiety about bringing it up because it has been dismissed by my family as me being irrational for many years.

They said their husband had it as well and understood. Mine is based around eating. My current office setting I have my own office so I can keep the door partially closed and headphones on and cannot hear others eating. But in social office settings like pizza parties I usually hang out less than the others.

I choose to tell people about it when their behavior is changeable. For instance, I have a coworker who is very loud while chewing with his mouth closed. Why bother asking him to change if there's no way to really improve it? I have asked people who are eating chips to close their mouths before chewing. I've also told a coworker who then occasionally intentionally played ASMR videos she knew would trigger my misophonia.

---

I have been lucky to have understanding colleagues. Most of my situations are dealt with by exiting the situation or putting on headphones. I am fortunate enough to have space and time to leave when I need as long as my work is completed. I do not think I would cope well in any other situation.

---

I don't talk about it because most people don't have it so they can't empathize. It makes things weird sometimes. Unless they become a friend, sometimes they understand.

---

It's someone who is also sensitive to sound (not sure if at misophonia levels) so she was very understanding. Sometimes I can chat her about a specific sound, which helps to just vent a bit. She has sounds that annoy me too, but I don't tell her about those, of course.

---

The only person I have mentioned it to is a colleague who is also extremely sound-sensitive. We commiserate. I would not mention it to HR or upper management as I'm worried it would make me appear "difficult" as that is something I am wary of not only as a misophonic person, but also as a woman in a male-dominated field.

---

Had to tell colleagues after an angry reaction in a situation where everyone was chewing gum and no escape (metro). Normally wouldn't prefer telling people (unsure why exactly).

---

I just told them that the behavior was bothering me and they apologized and attempted to curb the behavior.

---

I'm not typically open about it out of fear that people will purposefully trigger me or simply apply their own judgments rather than try to understand. However, I was actually asked when starting a new job by my cubemate if I cared that she snacks all day. I decided to be honest and said it does affect me, but asked if we could wear earbuds in an effort to show that I do what I can rather than police others (also thinking she would try be considerate). She instead seemed offended and has since taken issue with me being "so quiet" and always "having my ears in," but seems to go out of her way to trigger me (e.g. leaning over my shoulder while chewing). She also was not kidding about it being all day, and I find that all of her noises beyond just eating sounds trigger me worse because she knows. Moreover, working next to her has worsened my misophonia overall (new triggers and less tolerance for old ones). Also earbuds don't keep our shared desk from vibrating due to hard typing.

---

I wrote an article for my agency's "hidden disabilities" blog. It's accessible to thousands of employees. I also shared it internally with my office directly. I had a lot of good responses and many coworkers confiding that they too had misophonia. Some never knew what it was until they read the article.

---

On conference calls, people often slurp beverages or eat right into the micriphone. I ask them to mute as a matter of courtesy, without telling anyone I have a condition. Sometimes I mention that misophonia exists and it would be nice to keep people with sensory issues in mind. One colleague made a face and complained that muting made conference calls less vibrant and "full of life." Another colleague without misophonia took the opportunity to explain what misophonia is, incorrectly. I don't reveal my misophonia unless it's absolutely necessary.

---

Usually, I do not say explicitly say that I have misophonia. Rather, I just say that "I have a sensitivity to noise" or "I find certain noises very irritating", or something along those lines. However, I occasionally I have mentioned that I have misophonia to that person later on in a separate context.

---

Since I now am working on research related to sound sensitivity, a lot more people I'm working with understand it and recognize it as legitimate.

---

The one person I told I had misophonia to had just disclosed she had it as well. We had been moved into the same office due to our vocalized preference of working in quiet spaces.

---

I was a temporal lobe epileptic who had music as an auditory trigger coming out of the rhapsody feeling and with the sound of a crowd echoing in an enclosed space as another



auditory trigger for a long period of time, in addition to some fairly mild misophonia (self-diagnosed). I got the brain surgery, a medial temporal resection of a gangliogliosis scar mass including removal of complete right amygdala over a decade back but still really don't like working in an environment with music continuously playing or crowds talking echoing. Also acquired prosopagnosia after that and significant linguistic aphasia that gradually largely healed and some muscular nerve damage that largely healed. When music was bothering me a couple times I've told colleague/employees. At one call center where I was the supervisor one subordinate, who was mean in general, was disrespectful passing a remark insinuating she thought I was not telling the truth when explaining why I didn't want music playing all night every night, and just wanted quiet. She was in character behaving that way. Another workplace was a call center where loud music was continuously played and it was a lot of people in a crowded large enclosed area with bad acoustic dynamics for me. I was not a supervisor there. At that location there was an announcement that nobody was allowed to wear headphones anymore (I had been wearing headphones to mask the sound and lessen the distress I felt having to work in that environment.) The call center supervisor I reached out to said that I could continue wearing headsets if I produced medical documentation that the condition existed. I had not been to a neurologist in years and did not have such documentation. I began to wear earplugs at work after that until Covid struck and we went blessedly thankfully telecommute where I could work in peace from the quiet of my home. At my current job at a nonprofit law firm it is very quiet and no music plays. I am usually alone most of the day, and at most is the conversation of two other people. The acoustics of the room are much better for me too, not a trigger. I'm in remission, but, it just, at times (not always) I strongly dislike being exposed to the old triggers. My epilepsy when it was bad would mean spending all day in complex partial status, complex partial clusters, and convulsions, being totally non-functional and unable to hold a job while poorly controlled while in states of altered consciousness or going between black outs, convulsions, and complex partial altered consciousness states complete with hallucinations while interior me typically mostly conscious and observing. I had a variety of triggers that changed over time, but the large large majority of seizures were unprovoked and spontaneous. At the last call center job I began to experience auditory paranoid hallucinations over the constant noise, hearing my colleagues say rude things they were not saying. I left my earplugs in so I could not hear such things and be able to just do my job. At that job I had been taking no medication, having taken no medication in years, and to improve function began taking an anti-convulsant Gabapentin again, that calmed my significant distress and cleared out the paranoia. I know that's not what it is supposed to do, but it is what it does for me, significantly improving mood. I've continued taking Gabapentin since then. At my current law firm job they are aware of my epilepsy but they are not aware of misophonia or what used to be my seizure triggers beyond one pleasant conversation with an attorney with who'd disclosed having an OCD diagnosis so I'd shared in turn generally reffing that I'd been auditory triggered. It is largely a telecommute job, is quiet, and I have my own cubicle in an upstairs area often empty with corona quarantine. The staff are professional, and it is a non-profit on mission to assist the poor. There's been no need to disclose. The firm building never has music playing and the staff are generally quiet.

---

Most people are understanding. Others are not. I don't blame them as it is difficult/impossible to emphasize with. The less understanding coworkers tend to think I'm high strung (true). I am sure that I have been viewed as unstable, panicking over a plastic bag, clicking pen, or bubble wrap. Sometimes, people say they will stop but make no effort to and just continue.

---

In my experience, people seem to believe that I am dramatic or a nuisance if I discuss feelings or needs regarding my auditory triggers. The worst is hearing repeat, uptempo, incessant music sounds- its ok if it is at an appropriate and expected situation like a party- i can be prepared. I also have a really hard time with hearing music in one room and having conflicting music in another area. Ex: at a hotel or restaurant or while shopping there might be music outside of the building that clashes with the music inside the building or some other situation and my brain can not handle processing 2 consistent types of music being played at the same time.

Never did it. Can never imagine doing it.

---

Very stressful. Worry they'll think I'm nuts. Worry they will think less of me.

---

In passing I have advised my coworkers of the trigger noises. Many of the them continue to make the noises - they don't understand the effect it has on me because I think if they realized how awful it is for me they wouldn't do it. Many people haven't a clue what's annoying to others.

---

It's only in the last 2-3 years that I've started sharing about misophonia with my colleagues. I have significant anxiety about it, but have decided that the anxiety around the conversation is easier to manage than the emotions that come along with being triggered. I have found my colleagues to be very curious and receptive and in my current workplace even had a colleague suggest we invest in quiet keyboards when we are able to return to the office which I found highly sensitive and gracious.

---

I choose to manage this myself. It's not fair to ask others to alter or change their behavior due to this condition. Besides, misophonia is new enough to not warrant acceptance by others, its rather unbelievable, and so its easier to maintain harmony with others by managing my symptoms myself. I don't expect them to understand to the point of changing their behavior.

---

a COLLEAGUE USED TO WHISTLE CONSTANTLY AND IT REDUCED ME TO TEARS.He was a long standing member of staff so nothing was done about it.Luckily he retired .

---

Awkward. People don't know what it is or the assume it isn't real (mostly and issue with parents). In the workplace though, I've given links/urls and documents to co-workers addressing Misophonia and my reactions

---

People don't understand what the condition is and generally think I am being over-sensitive. Even when I have explained and they intend to be kind about it they start to overanalyse every noise they make and constantly ask me if it is okay. This leads to alienation where they feel uncomfortable around me and don't want to be in my company. Some others immediately being making the sounds/sights that they know upset me because they think it is funny leading me to get extremely angry and to develop a strong dislike for them. To me this is akin to poking someone repeatedly with a stick for your own amusement. As a result I rarely tell people and if I do, I describe it as something similar to an autistic persons sensitivity to overwhelming noises as this seems to be the only thing that garners a favourable response or even seems to be understood.

---

I try to make them understand that it is me and not them that has a problem. They aren't doing anything wrong

---

Never told anyone in the office for fear of retaliation/not being believed/bring perceived as difficult

---

not many believe it's a real thing

---

Lots of eye rolling...I wish more people were aware that it's real

---

Higher administration actually made fun of another higher administrator who said she had misophonia. He announced it to a big group of people and then said how he likes making her mad by purposely chewing gum in a meeting to annoy her in a jokjng way. I didn't find this funny at all and I was super embarrassed for her.

---

I don't tell out of fear of different treatment or being labeled and judged

---

I haven't told anyone but one of my friends who also experiences it. I feel I will not be taken seriously. I also feel like if I label it, it's "real" and constant and that I have a disease or disability I have to treat. I have told people when sounds are distracting, but focus just on the experience of that particular sound. I'd rather work on it in therapy alongside my anxiety and not reveal this specific term to anyone.

---

It's so very difficult and people tend to think you are overreacting. Then they will do the trigger just to get a response.

In my last job I was the head of my department. I asked my supervisor to allow me to move to another work space to get respite from the noise. She refused. So I left my high-paying job in New York for a job in Arizona for half the pay. I still suffer from noise in my job here, but I have ways to deal with it. My co-workers and supervisor are sympathetic.

---

It is very difficult to tell someone. It takes time to work up the nerve to do it. Usually they laugh first, then I have to explain that I'm serious. Then I have to explain misophonia. Sometimes its easier just to walk away if possible.

---

A new guy moved in the office beside me and he was a constant whistler. I sent him an email telling him of my issue, this did not help. I spoke to him, this helped some. He ended up moving his office, when he whistled I turned my music up loudly.

---

Unfortunately, by the time I am telling the other person how their noises affect me, I am in the throws of a reaction and come across as very aggressive. In general, people do not believe me. I told a supervisor after she became upset that I would not go to lunch with her or others. Later, she used my misophonia against me (chewing to distract me from my work).

---

They listened but didn't care/believe me. Made no difference.

---

I have never told anyone I work with about my misophonia, I feel like they would not understand or relate, or think I am neurotic. I have told family members and a mental health professional

---

My direct supervisor bullied me and made fun even after disability accommodation was approved.

---

People look at me like I'm crazy and they rarely stop the trigger sound.

---

I have been met with the exact same look every time I share it. The look of confusion, or disbelief, and then they try and relate, saying, " Oh yeah I don't like it when someone smacks their gum either, so annoying right?" It is taken as though it is a joke, and to me, it is so real I have wished to be deaf, or to die. I would rather not hear anything than be dealing with internal rage on a daily basis over sounds others do not notice but to me are so loud it is as if my volume is turned up so high, I hear everything.

---

I've only joked about it with a like-minded coworker. Never talked about it seriously because that would make me feel too vulnerable

---

Most people forget about it or don't realize the severity of it. I've also had people purposely make the sound to see my reaction.

---

It's embarrassing because there is the fear they will not understand and if they do appear to be empathetic, it is uncertain whether they are being genuine or not. Yes, they believe you think you have a problem but question if it is an actual medical condition

---

Most people think it's something I've made up or "saw on FB." People don't realize that these noises unintentionally infuriate me. I have no control.

---

They are skeptical that my issue is genuine. They found it unacceptable to be asked to use plasticware and paperplates instead of silverware and ceramic plates because it was less appealing for them to do so, so they refused. For others, I have chosen to suffer in silence rather than be judged and/or disappointed by their response.

---

I believe upper management would not have been sympathetic to my misaphonia.

---

I don't feel comfortable bringing it up. It's not widely understood and can easily be misconstrued as being fussy. I feel like it's not worth mentioning and feel dumb saying it out loud.

---

Some have been receptive and responded to an ADA request for accommodations by putting a "no eating or gum" policy in place in my office and supplied noise-cancelling headphones. Some have listened to my requests and then did nothing.

---

I only told them because they told me that they also have misophonia, though theirs is not as severe as mine.

---

I haven't worked up the courage to tell someone that I have misophonia. I fear they will treat me as if I'm mentally unstable. This disorder is a complete battle everyday for me.

I'm now retired, but when I was working and was triggered by a noise, I sometimes would talk to that person about me being sensitive to noise and asked if they'd be willing to stop making the offending noise. They were usually understanding and would cooperate. One time, I talked with my boss about a co-worker who played his radio very softly all day, and then my boss asked that person to quit, which he did. I think that all of these co-workers were usually quite surprised when I'd mention my sensitivity. There wasn't any name (misophonia) for it at that time, so they probably thought I was weird.

---

I've never told someone in my office about my misophonia. I'm too ashamed and embarrassed.

---

Most of the time, people are not aware of the sounds that they are making and are usually sincere when they say they will stop. However, because they are not aware of it in the first place, it is not something they actively think about so it usually does not last after the initial stopping/changing of behavior. It then makes me feel annoying to have to constantly ask them to stop that specific behavior so many times I do not and struggle.

---

Usually they try to stop producing the noise when asked but over time revert back to making the noise out of learned behavior or instinct

---

Misophonia was way easier to get accommodation than ASD, chemical sensitivity (fragrance sensitivity), or sound stimulus sensitivity. People reacted without any defensiveness compared to the other examples above.

---

Its very stressful. If I dont trust the person I wont say anything. My disability office has been helpful.

---

I told my Lead when first began and she knew about Misophonia. But over 5 yrs she continued to clip her fingernails at her desk and chew bubblegum and blow/pop bubbles loudly, always saying "Sorry" to me each time she triggered me.

---

I honestly work with earphones. I have too many little triggers. If I keep telling people to stop I won't get any work done. So I pop my earphones in and do my work.

---

It did not go well. The behavior did not stop and other employees made it clear they thought I was in the wrong.

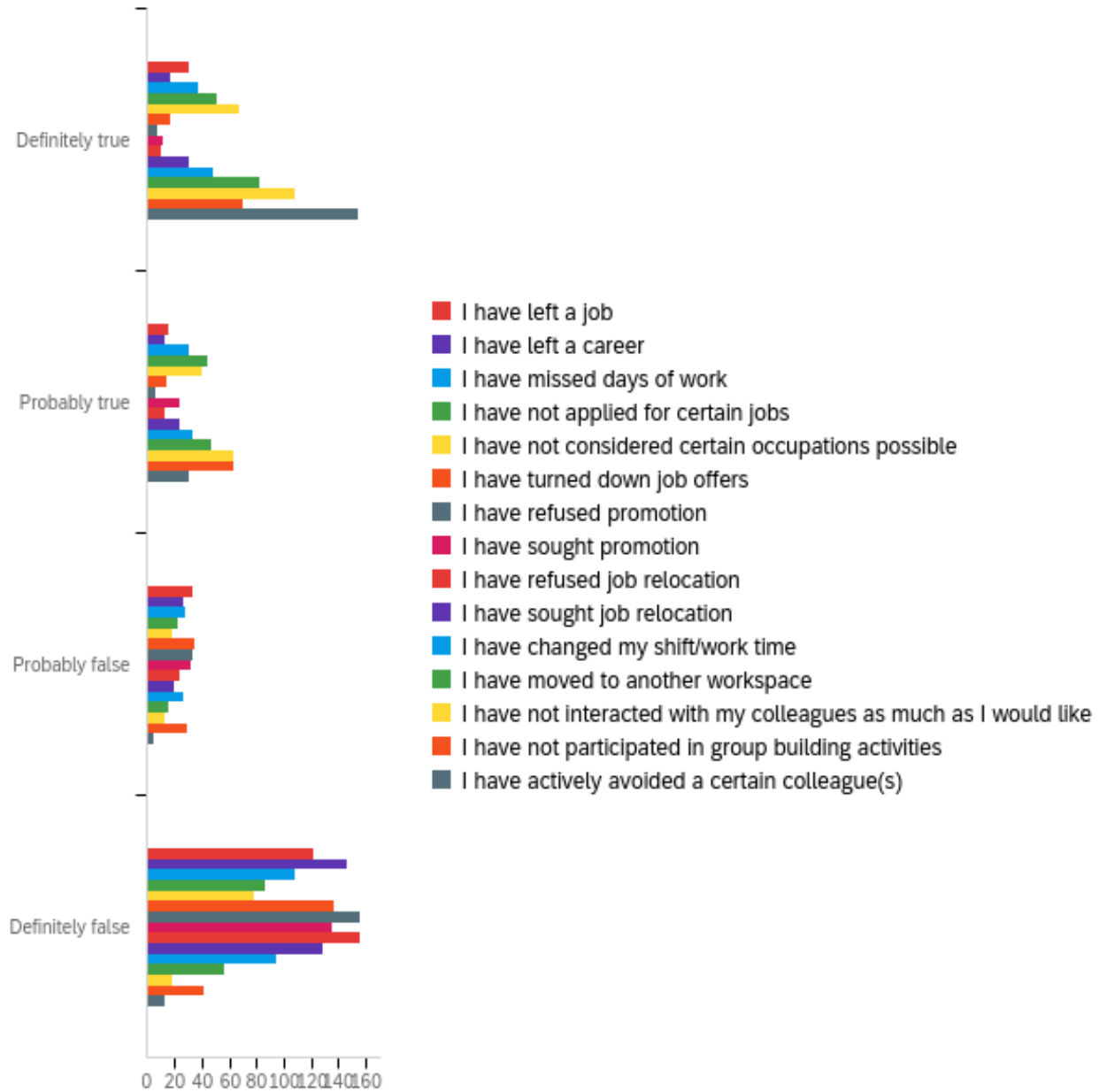
---

I keep getting told to stop being so sensitive and dramatic, people have made fun of me and laughed about me when I asked them to stop making a sound, some continue to make the sound on purpose to annoy me and laugh about my reaction. I am scared to tell them about misophonia, because I know that they will think it is a made up condition.

---

Before I knew this condition had a name people would do the trigger on purpose and tell me "don't tell me what to do"

**MisophoniaResults - How true are these statements in regard to your cumulative white-collar office experience and your misophonia?\* All questions are mandatory. Because of my misophonia,...**



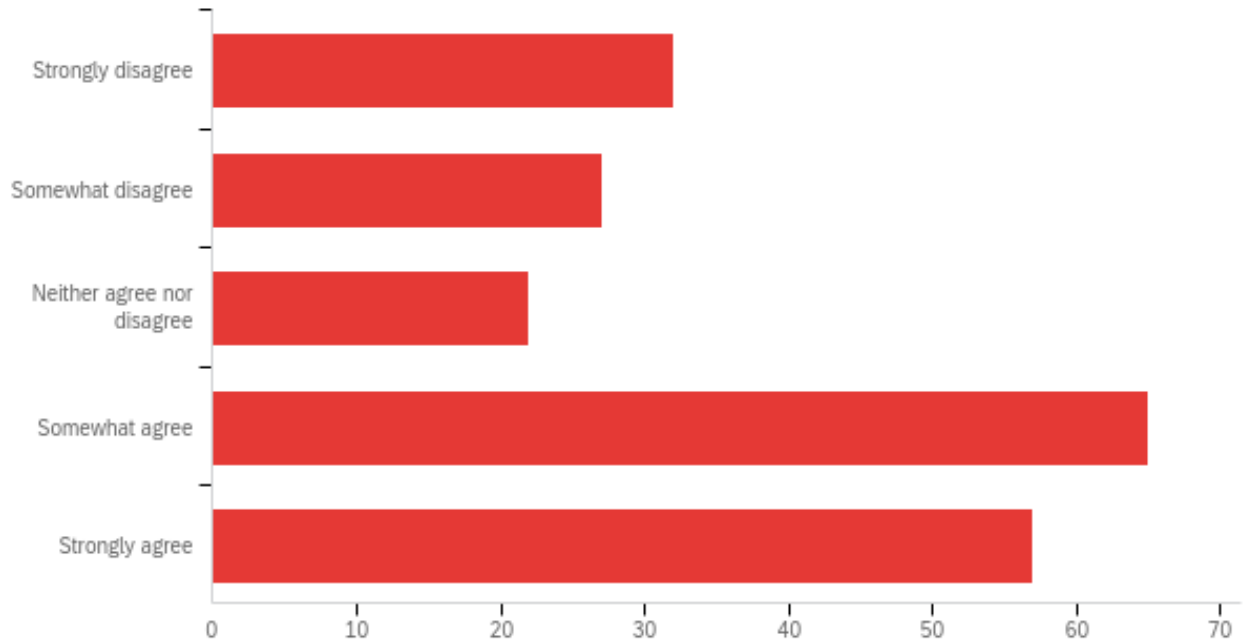
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have left a job	1.00	5.00	3.99	1.51	2.29	203
2	I have left a career	1.00	5.00	4.34	1.27	1.62	203
3	I have missed days of work	1.00	5.00	3.69	1.63	2.67	203

4	I have not applied for certain jobs	1.00	5.00	3.24	1.72	2.97	203
5	I have not considered certain occupations possible	1.00	5.00	3.00	1.77	3.14	203
6	I have turned down job offers	1.00	5.00	4.29	1.27	1.62	203
7	I have refused promotion	1.00	5.00	4.59	0.94	0.89	203
8	I have sought promotion	1.00	5.00	4.27	1.25	1.56	203
9	I have refused job relocation	1.00	5.00	4.49	1.11	1.23	203
10	I have sought job relocation	1.00	5.00	3.96	1.56	2.44	203
11	I have changed my shift/work time	1.00	5.00	3.42	1.71	2.93	203
12	I have moved to another workspace	1.00	5.00	2.59	1.70	2.90	203
13	I have not interacted with my colleagues as much as I would like	1.00	5.00	1.88	1.27	1.62	203
14	I have not participated in group building activities	1.00	5.00	2.55	1.56	2.44	203
15	I have actively avoided a certain colleague(s)	1.00	5.00	1.48	1.08	1.17	203

#	Question	Definitely true		Probably true		Probably false		Definitely false		Total
1	I have left a job	15.27%	31	7.88%	16	16.75%	34	60.10%	122	203
2	I have left a career	8.37%	17	6.40%	13	12.81%	26	72.41%	147	203
3	I have missed days of work	18.23%	37	14.78%	30	13.79%	28	53.20%	108	203
4	I have not applied for certain jobs	25.12%	51	21.67%	44	10.84%	22	42.36%	86	203
5	I have not considered certain occupations possible	33.00%	67	19.70%	40	8.87%	18	38.42%	78	203
6	I have turned down job offers	8.37%	17	6.90%	14	17.24%	35	67.49%	137	203

7	I have refused promotion	3.94%	8	2.96%	6	16.26%	33	76.85%	156	203
8	I have sought promotion	5.42%	11	11.82%	24	15.76%	32	67.00%	136	203
9	I have refused job relocation	4.93%	10	6.40%	13	11.82%	24	76.85%	156	203
10	I have sought job relocation	14.78%	30	11.82%	24	9.85%	20	63.55%	129	203
11	I have changed my shift/work time	23.65%	48	16.75%	34	12.81%	26	46.80%	95	203
12	I have moved to another workspace	40.89%	83	23.15%	47	7.88%	16	28.08%	57	203
13	I have not interacted with my colleagues as much as I would like	53.20%	108	31.03%	63	6.40%	13	9.36%	19	203
14	I have not participated in group building activities	34.48%	70	31.03%	63	14.29%	29	20.20%	41	203
15	I have actively avoided a certain colleague(s)	75.86%	154	15.27%	31	2.46%	5	6.40%	13	203

**WorryMis - Please indicate to what degree you agree or disagree with the following statements. I worry or have worried that misophonia limits my white-collar job/career prospects.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please indicate to what degree you agree or disagree with the following statements. I worry or have worried that misophonia limits my white-collar job/career prospects.*	1.00	5.00	3.43	1.42	2.02	203

#	Answer	%	Count
1	Strongly disagree	15.76%	32
2	Somewhat disagree	13.30%	27
3	Neither agree nor disagree	10.84%	22
4	Somewhat agree	32.02%	65
5	Strongly agree	28.08%	57

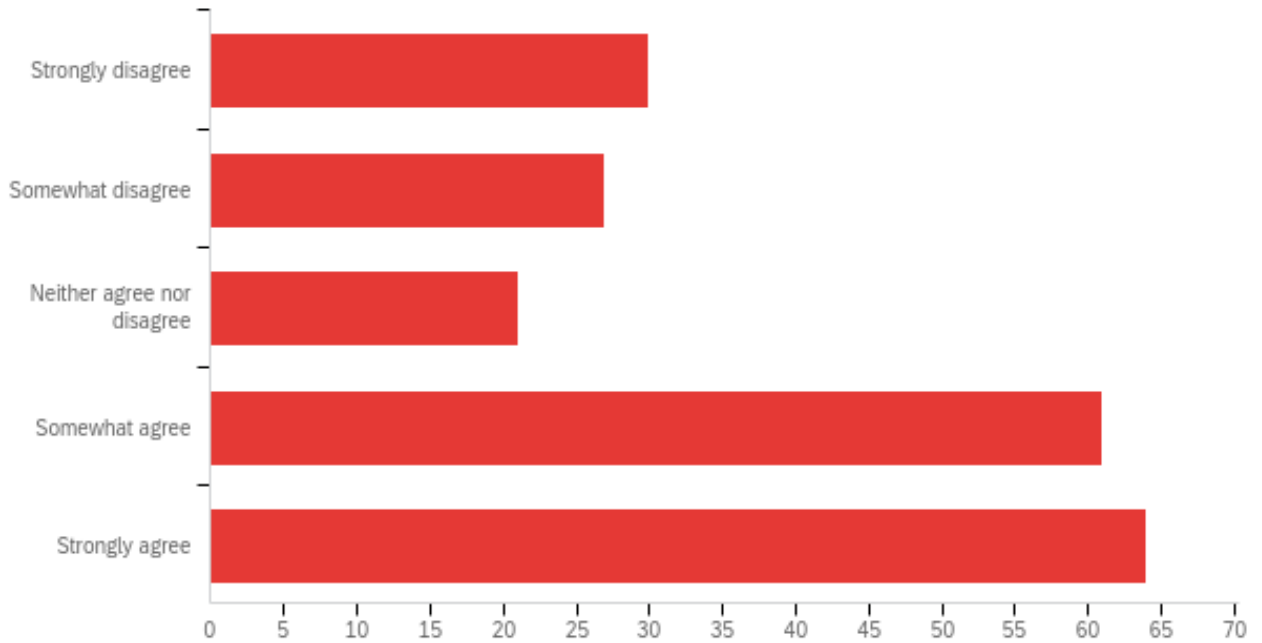


Total

100%

203

**WorryMis2 - When thinking about any kind of work (white collar, blue collar, etc.), I worry or have worried that misophonia limits my job/career prospects.\***

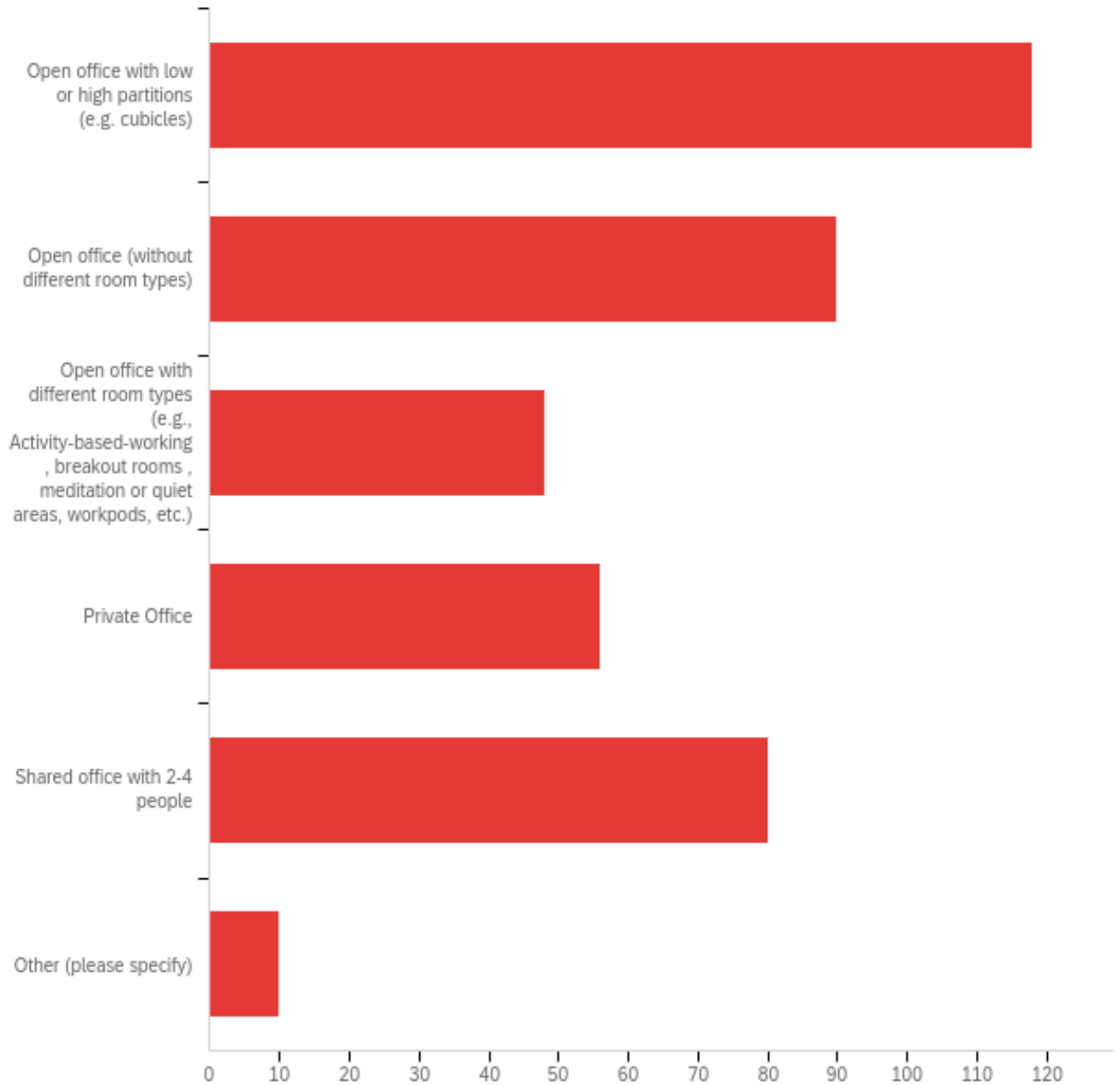


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	When thinking about any kind of work (white collar, blue collar, etc.), I worry or have worried that misophonia limits my job/career prospects.*	1.00	5.00	3.50	1.43	2.03	203

#	Answer	%	Count
1	Strongly disagree	14.78%	30
2	Somewhat disagree	13.30%	27
3	Neither agree nor disagree	10.34%	21
4	Somewhat agree	30.05%	61
5	Strongly agree	31.53%	64
	Total	100%	203



**OfficeType1 - Please consider your cumulative white-collar office experience and select the office layout(s) that most resembles those of workspaces you personally work or have worked in. For example, if you work in a shared office, but your boss works in a private office, only select "shared office".\* Multiple answers are possible. Pictures sourced from Pexels.**



#	Answer	%	Count
1	Open office with low or high partitions (e.g. cubicles)	29.35%	118

2	Open office (without different room types)	22.39%	90
3	Open office with different room types (e.g., Activity-based-working, breakout rooms , meditation or quiet areas, workpods, etc.)	11.94%	48
4	Private Office	13.93%	56
5	Shared office with 2-4 people	19.90%	80
6	Other (please specify)	2.49%	10
	Total	100%	402

### OfficeType1\_6\_TEXT - Other (please specify)

Other (please specify) - Text

N/a

Co-working space with multiple companies.

shared office 5-8 people

Lab setting

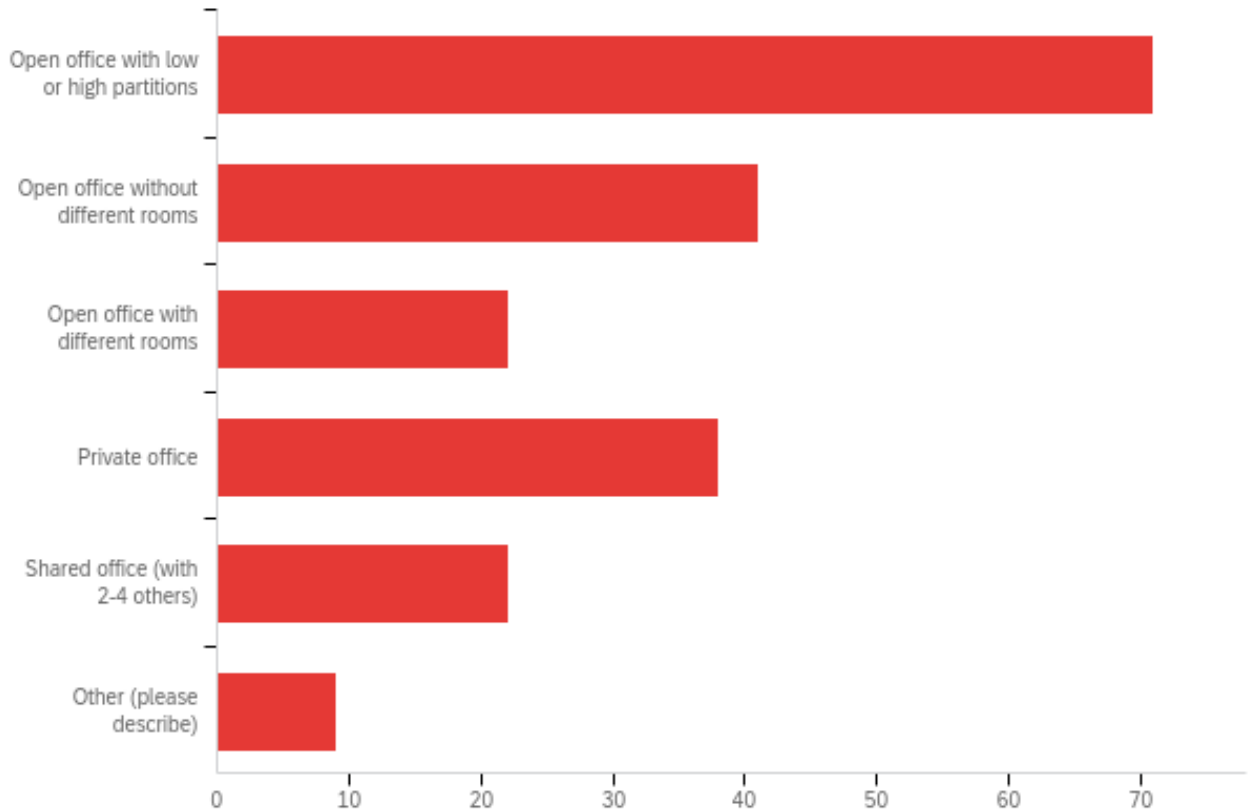
Open office with laboratory side room

Private office

Cockpit

Work from Home

**OfficeType2 - What office layout type does your current or most recent white-collar job have?\*** If your office has multiple layout types but could not be categorized as an "open office with different rooms" (for example private offices for upper management, but open office for employees with lower status), please select the office layout type that most closely reflects the space you usually work in.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What office layout type does your current or most recent white-collar job have?*	1.00	6.00	2.64	1.58	2.49	203

most closely reflects the space you usually work in. - Selected Choice

#	Answer	%	Count
1	Open office with low or high partitions	34.98%	71
2	Open office without different rooms	20.20%	41
3	Open office with different rooms	10.84%	22
4	Private office	18.72%	38
5	Shared office (with 2-4 others)	10.84%	22
6	Other (please describe)	4.43%	9
	Total	100%	203

#### OfficeType2\_6\_TEXT - Other (please describe)

Other (please describe) - Text

Receptionist

Shared office with seven people.

Front desk

Aside from work from home due to pandemic, standard office was 2-3 people per office room.

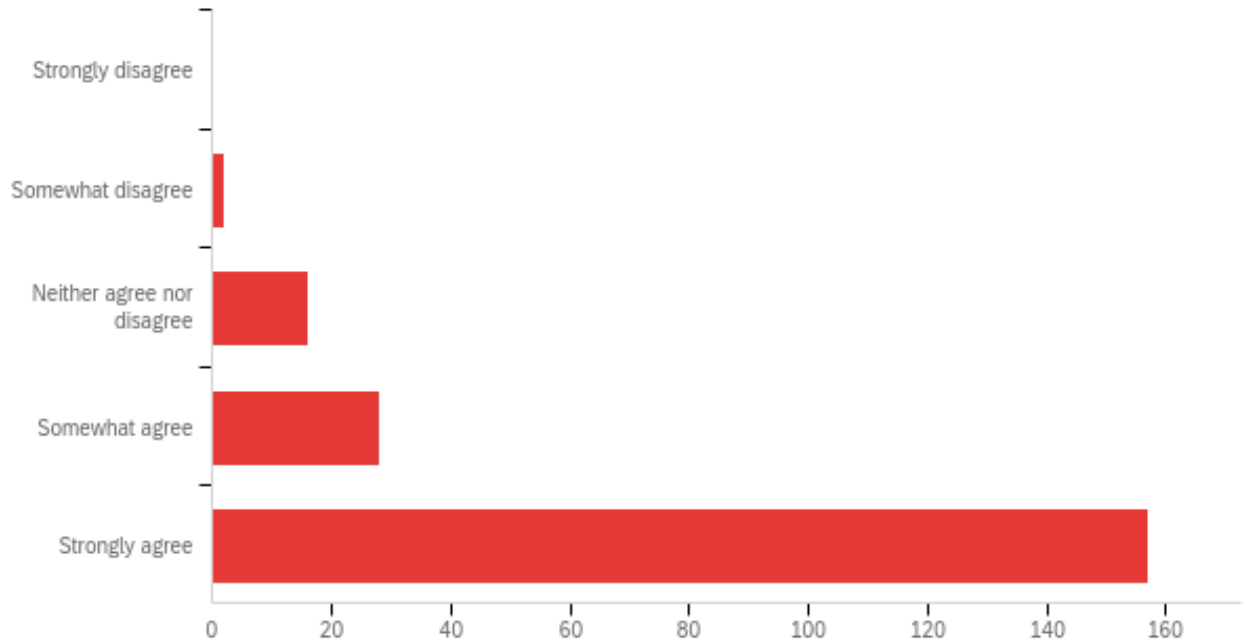
shared office with 6-8 people

Co working space that most resembles Open office with different rooms

Open office with laboratory side room

Working from home with family

**OfficeType3 - Based on my cumulative white-collar office experience, I have found that certain kind of office layouts are more difficult to work in due to my misophonia (with regards to auditory stimuli).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Based on my cumulative white-collar office experience, I have found that certain kind of office layouts are more difficult to work in due to my misophonia (with regards to auditory stimuli).*	2.00	5.00	4.67	0.66	0.44	203

#	Answer	%	Count
1	Strongly disagree	0.00%	0
2	Somewhat disagree	0.99%	2
3	Neither agree nor disagree	7.88%	16
4	Somewhat agree	13.79%	28
5	Strongly agree	77.34%	157

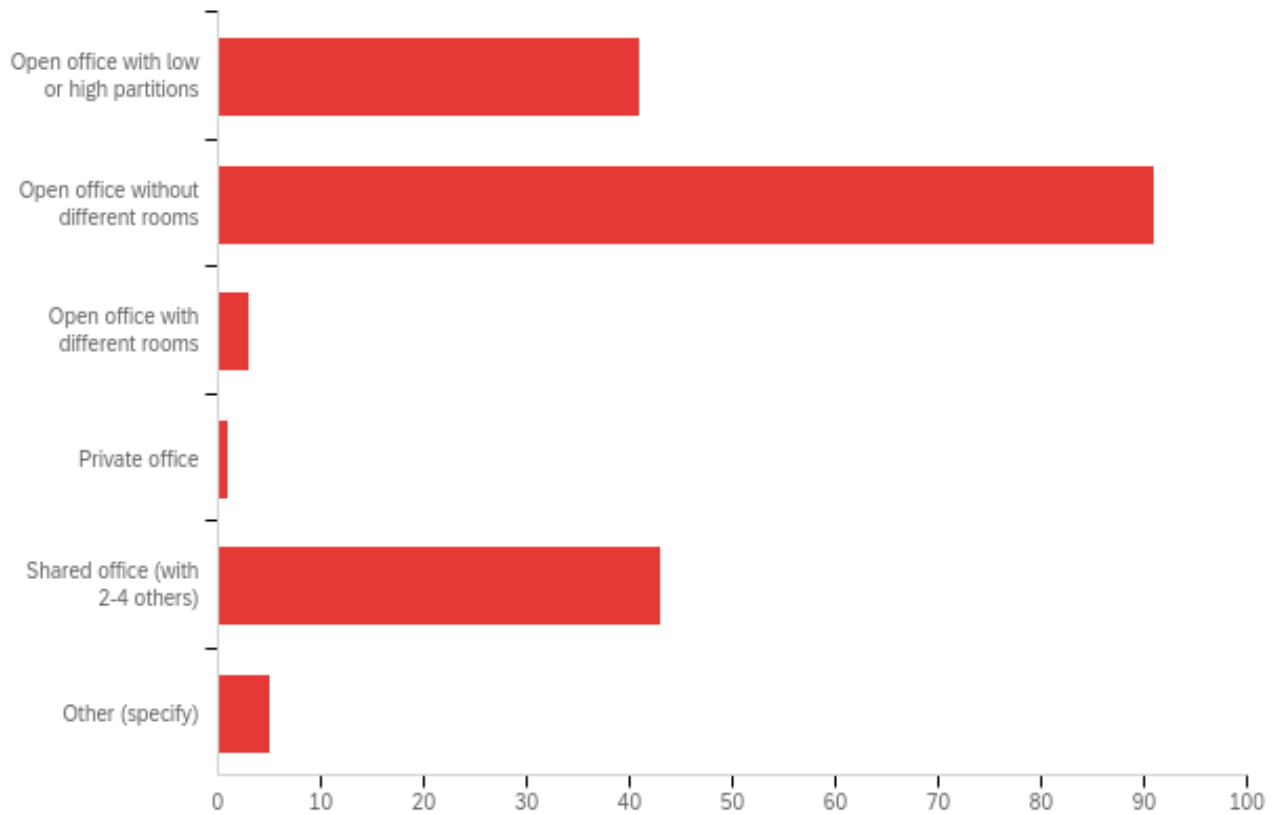


Total

100%

203

## OfficeType4 - Optional: Which office layout have you found most difficult to work in?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Optional: Which office layout have you found most difficult to work in? - Selected Choice	1.00	6.00	2.61	1.56	2.42	184

#	Answer	%	Count
1	Open office with low or high partitions	22.28%	41
2	Open office without different rooms	49.46%	91
3	Open office with different rooms	1.63%	3
4	Private office	0.54%	1
5	Shared office (with 2-4 others)	23.37%	43

6	Other (specify)	2.72%	5
	Total	100%	184

### OfficeType4\_6\_TEXT - Other (specify)

Other (specify) - Text

---

Any of the open office layouts are equally difficult

---

Not sure sorry

---

and shared office space

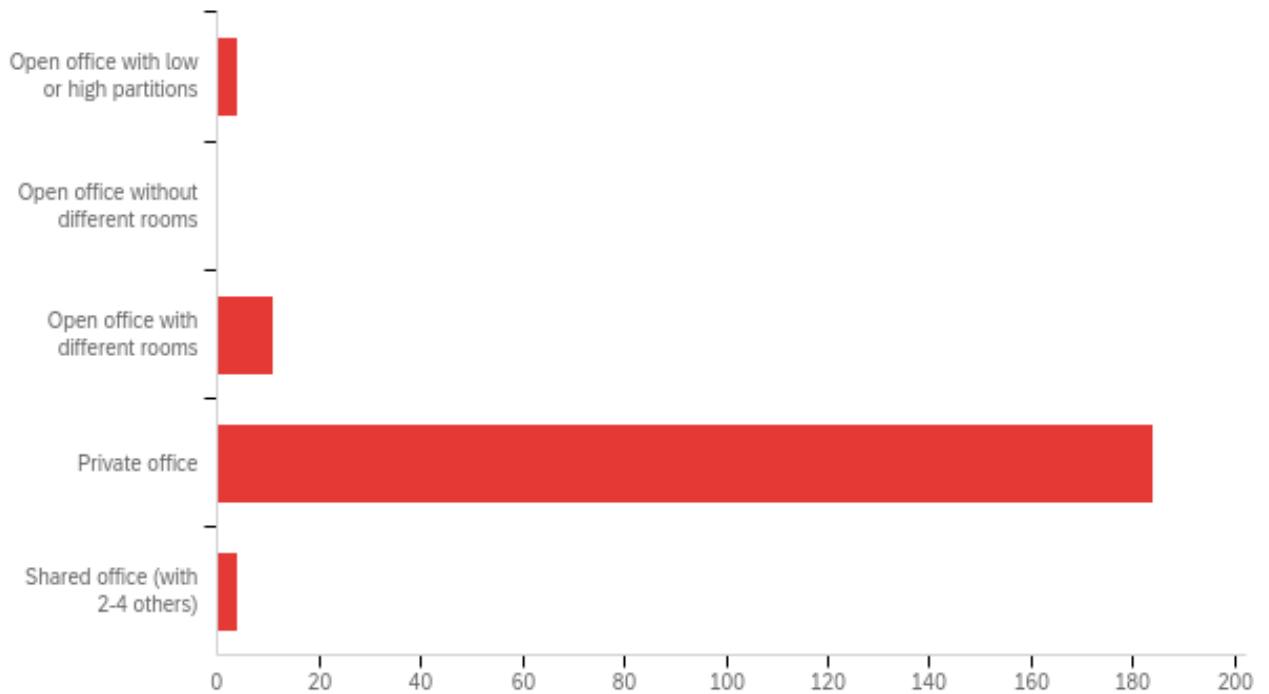
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Training and conference rooms

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anything other than a private room to myself.

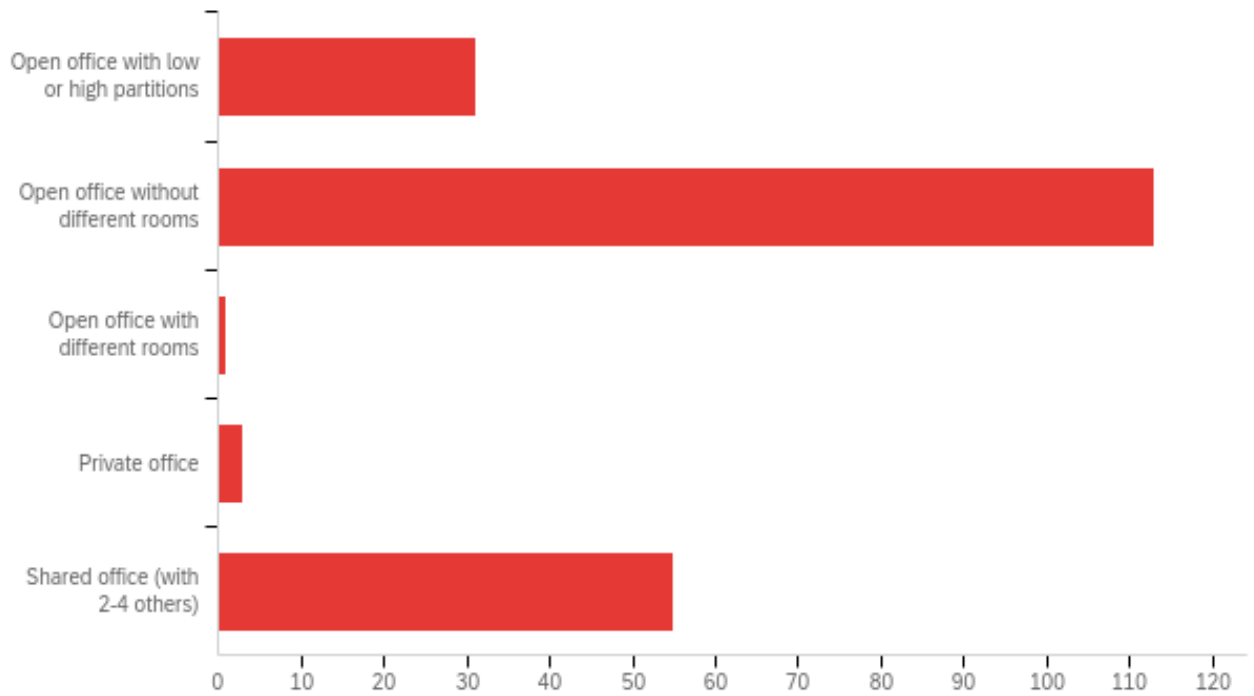
**OfficeType5 - The office layout type I most enjoy or think I would most enjoy working, especially in regards to my misophonia, in is...\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	The office layout type I most enjoy or think I would most enjoy working, especially in regards to my misophonia, in is...*	1.00	5.00	3.91	0.49	0.24	203

#	Answer	%	Count
1	Open office with low or high partitions	1.97%	4
2	Open office without different rooms	0.00%	0
3	Open office with different rooms	5.42%	11
4	Private office	90.64%	184
5	Shared office (with 2-4 others)	1.97%	4
	Total	100%	203

**OfficeType6 - The office layout type I find or think I would find most distressing to work in with regards to my misophonia is...\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	The office layout type I find or think I would find most distressing to work in with regards to my misophonia is...*	1.00	5.00	2.69	1.47	2.17	203

#	Answer	%	Count
1	Open office with low or high partitions	15.27%	31
2	Open office without different rooms	55.67%	113
3	Open office with different rooms	0.49%	1
4	Private office	1.48%	3
5	Shared office (with 2-4 others)	27.09%	55
	Total	100%	203

## OfficeType7 - Optional: Please briefly describe the reasons for your last two selections (most enjoyable and most distressing office layout type).

Optional: Please briefly describe the reasons for your last two selections (most enjoyable and most distressing office layout type).

---

A private office is ideal for eliminating distractions I can't tune out. An open office exposes me to more triggers, which is bad for me and for people who, like me, are just trying to concentrate without feeling scrutinized.

---

A private room where I could close the door and control the aural environment to an extent would be ideal. A shared office with only a couple other people where I couldn't escape would be torture even if they were relatively quiet people! I've only experienced the total open-office as the worst so far; I would definitely consider turning down a job offer if it meant being shut in a smallish space with a small number of other people.

---

I love feeling closed off from others. Working in a giant room with cubicles is awful, but just a completely open office space would be so much worse. At least I can cower in my cubicle and no one has to see me look crazy

---

In a private office, I'm less likely to hear trigger sounds and it's easier to use certain things such as headphones or play music or white noise. But in an open space it's way more likely that I will hear trigger sounds and less likely that I'll be able to get away with using different tactics help misophonia

---

The only triggers in your own office are noise through the walls, and it can generally be blocked out entirely with earplugs/headphones. Open office is distressing because you can't do anything about noise, can see triggers, people can see you getting triggered.

---

For most distressing, I think the close proximity to the noise-maker(s) is what would cause the most distress. If my shared office has such a noise-maker (as it did when I worked in one), then that was most distressful. In general, the closer I am to the person making the noise and the harder it is for me to relocate, the more stressful it is.

---

The trend towards "open offices" and further concentrating more people into smaller spaces is incredibly stressful for me, mostly because of my misophonia. Over the course of my career (15 years), office trends have skewed more towards encouraging people to eat whatever they want, whenever they want, and being allowed to eat during meetings which is close to intolerable.

---

Private office is ideal, especially after working from home. I'm able to focus, get my work done efficiently and with less mistakes. I'm also more pleasant in emails and on the phone.

---

Working in an open office without partitions means that I can be triggered by a noise from anywhere within a huge space filled with many people. A private office would mean I can control the noises/triggers I encounter

---

Enjoyable : private office offers ability to control the sound and triggers more easily.

---

Distressing : no control over trigger stimuli

---

Most enjoyable is private - no one around Shared office - too close to others

---

My position overseas afforded me the opportunity to work in a private office and it had an IMMENSELY positive impact on my energy & productivity levels. Those four walls and a door not only served as a physical barrier to the constant barrage of intrusive auditory assaults all throughout the day but as a buffer for my emotional reserves as well. Energy & emotion spent on monitoring & navigating my through my environment when in an open office with partitions was instead poured directly into my work when I was allowed to operate within the protective walls of a private office.

---

I would rather have my own room but still be around others I wouldn't want to be in an open office without Perkins bless I could use earplugs as I wouldn't want to hear people

In a private office you have the option to shut your door when triggered. Least enjoyable is open office without a room for escape when triggered because you are stuck. Often even if you move to a different desk - the trigger is still audible.

---

Most enjoyable is always having your own office where you can shut the door to stop unwanted sounds. I would even just like high cubicle walls. I currently work in open office but we have small enclaves to have meetings or work privately but it is usually reserved for people with meetings. You can hear and see everything. In my experience when you ask nicely people will apologize and stop for the time being but could start back up once they forget. If it's something I know will be over soon I can usually wait it out with my noise canceling headphones. The only things I can't cancel out is whistling and nail clipping (yes this can have at least once a month).

---

Private office would be quiet and peaceful. Open office without different rooms has less barriers between me and sources of irritation.

---

Private limits likelihood of being bothered by other sounds. Open offices mean everything can be heard.

---

I like working with people presuming they don't trigger me, but that's not often the case.

---

Having to be in the same room without "escape rooms" is very distressing. Private office would be great of course since there are no other people making noises.

---

Working in large open areas without any sort of barrier between me and other people increases my exposure to sounds that trigger me. Conversely if I am alone in a private office (as I have gotten to do while working from home during the pandemic), my exposure to triggers is minimal.

---

I'd prefer my own office as the anxiety of having to worry about hearing the trigger noise is so distressing I'd just prefer to be alone

---

In an open office with separate rooms, there is more chance to distance yourself from the most annoying behaviors. If in a private office with only a few coworkers present, I feel like the sounds would be more magnified and more irritating than just the general noise of many people.

---

Most enjoyable: private office, have option of closing door Most distressing: open office without different rooms, no expectation of privacy and sound easily travels

---

Private office would always be better, but a small shared office would be a nightmare. An open office at least has ambient noise that cancels out a lot of triggers, but a small shared office would accentuate the noises of those made next to me. A private office allows for silence and I could even play white noise as I like, but I would be concerned about outside noise coming in if my office were dead silent, at home I hate hearing neighbours TVs or Music through walls (base through walls) so I would be concerned this may happen. An interesting perspective is I actually like hot desking because it allows me to be around different people and ambient noise. This is important as I find the more I get to know someone the more noises I find to get annoyed by that they make.

---

I like peace and quiet without having to put in my ear/headphones, having a space to myself is bliss compared to an open plan office

---

I want the option of being able to close a door if I need to.

---

working in a private office would make it so I can't be stressed by mouth noises. if there were no partitions and I heard a mouth noise, I can't hide my stress reaction before I have time to reach for my headphones which might create tension with someone who is simply eating.

---

Private: able to close door and have silence, wear earplugs in peace 2 - 4 others: I tend to focus in on the noises of certain people

---

Most enjoyable: being able to control external stimuli. Most distressing: trapped in an enclosed space

---

a private office would allow me to not be bothered by trigger sounds caused by other people. Open office would allow no escape

It's easier to block out noise in a private office.

The open offices are the worst, as nothing stop the sound and everyone is making sounds that could trigger me. Then I chooses the shared office because I like to work with people and being alone in a room, but it really depends on your colleagues. My unique rule is to not eat at the desk

In a shared office I don't feel like I would have a place to retreat to.

Ideally I would like a private office at home where I can control my environment. I have had private offices before where I can still hear triggers despite my efforts to soundproof. I could in no way possible work in a fully open office and when I was in positions where I could make decisions I refused contracts to vendors who forced staff to work this way.

More people in one space means more noises

Ease of sound transfer

Most enjoyable: private office since I wouldn't have to worry about others making noises  
Least enjoyable: Open office with partitions, since there are lot's of people & potentially high volume and I would feel more trapped (can't easily leave or ask the person producing the sound to stop)

I would much prefer to be in a quiet, private office with its own door. Being out in the open where all sounds and sights combine is the worst. Not only can you hear sounds more easily, it's harder because you have to try and hold back on reacting because other people can see you get frustrated.

A private office would be most enjoyable as I would not have to hear the noises other people make. The shared office is the most distressing as I am in extremely close proximity with other people in an enclosed room and the noises are impossible to get away from.

A private office would be most enjoyable because I could close the door and muffle some sounds. Even if I could not block out all triggers, I could utilize coping methods like white noise or pinching myself without worrying that someone will see me. A shared office would me most distressing because it would be an enclosed space, so if someone was making a triggering sound I would be closer to it and could not get away.

Most enjoyable is open with different rooms because my job is collaborative and I enjoy working with others but if I need to remove myself I can walk away. Worst would be no barriers and nowhere to run. Visual triggers in addition to inescapable sound triggers abound.

1) Different rooms mostly referring to the ability / option to relocate myself

Private office means I'm not forced to listen to noises without an escape. Open office without any space or barriers means I have to listen to all of it

Private office is great for sound barriers. Partitions give a false sense of privacy and people still eat and snack at their desk causing eating noises to be constant with no barrier possibility.

A private office is obviously preferable due to the fact you can shut the door to dampen any one else's noises. Shared spaces can be tolerable if you're able to wear headphones, but even that doesn't always completely cover trigger sounds.

Obviously having an office to myself allows me to eat by myself most of the time and avoid hearing other people snack/drink etc. I can handle eating with other co-workers on occasion, but if I had to every day my trigger sounds would get exponentially worse from my experience. Private office is the only experience I have had so far. Most of my trigger sounds have to do with eating/drinking/mouth sounds. If I were in an open office and had to listen to people eat and drink all day I would probably go crazy. Would definitely have to wear headphones most of the day. I'm lucky that I've never had to work in an environment like this.

Having a cubicle helps keep distracting movements and sounds at bay. Open layouts are a nightmare. Everyone is right next to each other, people make so much noise. There is no escape.



You can mostly block out all noises in a private office. Sometimes loud noises still get in, but headphones can take care of the rest. A shared office is okay if it's ALL loud with lots going on, but it would be unbearable without very good headphones if it was mostly quiet in the space.

---

Obviously a private office would be ideal for me as I imagine it would for most misophonics! As someone with ADHD who also struggles with overhearing one half of phone conversations especially -- as I do in my current cubicle situation -- I'd probably be much more productive too! I think that ultimately a shared office with 2-4 others could prove to be most distressing if some of my office mates were chronic throat-clearers, routinely talked with their mouths full, or made other sounds that trigger me. That would ultimately be more upsetting than even working with those same exact people in an open office setting. The feeling of being trapped really compounds the intensity of the fight or flight reaction (this is true for non-work settings as well -- think of sharing a hotel/bedroom with a snorer or a long plane ride next to someone who can't stop clearing their throat).

---

I live having my own office so i dont have to hear anyone at all. I hate cubicles. I always had such a hard time listening to my coworkers around me eat lunch.

---

Private is safest. Being in a room with 2-4 people is most stressful if it will be the same people, and i have problems with one or more and no escape.

---

Private office- I can close the door

---

Most enjoyable would be one where I can shut out noise and be by myself. Worst would be sharing an office with 2-4 people bc it is likely at least one would have an irritating habit that I couldn't remove myself from without seeming super rude.

---

My new private office has a door I can keep shut all day. I am completely separated from trigger sounds. I do miss out on office banter, though. Working in a small office with two to four people would be awful. Subtle sounds are much more prominent in close quarters. I wouldn't work this way.

---

Private office speaks for itself. I had a hard time ranking worst as I think a shared office with 2-4 could potentially be as bad as open without different rooms. Cubicles don't block noise but it's better than also having to watch people eat if I manage to block the sound. I personally am better at ignoring triggers if there's more stimulation around (e.g. Restaurants), so would prefer 50 in cubes over sharing an office with 2-4.

---

With an open office layout there are no walls to dampen sounds. You can hear everything and it's overwhelming. You can't easily tune out specific sounds. Having an individual office is ideal. You can close the door when trying to concentrate or during high sound times like lunch.

---

In a private office, I can control the sound. I can play white noise or nature sounds without jamming something in my ears or disturbing anyone else. In an office with 2-4 others, there's often someone making trigger noises. A coworker would eat apple with his mouth open, smacking and slurping, at least two times a day. In an open office, wearing headphones is expected. In a room with 2-4 people, wearing headphones is sometimes discouraged because it's supposed to be a "war room" where people can jump into conversations and collaborate.

---

In a single-room open office, I don't have anywhere else to go when someone is triggering me. In a private office, I know that I always have that space available.

---

My most enjoyable and least enjoyable have been shared office rooms with one other person. It varies greatly on the person I share the office with. Some people are just naturally more quiet and some people are always eating, clearing their throats, chewing on something, or moving their mouth in some way. This has been the most intolerable situation for me.

---

I've never had a private office, but find the current solitary cubicle in a seldom used upstairs office where I'm alone a lot nice. The open office lots of noise music blasting has been distressing when it was a large open floor call center with echoing acoustics and the loud hum to roar of a crowd and supervisors occasionally bellowing for people to quiet down.

---

Because of misophonia, having a private office is my goal. Although I would like to continue working with people (it is also a requirement for my occupation), I just need a guaranteed quiet space to work in. I chose cubicle as the most distressing office type because it seems like the

most exposure to other people, ie trigger sounds. It is tied with open office without different rooms. I really don't think it would make a difference. I don't have experience with this, but it seems an open office with different rooms would be equally as difficult because of the inability to identify the trigger noise. However, it is difficult to rate any of these as more distressing than the other because the open office options would put my misophonia at such an unbearable level that I wouldn't be able to distinguish which is worse- they'd all be a complete disaster for me.

A private office, such as the one I currently work in, has four walls and a door which block out sounds. I've never worked in a shared office, but I think that would be more distressing than an open office with low or high partitions (which I have worked in) because you would be trapped all day in there. I think the other people in the shared office would act like they were alone and would create more trigger noises than if they were in a cubicle office where they may still be slightly aware that things are going on around them and they need to be quiet.

A private office allows me to close the door. In a shared office there would be no escape.

Private office you can control sounds, shut the door. Open office there are no cube walls to dampen sound, also sometimes being able to visibly see the action producing the sound makes it worse.

A private office would provide me with control over the sounds I hear and would allow me to use white noise machines or other accommodations for ambient noise without having to wear large headphones all day. An open office without different rooms means there are a lot of noises to deal with and little respite to escape those noises when needed. Additionally, I have found that open offices without different rooms tend to be generally lower volume than open offices with different rooms. As a result of the generally lower volume, it is easier for me to pick up and fixate on small trigger sounds. Finally, I also have some visual triggers that produce a similar response to my auditory triggers, and in a open office without different rooms, those visual triggers can be very hard to escape and can be very distracting.

A private office would be the best because it would allow me to distance myself from others more. A shared office with 2-4 others would be the worst case scenario, as that would involve incredibly close proximity to people eating with little to no way of distancing myself.

I could not work in an open air environment. Too much stimuli. Tapping keyboards, whispering, sniffing, perfume/cologne/deodorant, shuffling papers, shoes stomping everywhere, cacophony of voices. Too much. I'd go nuts fighting/managing it all.

private office to avoid all sounds visual triggers(misokinesia) Open offices are a living hell with the only escape being the ladies room.

Most: private, quiet, can add sound machine or other ambient noises to mask triggers Least: small area with 2-4 people means you hear everything the other people are doing.

A private office means I cannot hear other peoples mouse clicking at the computer or people tapping feet/bouncing legs/eating food at their desk. I also cannot hear people talking which is a huge distraction for me as I cannot tune out their conversations no matter how hard I try. An open office means I can hear all of these things and the lack of different rooms means I cannot leave when things get too much.

I simply cannot be around the visual and auditory triggers of those around me, the movement and sound of typing is awful

Trapped in a small room with other people is a nightmare, especially when it's enough to hang up on you. Being in control of my own environment makes me calmer and therefore more focused and productive

It is worse when I can't see who or where the offending noise is coming from. I need a private office with over ear headphones and a loud fan to block out conversations and offending noises.

I definitely work better alone in a private office. When I share a space it is very distracting and I cannot concentrate on my work.

Dealing with all of the noise is enough to throw a colleague out of the nearest window! But more realistically, I would be taking many bathroom breaks, hindering any work that needs to be done

I need a space that I can go to alone, so I can "get away" from others.

---

Too loud.

---

Private office would minimize the noise I would be exposed to; open office would maximize it.

---

I like having a private office however we do not close doors, which would be ideal.

---

In a private office, I can control the sounds. In an open room, I can see more people thus am more prone to seeing triggers before I hear them and then I end up focusing on that person instead of what I am supposed to be doing.

---

Enjoyable - spaces where I can avoid others. Distressing - spaces where I cannot avoid others.

---

Private office is not enjoyable because I can control the noise and not be with other people. Most distressing would be in an enclosed space with other people because they make noises they are unaware of that I am hyper sensitive to, but wouldn't be able to avoid because I work in that office space too.

---

I'd enjoy a private office because I wouldn't have to listen to anyone else's noises. An open office with many people and no partitions would heighten the possibility of someone making a trigger sound, but an office with 2-4 people can be just as bad if it's quiet and someone is triggering, which is my current situation.

---

Being alone I have no other sounds to hear that are offensive. While being with so many in a cubicle type call center sort of room, it is loud and so many sounds where you can't have a single moment of silence. I was so stressed about work each and every day I dreaded it. I didn't want to eat, because I thought maybe if I didn't eat at my desk others would stop as well. It didn't work. I just resented them more. You hear all of their sounds from sucking their teeth to the loud exhales, the pressing of buttons on the phones. It all drives me insane, so I quit.

---

In a private office there is much less of a chance to hear outlying triggers whereas an open office has no shielding or blockage for noise

---

Open office isn't the best scenario but with a partition you have a small amount of privacy and the partition blocks any visual triggers. Also, if a sound triggers you, you can put on headphones without the person causing trigger sound to see that you are actively blocking out the noise. In a small space with a few others there is no escape from the noise and the space is intimate. Now you have front and center seat to any annoying trigger sounds and sights.

---

My chair at work is 2 feet from my partners. I can hear them breathe. It's ridiculous

---

In a private office, I can close my door and block out many distracting noises, but this is a luxury. When in close quarters with a few people, sounds seem to magnify, and you have nowhere to go to get away if you need to focus on your work.

---

Private office, you can shut the door and keep people and noises out. In a shared office prior get too comfortable and the sounds are amplified

---

Way more people and sounds to be distracted by.

---

Can't handle other people's sounds or motion

---

I had my own office for about two years. I was able to close the door when triggers were strong. For last ten years I worked in open office no partition. There was no way to stop triggers except leaving my desk for a walk or using earplugs. Both were frowned upon.

---

The open office concept is the work of evil.

---

I rarely work in my designated desk. I almost always do work in an empty meeting room, a loud cafeteria, or at home. When I work in my designated desk in the open office, I wear headphones but it's still distracting.

---

A private office means no people and less trigger sounds. Being in a smaller room with multiple people making noises would be extremely distressing because it's a small space with lots of people making noises that are easily heard.

Private office with a door to close when I would here chewing. Open floor plan where I see people making repetitive motions accompanied by the chewing sound.

---

If I had had a private office, I could just shut the door if I was getting triggered by a noise. If working in an open office without different rooms, I would be subjected to all noises occurring in the office and wouldn't have any way to escape from the noises except to complain to the co-worker or my boss (couldn't wear headphones or ear plugs due to being a secretary).

---

The worst situations I've been in for triggers is a small quiet office with less than 5 other people. If it was a large open office, it would probably be easier to manage because there may be more noise to mask my triggers.

---

I would like to be completely alone while working. I would like to not be around any other people as much as possible.

---

obviously the most enjoyable would be a private office where I have control over the noises and likewise the most distressing would be an open area close to multiple people where you have no control and are also limited on personal space for coping mechanisms (only real effective option would be to leave the room and go to the bathroom or some other area but that can be very disruptive to do often)

---

There are many pens with these ridges at the bottom that stops fingers from slipping. People often run their finger nails over that, and I can't tolerate the sound. If I'm face to face like a small office or open office, it's easier to say "hey stop that." When it's a partition, I have to walk over or message them, which makes it kind of a big deal for them and a burden for me.

---

Private office gives me control and a safe place to retreat. Open office is 100% the opposite. You dont mention visual triggers but desk/cubicles make visual triggers a real issue.

---

Most Enjoyable: When I had a private office I could listen to music quietly and although not allowed to completely close my door unless in a meeting, it helped lessen the sounds of the open office area. Most distressing: Once I was moved to an open area, the sounds were around me constantly. Pens clicking, keyboards, gum chewing, food. Painful experience.

---

Most enjoyable because I can play music, wear headphones etc. without seeming rude Least enjoyable because avoidance behaviors are more noticeable and feel more 'personal' - in open offices, it's easier to blend in

---

Private office is the quietest although also the loneliest. Shared office with 2-4 people would be the worst because the sounds are there but there is no background din to attenuate it.

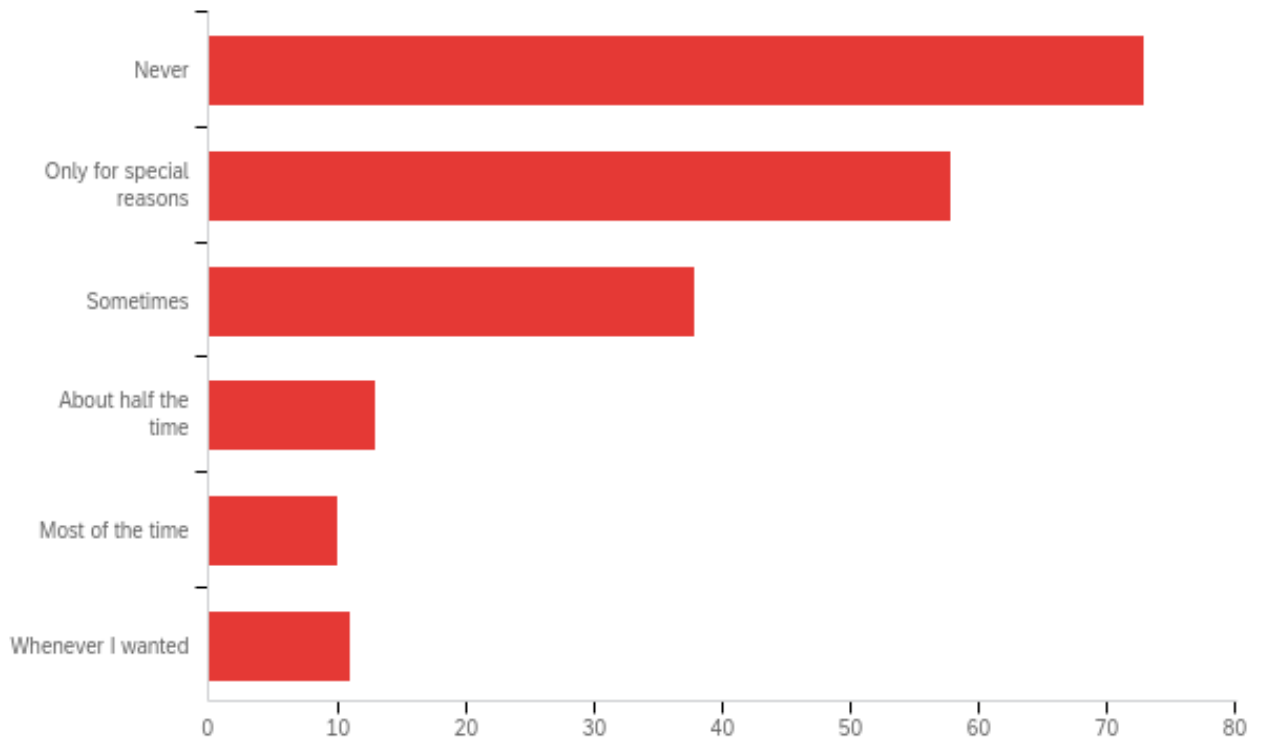
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open office with different has the most options for style of place to work. i could go open office when needing to collaborate but ten also retreat to a private space when needing to focus or getting triggered. shared office are a small closed space with others who may trigger you. it's worse to be triggered in a small space than a larger open office space because the sounds are usually closer and reverberating around the walls.

---

I won't interact with anyone in a private office. Am open office would have too much auditory stimuli and "prime the pump" setting me up for a difficult day of misophonia.

**HomeOffice1 - Before Covid-19, I was allowed to work from home by my current or most recent employer,...\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Before Covid-19, I was allowed to work from home by my current or most recent employer,...*	1.00	6.00	2.32	1.42	2.01	203

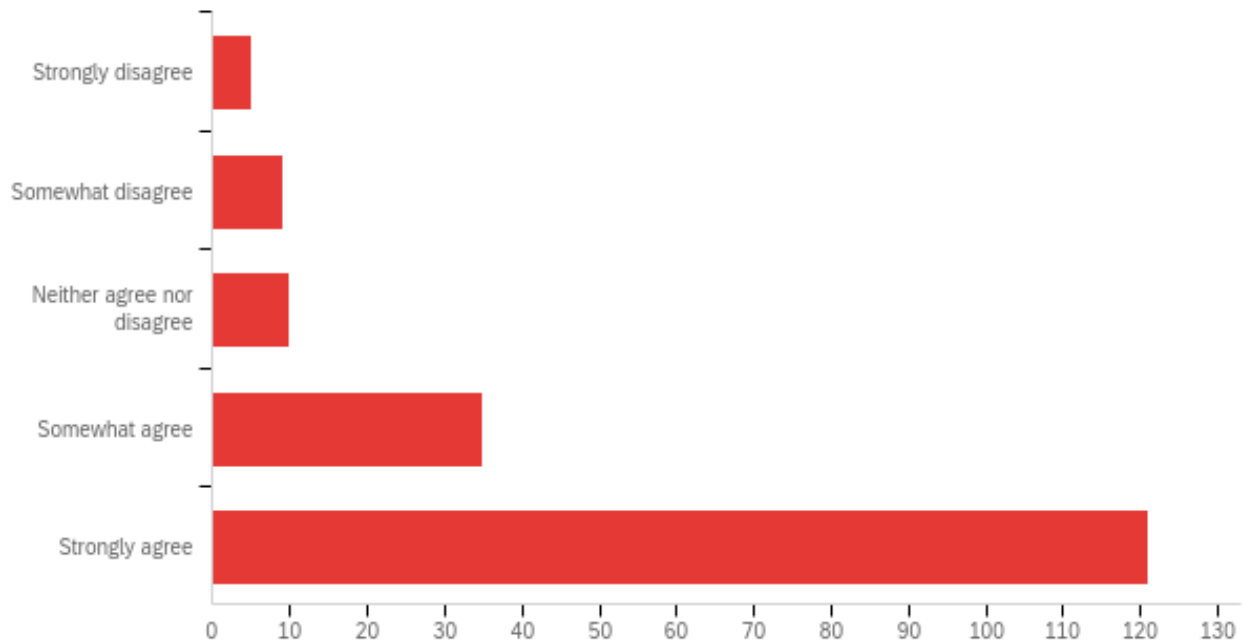
#	Answer	%	Count
1	Never	35.96%	73
2	Only for special reasons	28.57%	58
3	Sometimes	18.72%	38
4	About half the time	6.40%	13
5	Most of the time	4.93%	10
6	Whenever I wanted	5.42%	11

Total

100%

203

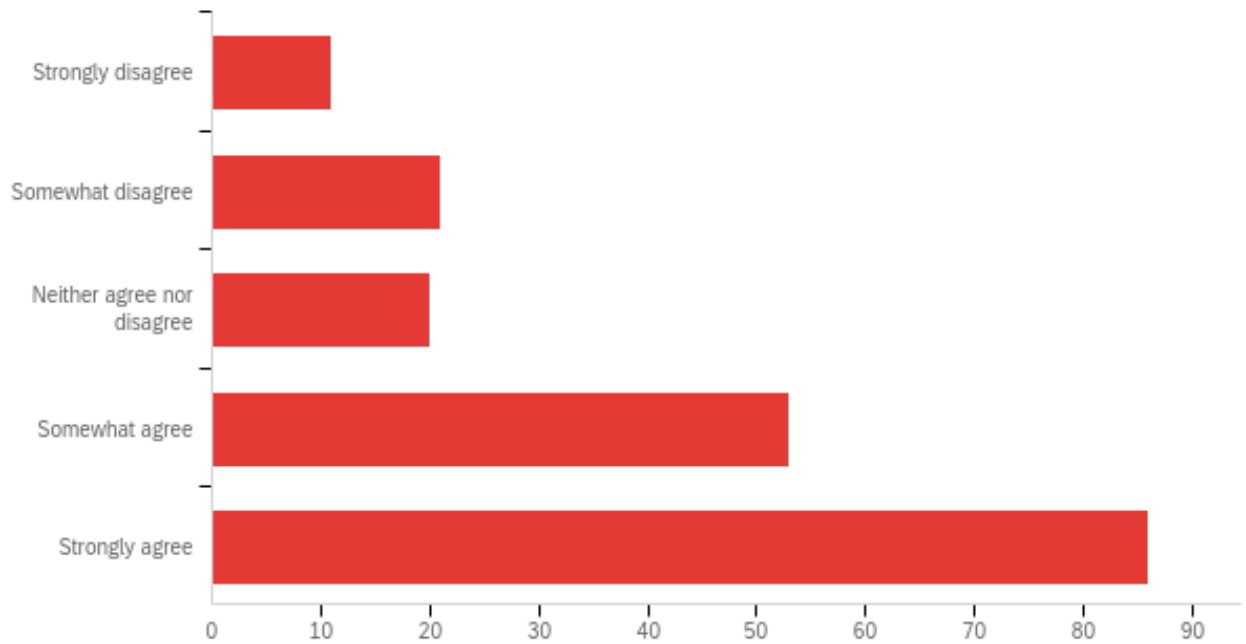
**Homeoffice2 - In terms of my misophonia, I find working from home more enjoyable and productive than working in the office\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	In terms of my misophonia, I find working from home more enjoyable and productive than working in the office*	1.00	5.00	4.43	0.99	0.99	180

#	Answer	%	Count
1	Strongly disagree	2.78%	5
2	Somewhat disagree	5.00%	9
3	Neither agree nor disagree	5.56%	10
4	Somewhat agree	19.44%	35
5	Strongly agree	67.22%	121
	Total	100%	180

**Homeoffice3 - If possible, I would like to work from home almost exclusively because of my misophonia\***

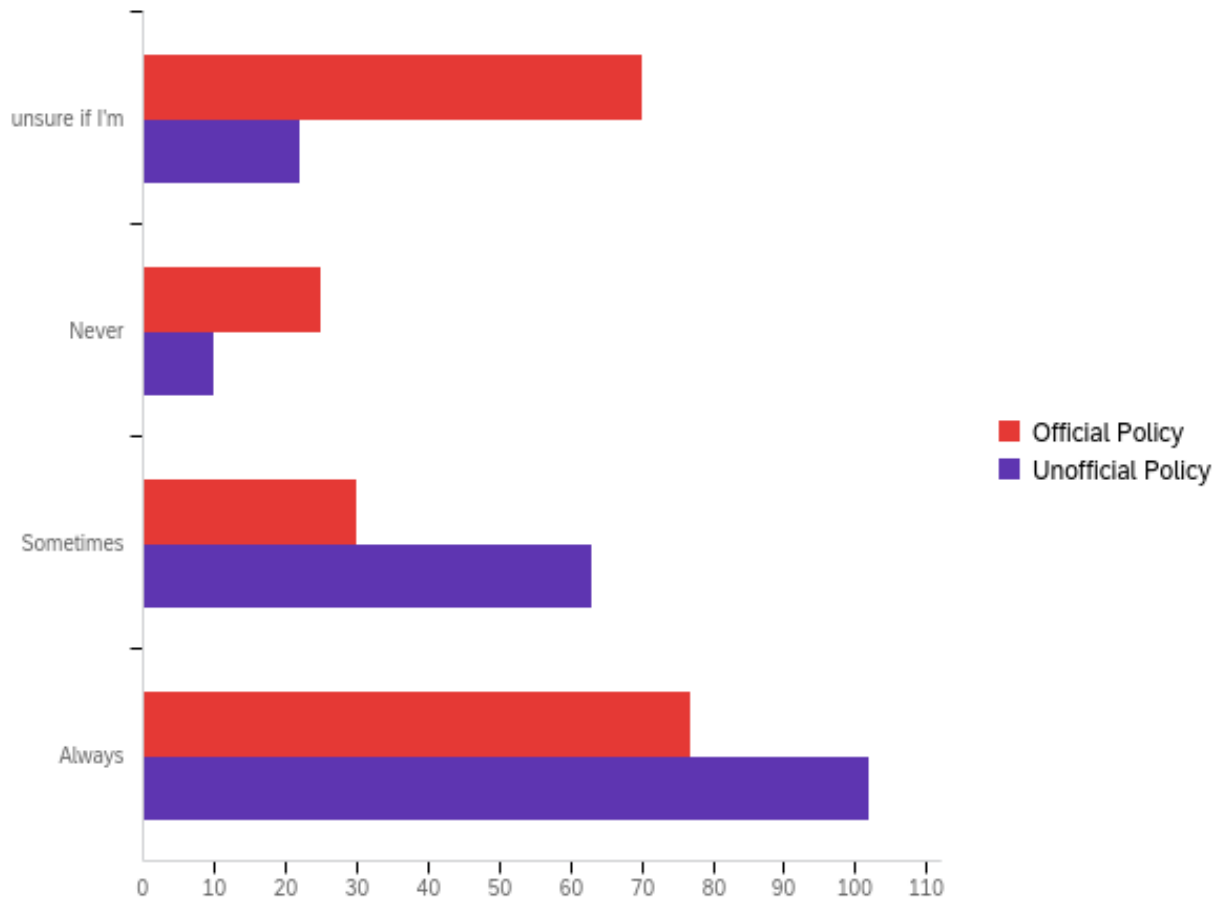


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If possible, I would like to work from home almost exclusively because of my misophonia*	1.00	5.00	3.95	1.23	1.51	191

#	Answer	%	Count
1	Strongly disagree	5.76%	11
2	Somewhat disagree	10.99%	21
3	Neither agree nor disagree	10.47%	20
4	Somewhat agree	27.75%	53
5	Strongly agree	45.03%	86
	Total	100%	191



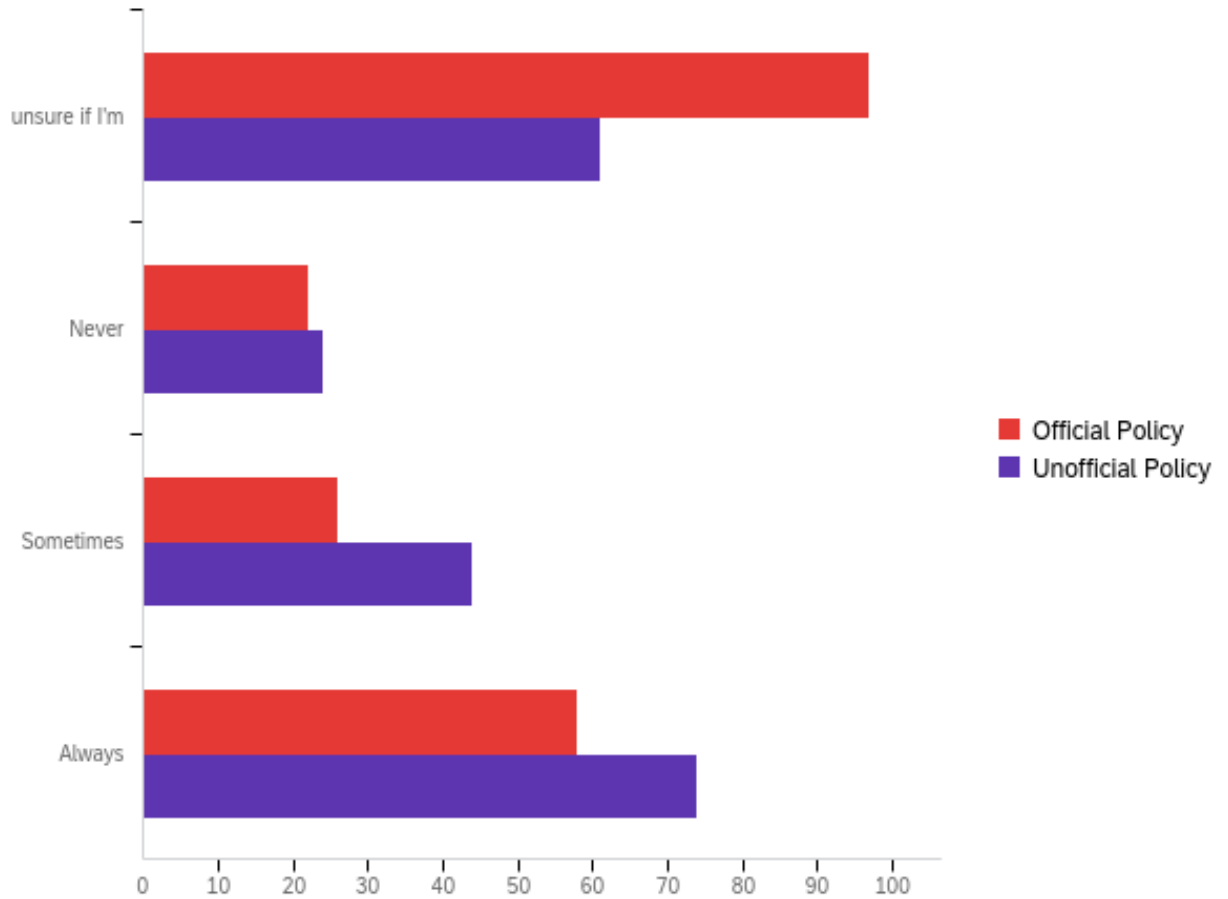
**Equipmentearpods - I am \_\_\_\_ allowed to use headphones/earpods not associated with work tasks, such as telemarketing\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Official Policy	1.00	4.00	2.56	1.30	1.70	202
2	Unofficial Policy	1.00	4.00	3.24	0.98	0.96	197

#	Question	unsure if I'm	Never	Sometimes	Always	Total
1	Official Policy	34.65% 70	12.38% 25	14.85% 30	38.12% 77	202
2	Unofficial Policy	11.17% 22	5.08% 10	31.98% 63	51.78% 102	197

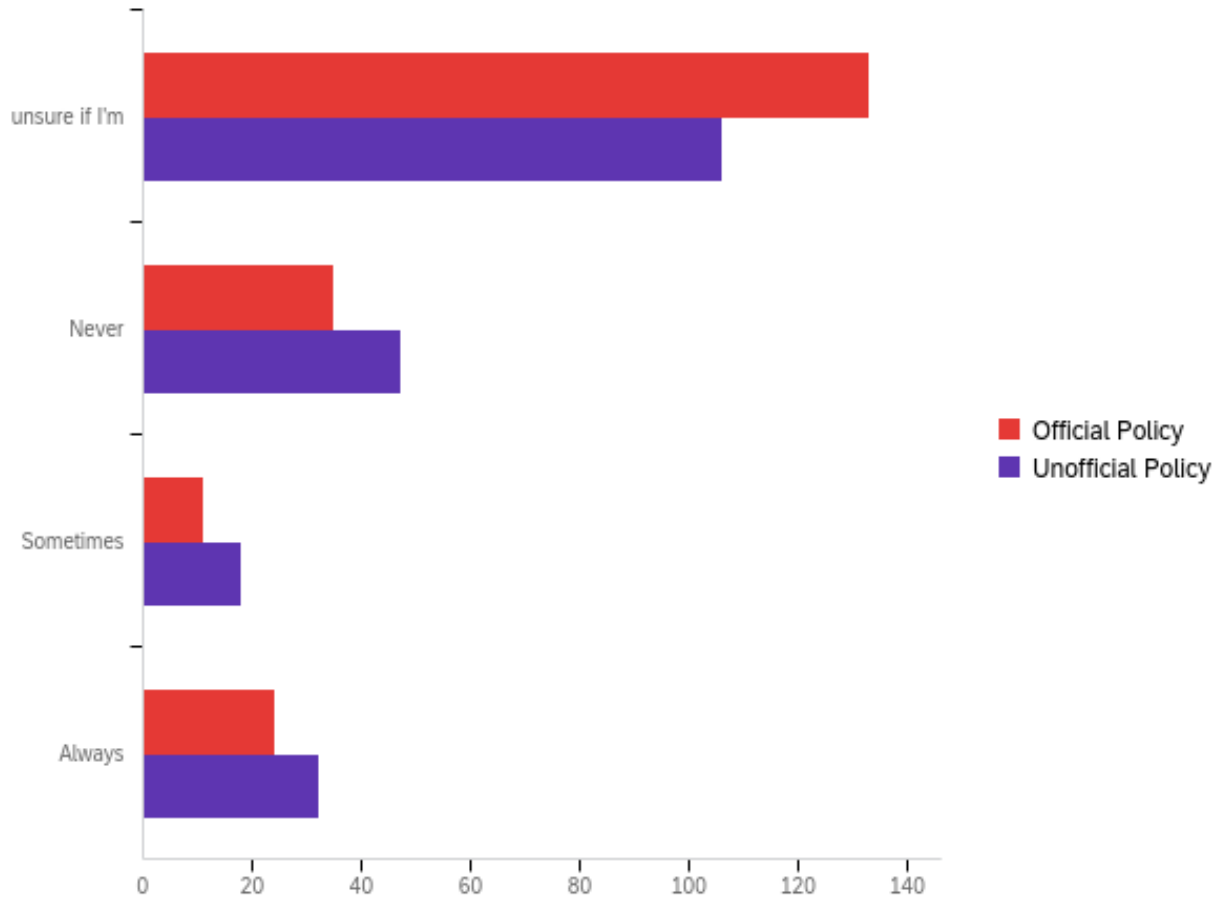
equip earplugs - I am \_\_\_\_ allowed to wear earplugs\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Official Policy	1.00	4.00	2.22	1.30	1.70	203
2	Unofficial Policy	1.00	4.00	2.65	1.25	1.56	203

#	Question	unsure if I'm	Never	Sometimes	Always	Total
1	Official Policy	47.78% 97	10.84% 22	12.81% 26	28.57% 58	203
2	Unofficial Policy	30.05% 61	11.82% 24	21.67% 44	36.45% 74	203

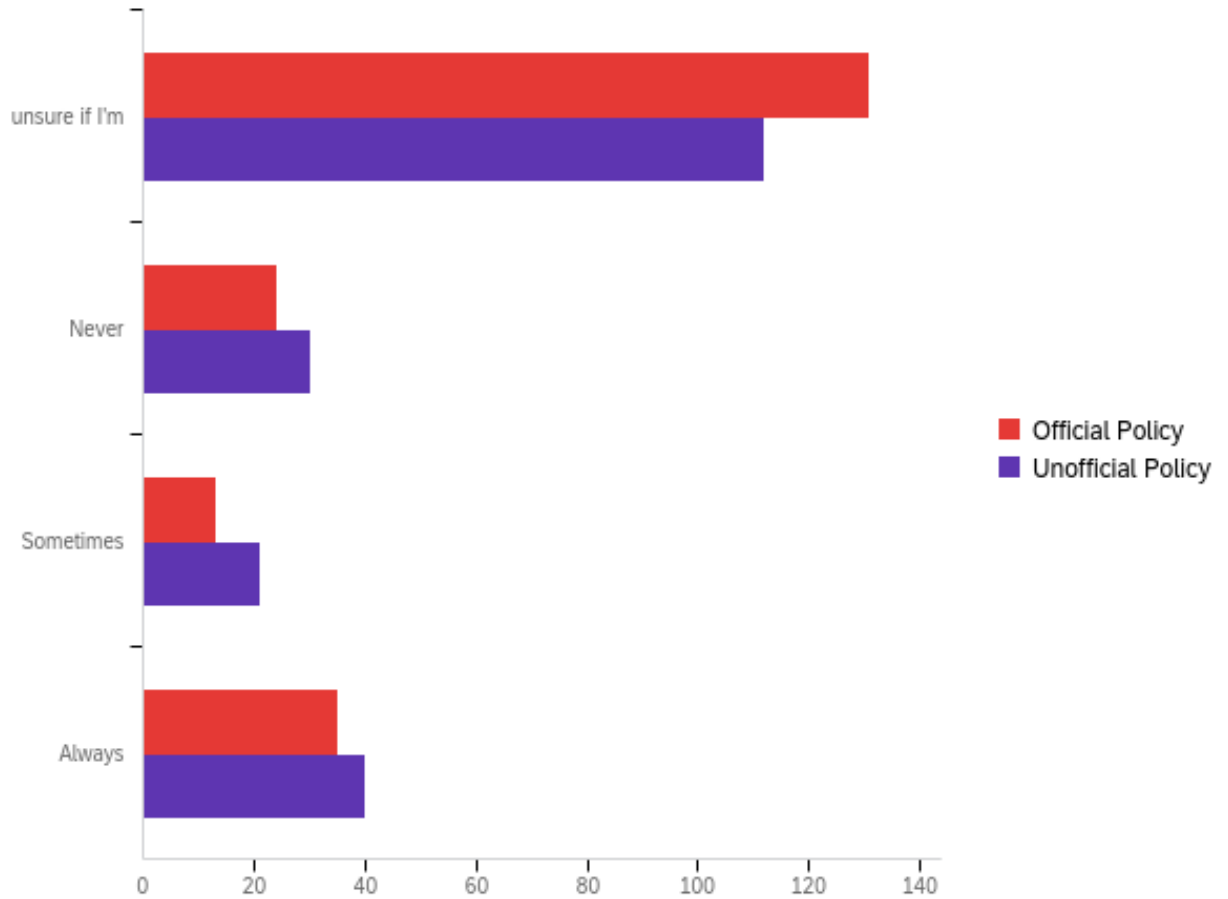
**equipwhitenoise - I am \_\_\_\_ allowed to use a white noise machine\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Official Policy	1.00	4.00	1.64	1.02	1.05	203
2	Unofficial Policy	1.00	4.00	1.88	1.11	1.23	203

#	Question	unsure if I'm	Never	Sometimes	Always	Total
1	Official Policy	65.52% 133	17.24% 35	5.42% 11	11.82% 24	203
2	Unofficial Policy	52.22% 106	23.15% 47	8.87% 18	15.76% 32	203

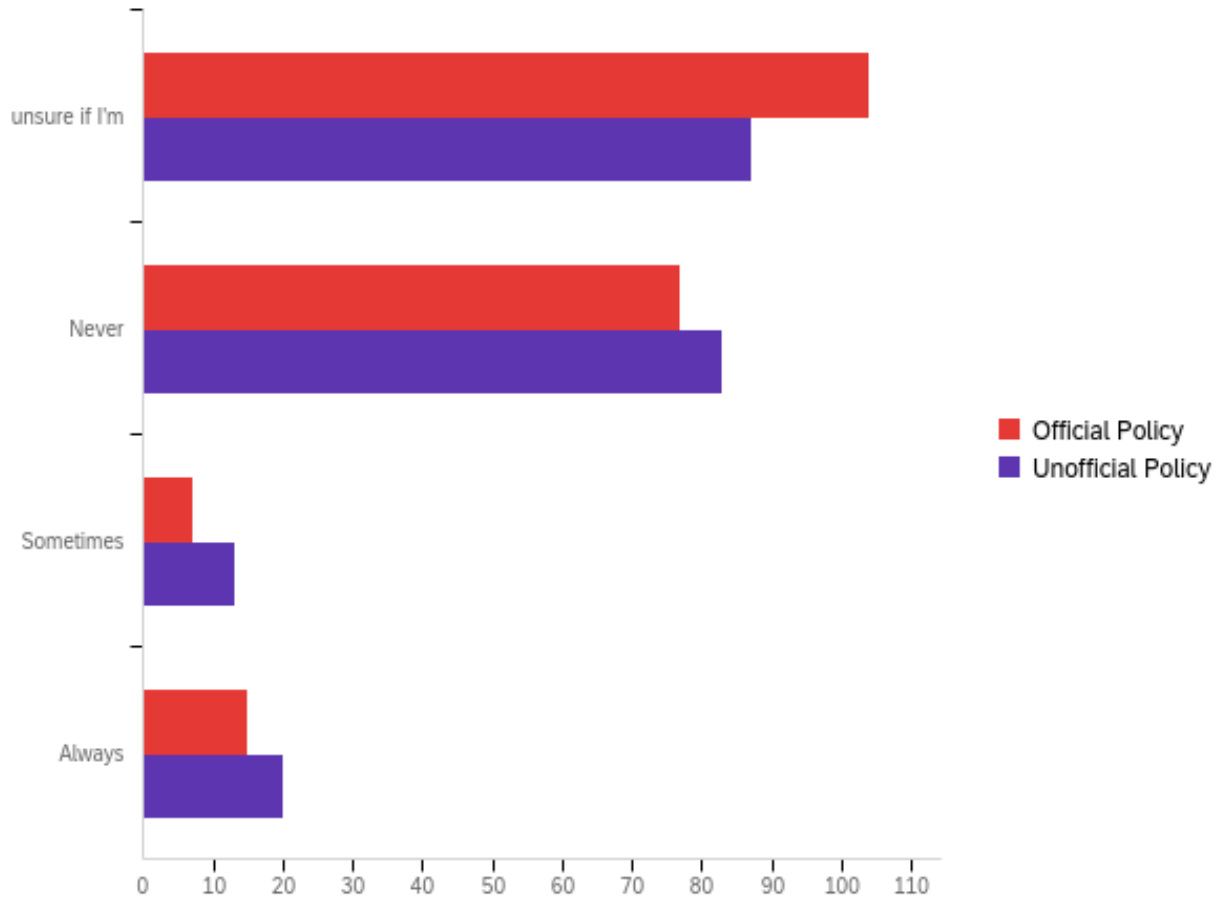
**Q155 - I am \_\_\_\_ allowed to wear ear defenders or ear muffs\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Official Policy	1.00	4.00	1.76	1.16	1.34	203
2	Unofficial Policy	1.00	4.00	1.95	1.20	1.44	203

#	Question	unsure if I'm	Never	Sometimes	Always	Total
1	Official Policy	64.53% 131	11.82% 24	6.40% 13	17.24% 35	203
2	Unofficial Policy	55.17% 112	14.78% 30	10.34% 21	19.70% 40	203

**Q156 - I am \_\_\_\_ allowed to put up my own desk partition\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Official Policy	1.00	4.00	1.67	0.86	0.73	203
2	Unofficial Policy	1.00	4.00	1.83	0.93	0.86	203

#	Question	unsure if I'm	Never	Sometimes	Always	Total
1	Official Policy	51.23% 104	37.93% 77	3.45% 7	7.39% 15	203
2	Unofficial Policy	42.86% 87	40.89% 83	6.40% 13	9.85% 20	203

**Equipmentadd - Optional: I have been allowed officially or unofficially to use other pieces of equipment. Please specify below**

Optional: I have been allowed officially or unofficially to use other pieces of equipment. Please specify below

---

See previous response se regarding telling management about misophonia

---

Only headphones, but this depended on who i was working for at the time

---

A fan

---

I

---

I have used plastic covid dividers to try and block out offending noise with the approval of supervisory staff

---

I have been personally officially allowed through ADA process to use headphones and white noise machine.

---

I had to beg to use earbuds. My boss gave in. My coworkers act hostile to me because of it.

---

I have worn hats that cover my ears and hidden earplugs or headphones in my hat

---

Yes

---

Yes, if I needed something to help me focus and do the work, I would be allowed to use it.

---

I use earbuds almost constantly with unofficial acceptance

---

As part of my research I try out different hearing protection devices

---

Closing the door when the source of the noise was outside it

---

Room divider

---

Na

---

Ipod, smartphone

**Equipmentminus - Optional: I have not been allowed officially or unofficially to use other pieces of equipment. Please specify below**

Optional: I have not been allowed officially or unofficially to use other pieces of equipment.  
Please specify below

---

Sometimes headphones.

---

I had to make it months without earbuds, and it was hell.

---

Even when allowed to wear headphones we could only have them in one ear

---

Never came up

---

Closing the door when the source of the noise was outside it

---

Na

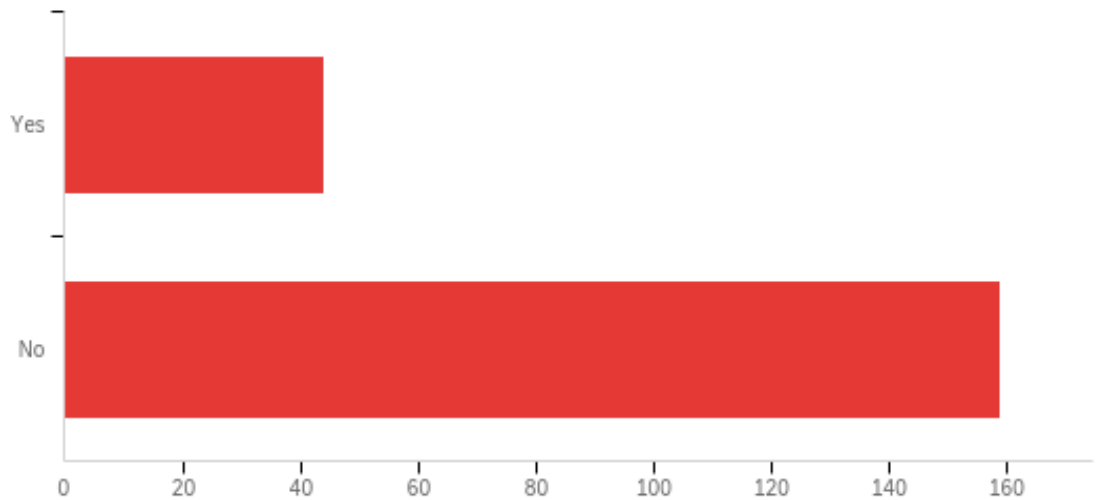
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Headphones and fan

---

Na

**Equipment8 - Please consider your cumulative white-collar office experience when responding to these next statements. I have or had a job where one of or some of these pieces of equipment were given to at least most/all workers in similar positions.\***

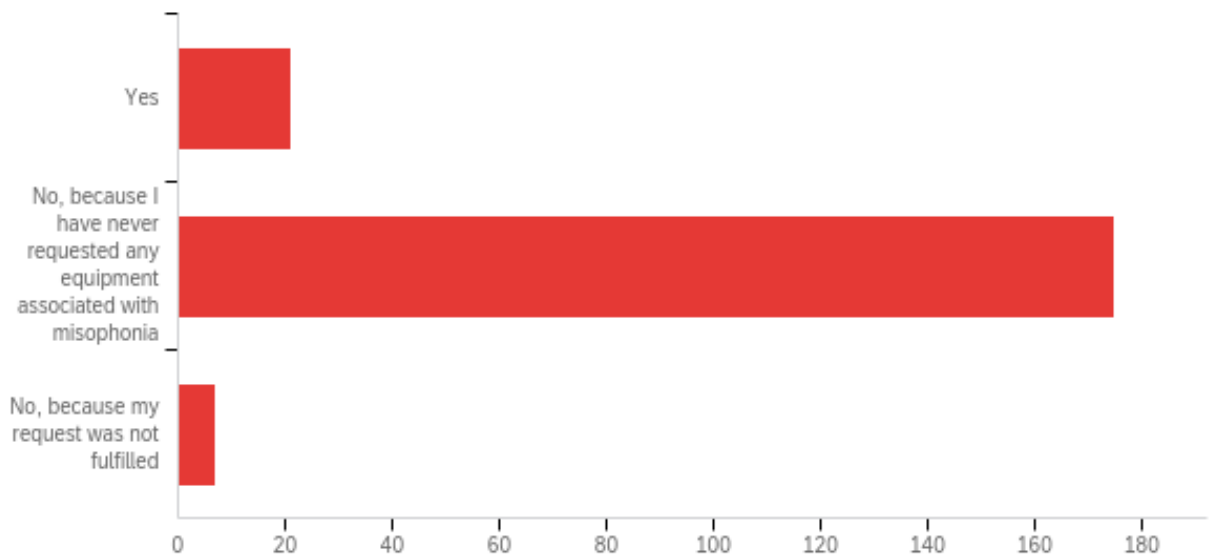


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please consider your cumulative white-collar office experience when responding to these next statements. I have or had a job where one of or some of these pieces of equipment were given to at least most/all workers in similar positions.*	1.00	2.00	1.78	0.41	0.17	203

#	Answer	%	Count
1	Yes	21.67%	44
2	No	78.33%	159
	Total	100%	203



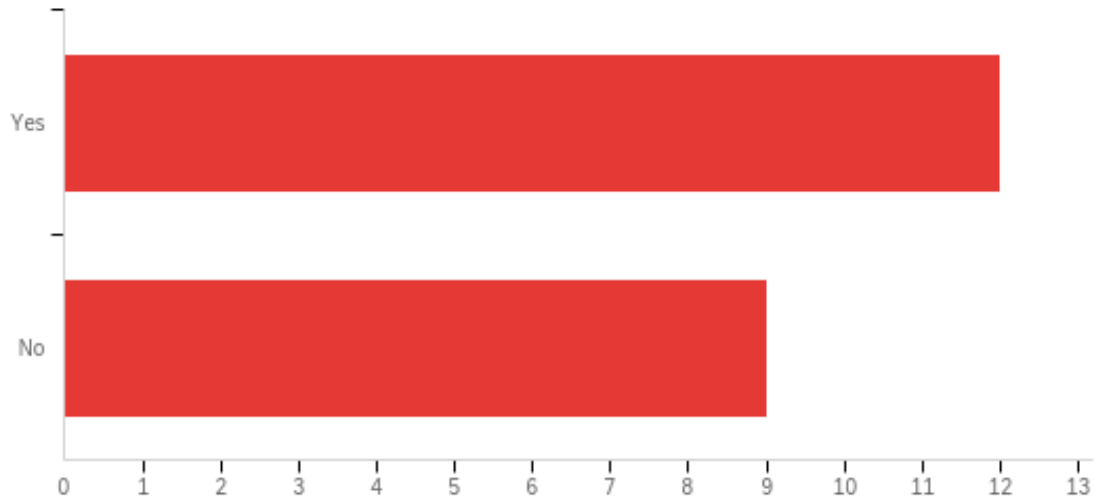
**Equipment9 - I have or had a a job where one of or some of these pieces of equipment were given to me because I specifically requested it/them.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have or had a a job where one of or some of these pieces of equipment were given to me because I specifically requested it/them.*	1.00	3.00	1.93	0.36	0.13	203

#	Answer	%	Count
1	Yes	10.34%	21
2	No, because I have never requested any equipment associated with misophonia	86.21%	175
3	No, because my request was not fulfilled	3.45%	7
	Total	100%	203

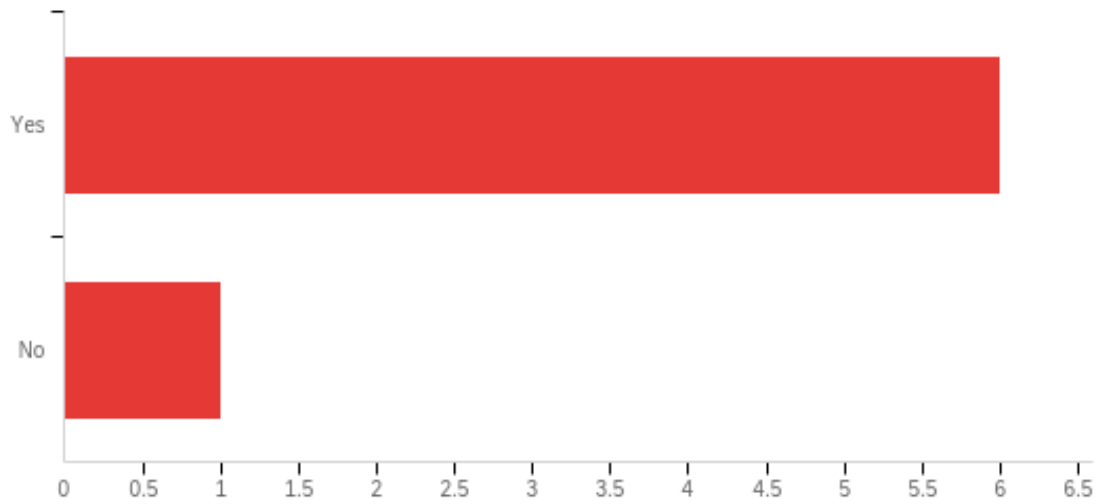
**Equipment10 - When I requested it/them, I said I had misophonia or a sound-sensitivity condition.**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	When I requested it/them, I said I had misophonia or a sound-sensitivity condition.	1.00	2.00	1.43	0.49	0.24	21

#	Answer	%	Count
1	Yes	57.14%	12
2	No	42.86%	9
	Total	100%	21

**Equipment11 - When I requested it/them, I said I had misophonia or a sound-sensitivity condition.**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	When I requested it/them, I said I had misophonia or a sound-sensitivity condition.	1.00	2.00	1.14	0.35	0.12	7

#	Answer	%	Count
1	Yes	85.71%	6
2	No	14.29%	1
	Total	100%	7

**Equipment12 - The reason given for why my request was not fulfilled was:**

The reason given for why my request was not fulfilled was:

---

None given

---

It was unreasonable of me to request items that could change the work environment, the work flow, the social nature of the work place, and my ability to be accessible

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It would distract others.

---

I needed to provide a doctor's note to prove it.

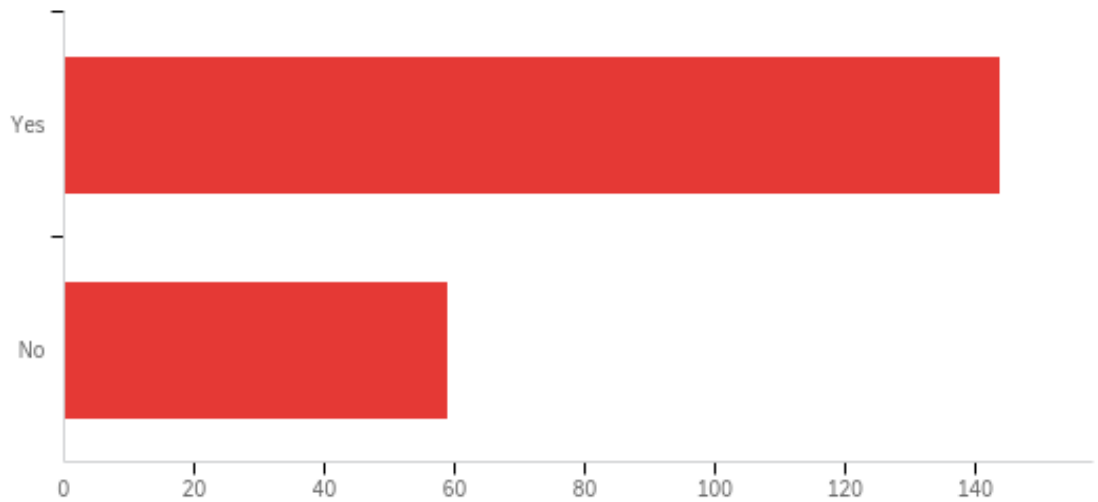
---

I suspect that misophonia was not considered a "real" condition because it has no objective physical findings. I was, however, allowed to purchase and use my own noise-mitigating equipment.

---

Not recognized by ADA

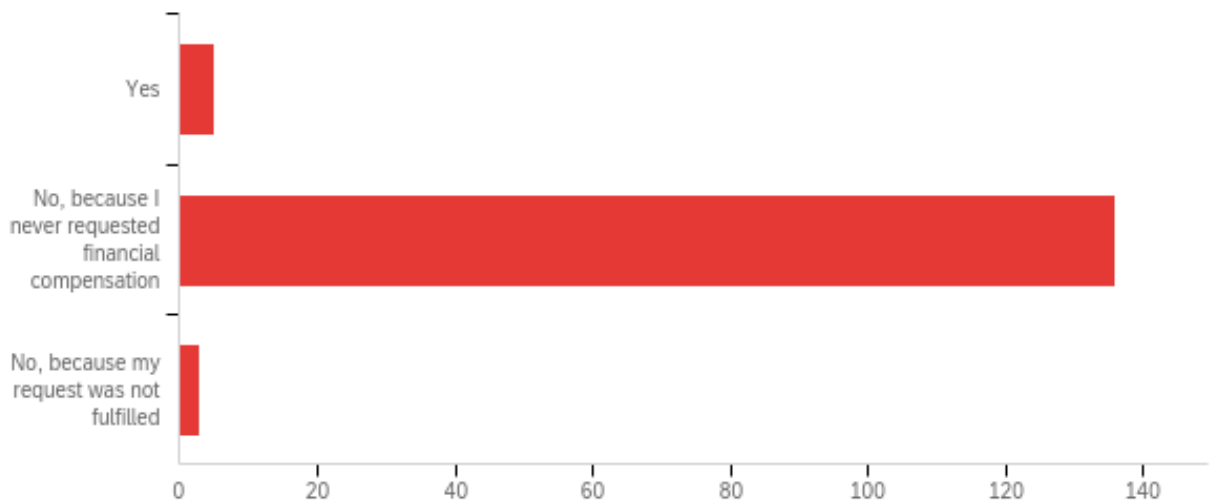
**Equipself1 - I have bought one of or some of these pieces of equipment to use almost exclusively during working hours.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I have bought one of or some of these pieces of equipment to use almost exclusively during working hours.*	1.00	2.00	1.29	0.45	0.21	203

#	Answer	%	Count
1	Yes	70.94%	144
2	No	29.06%	59
	Total	100%	203

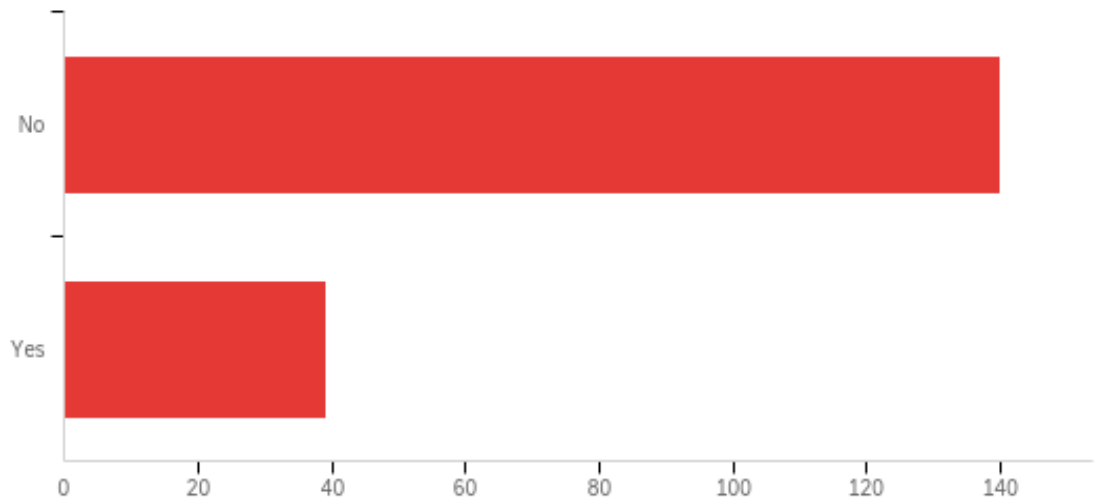
## Equipself2 - Optional: I received some financial compensation by my workplace later.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Optional: I received some financial compensation by my workplace later.	1.00	3.00	1.99	0.24	0.06	144

#	Answer	%	Count
1	Yes	3.47%	5
2	No, because I never requested financial compensation	94.44%	136
3	No, because my request was not fulfilled	2.08%	3
	Total	100%	144

**Equipchange1 - Has a job you have or had ever changed workplace equipment because of or partially because of your or other people's misophonia?\*** For example, switched to different kinds of keyboards, gotten rid of clocks, installed workpods, etc.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Has a job you have or had ever changed workplace equipment because of or partially because of your or other people's misophonia?*	1.00	3.00	1.44	0.83	0.68	179

#	Answer	%	Count
1	No	78.21%	140
3	Yes	21.79%	39
	Total	100%	179

## Equipchangeopt - Optional: Please specify what changes were made

Optional: Please specify what changes were made

---

Used white noise on my iPhone

---

I got silent click keyboard and mouse because I was annoying MYSELF in my own office

---

Brought in headphones to use.

---

Changed clocks

---

Noise cancelling headphones

---

Partitions, changed people's keyboard

---

Quiet mouse, looking for a better keyboard.

---

Keyboards and mouse

---

I bought a woman with long fake nails a plastic keyboard cover to dull the noise

---

I've switched squeaky chairs or refused to the AC because of the rattling.

---

I bought noise canceling headphones

---

I have requested a new computer because my previous one was so noisy (loud whirring, like with a Playstation) -- but the whirring was indicative of a super old machine that needed replacing anyway ... so I'm not sure I would have felt comfortable requesting JUST because of my misophonia.

---

Got rid of clock, was in charge of office layout so placed my desk strategically

---

Switched keyboards

---

I replaced a manual clock with digital

---

The water cooler was moved to a different location away from me

---

Silent Keyboards and Mouse Purchased

---

Guy in nextdoor cube had a new age rock fountain. Drive me nuts waters sounds and dripping all the time. I had him moce it to the furthest corner of his cube. I wore headphones more as part of my job (video editor).

---

I requested a "less clicky" keyboard for my office computer.

---

Ticking clock was replaced with digital clock

---

Quieter keyboard

---

Quieter computer mice and keyboards

---

White noise machine

---

Keyboards



Not for me, but new keyboards were bought for all computers because boss didn't like the clicking but not quite misophonia.

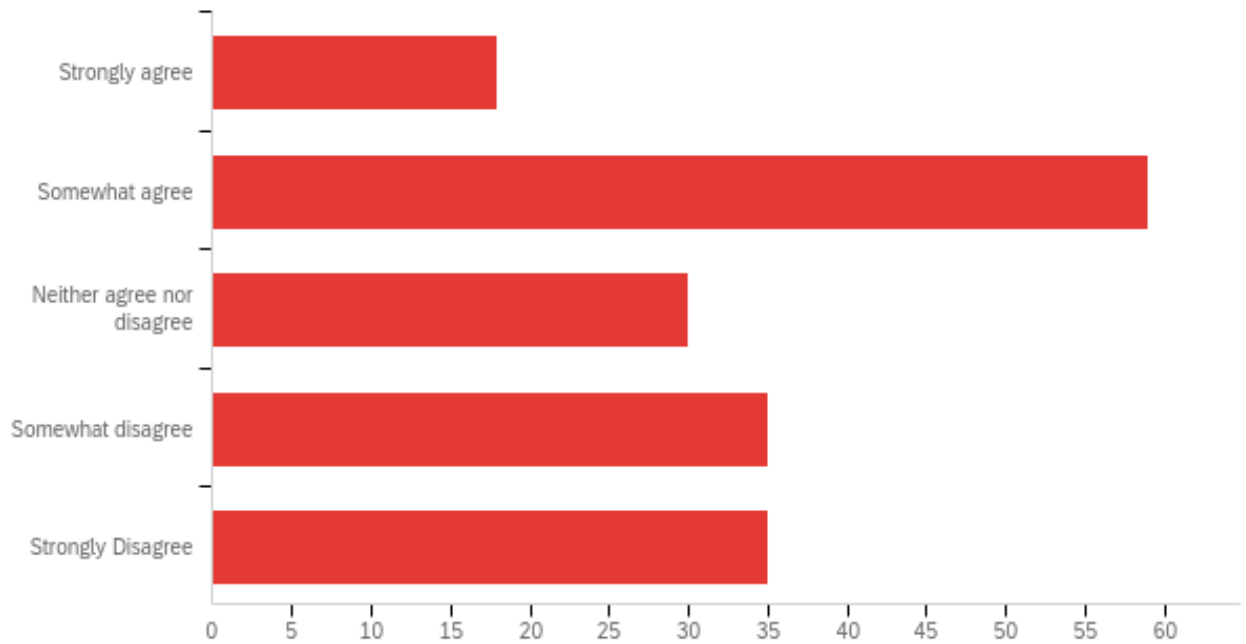
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Put up additional materials to block view of another person.

---

Quiet keyboard, quiet mouse

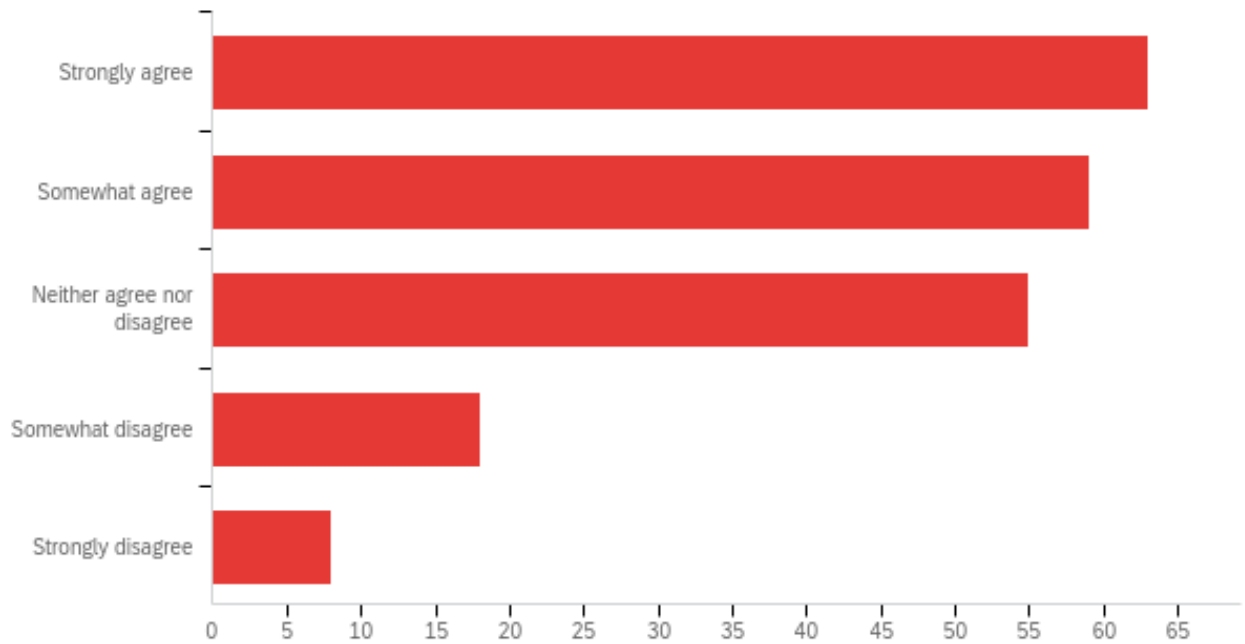
**Policy1 - I feel my workplace has easily understandable policies regarding mental health.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has easily understandable policies regarding mental health.*	19.00	23.00	21.06	1.31	1.73	177

#	Answer	%	Count
19	Strongly agree	10.17%	18
20	Somewhat agree	33.33%	59
21	Neither agree nor disagree	16.95%	30
22	Somewhat disagree	19.77%	35
23	Strongly Disagree	19.77%	35
	Total	100%	177

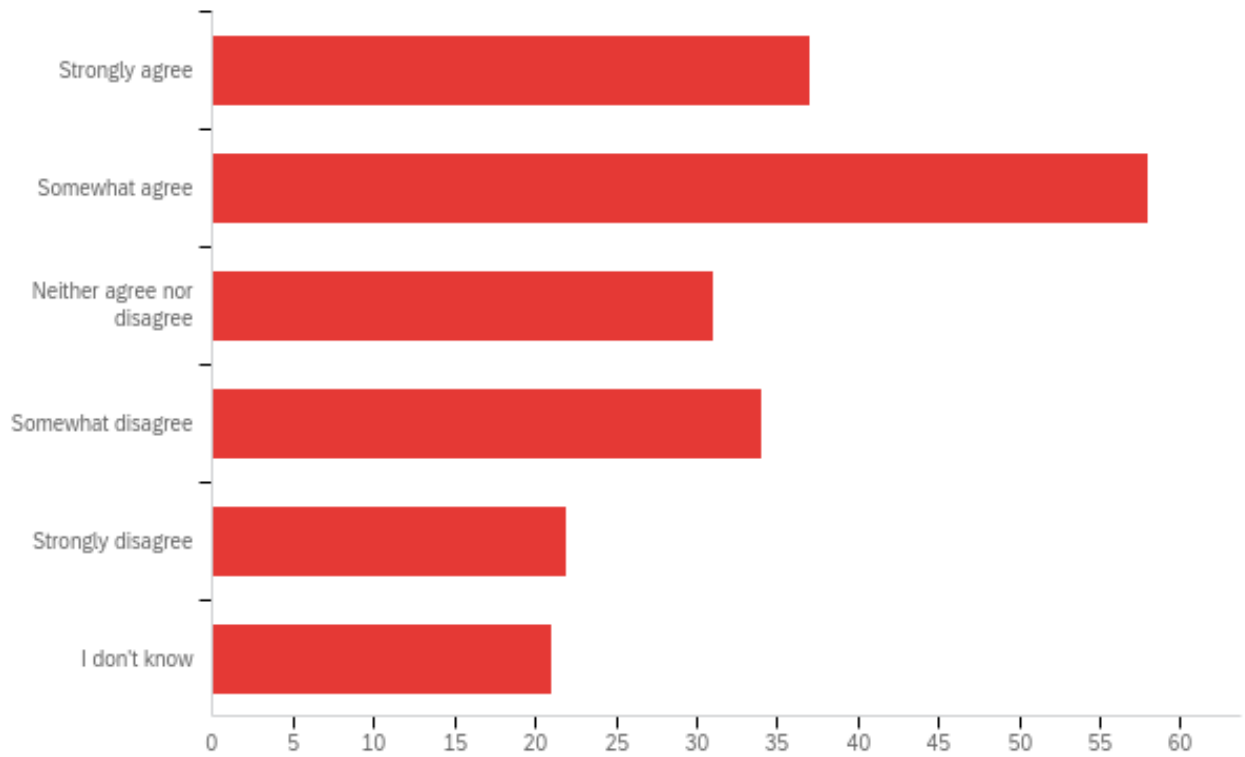
**Policy2 - I wish my workplace had policies regarding mental health that were easier to understand.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had policies regarding mental health that were easier to understand.*	7.00	11.00	8.26	1.11	1.23	203

#	Answer	%	Count
7	Strongly agree	31.03%	63
8	Somewhat agree	29.06%	59
9	Neither agree nor disagree	27.09%	55
10	Somewhat disagree	8.87%	18
11	Strongly disagree	3.94%	8
	Total	100%	203

**Policy3 - I feel my workplace has easily understandable policies regarding disabilities or impairments.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has easily understandable policies regarding disabilities or impairments.*	7.00	12.00	9.04	1.60	2.54	203

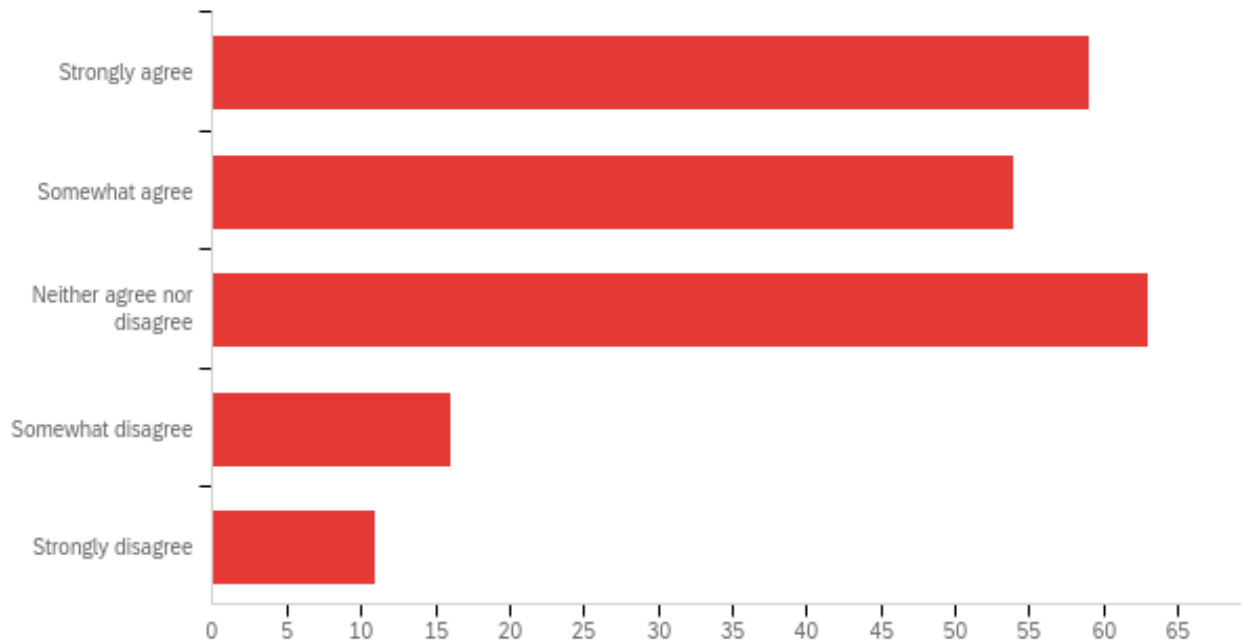
#	Answer	%	Count
7	Strongly agree	18.23%	37
8	Somewhat agree	28.57%	58
9	Neither agree nor disagree	15.27%	31
10	Somewhat disagree	16.75%	34
11	Strongly disagree	10.84%	22
12	I don't know	10.34%	21

Total

100%

203

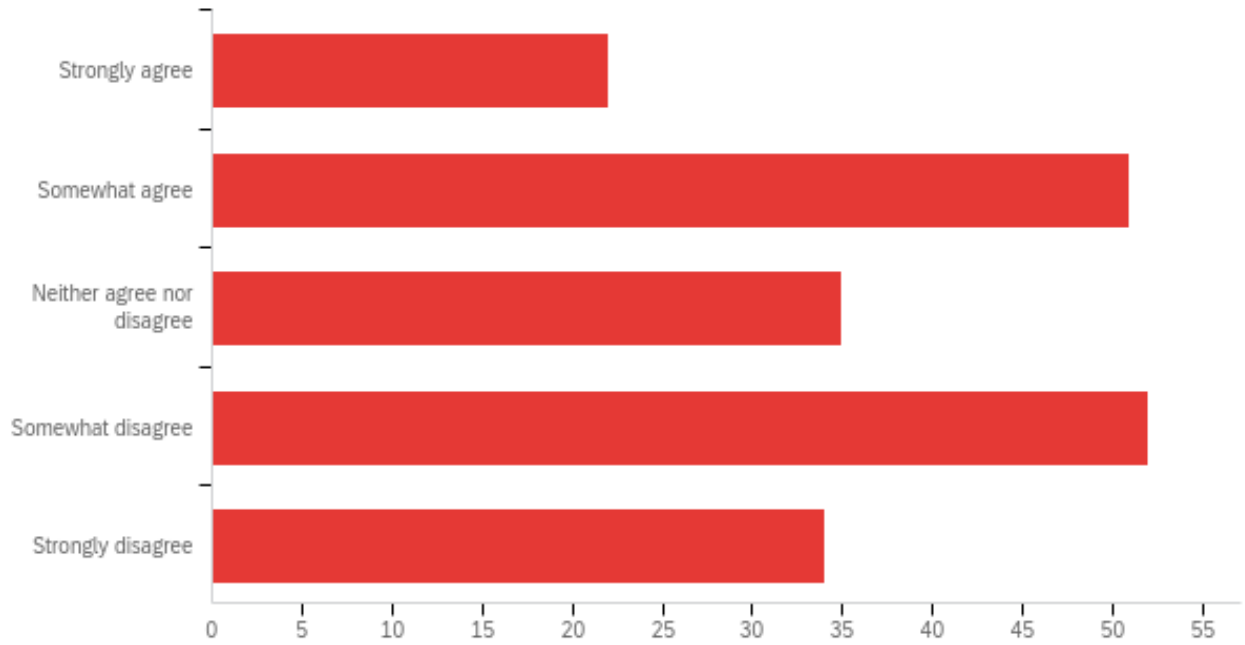
**Policy4 - I wish my workplace had policies regarding disabilities or impairments that were easier to understand.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had policies regarding disabilities or impairments that were easier to understand.*	7.00	11.00	8.34	1.14	1.29	203

#	Answer	%	Count
7	Strongly agree	29.06%	59
8	Somewhat agree	26.60%	54
9	Neither agree nor disagree	31.03%	63
10	Somewhat disagree	7.88%	16
11	Strongly disagree	5.42%	11
	Total	100%	203

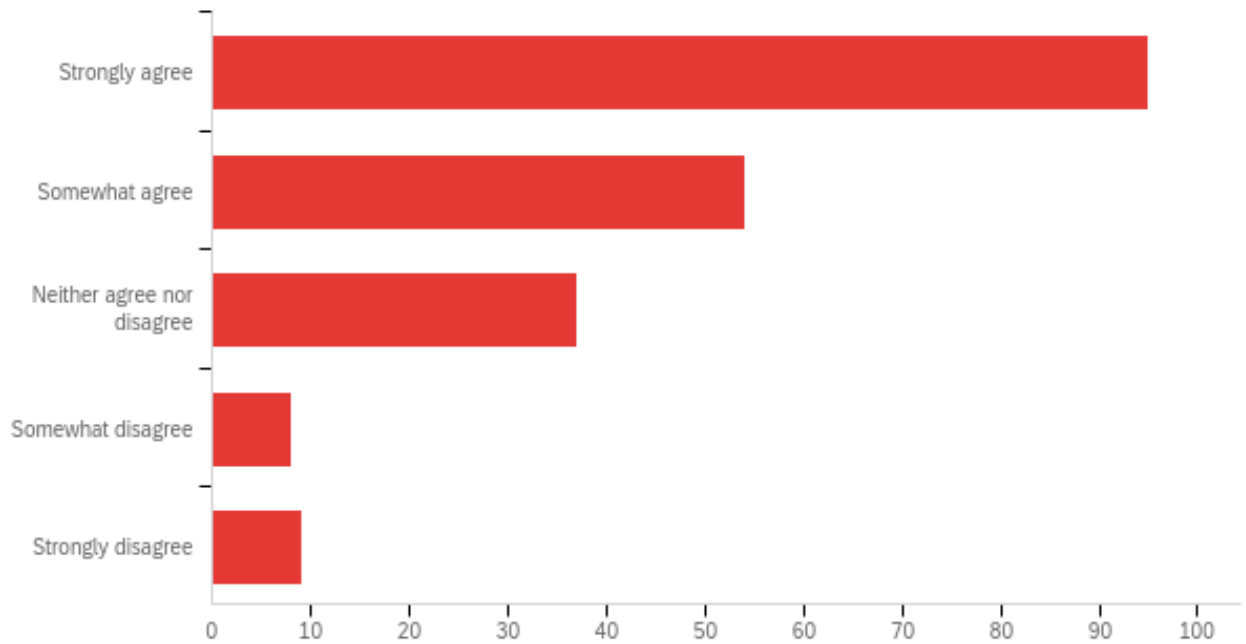
## Policy5 - I feel my workplace's policies protect employee mental health.\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace's policies protect employee mental health.*	7.00	11.00	9.13	1.29	1.67	194

#	Answer	%	Count
7	Strongly agree	11.34%	22
8	Somewhat agree	26.29%	51
9	Neither agree nor disagree	18.04%	35
10	Somewhat disagree	26.80%	52
11	Strongly disagree	17.53%	34
	Total	100%	194

**Policy6 - I wish my workplace's policies protected employee mental health more.\***

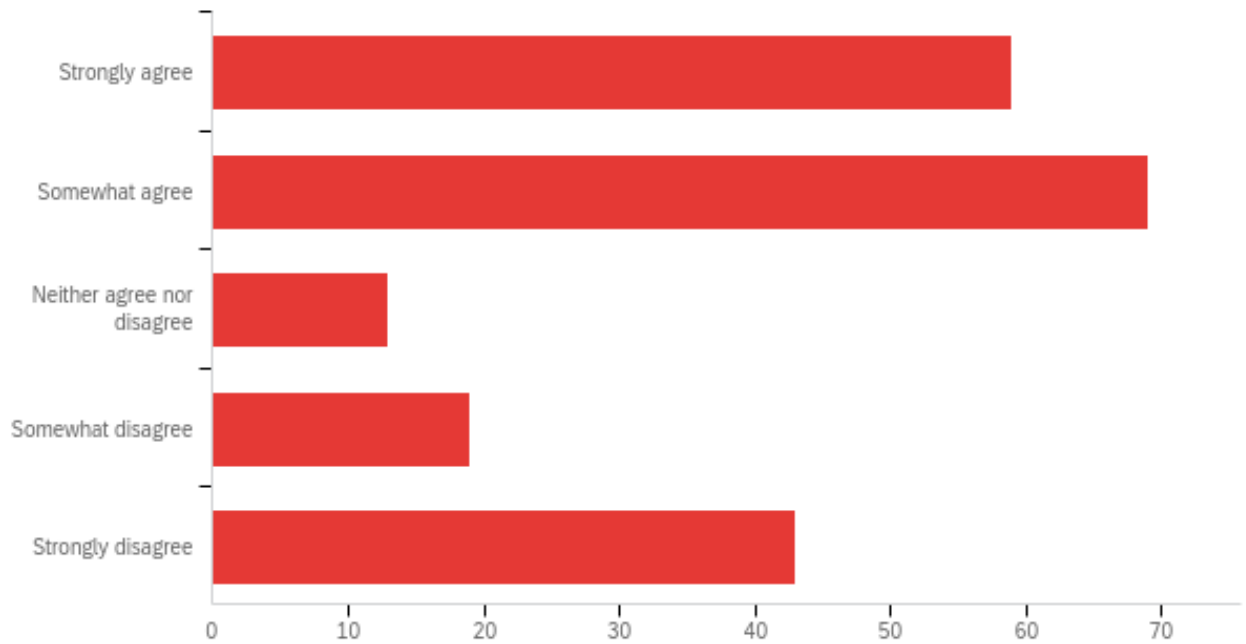


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace's policies protected employee mental health more.*	1.00	5.00	1.93	1.10	1.20	203

#	Answer	%	Count
1	Strongly agree	46.80%	95
2	Somewhat agree	26.60%	54
3	Neither agree nor disagree	18.23%	37
4	Somewhat disagree	3.94%	8
5	Strongly disagree	4.43%	9
	Total	100%	203



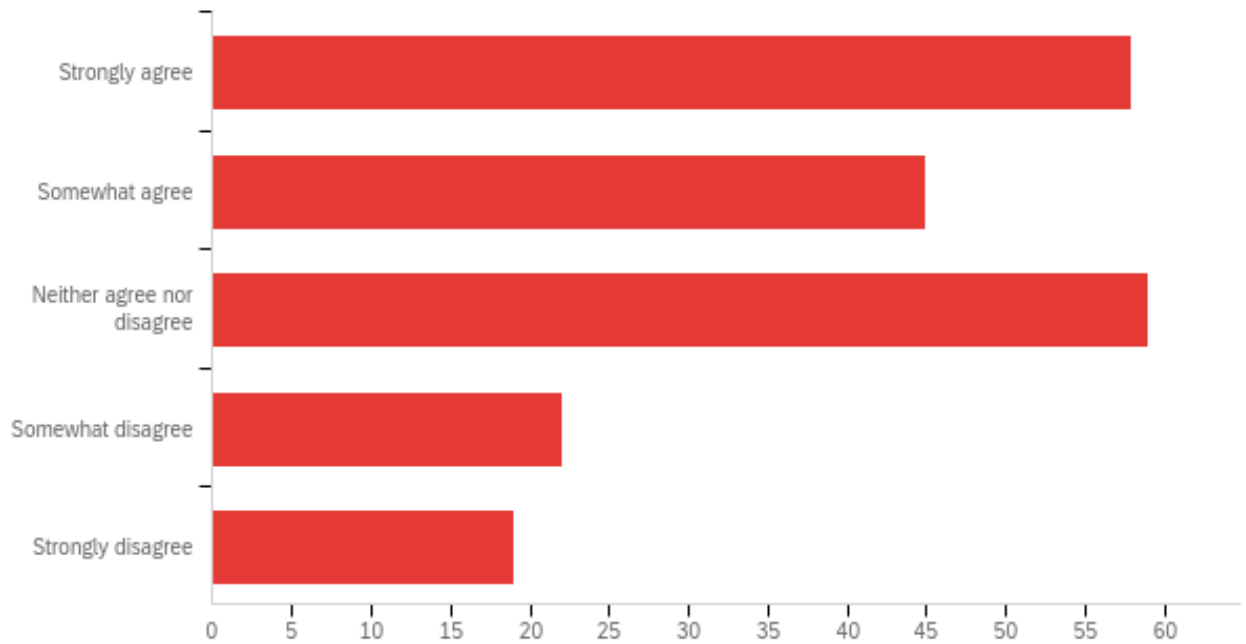
**Policy7 - I feel my workplace has flexible policies in regards to which hours I work and/or how many breaks I take.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has flexible policies in regards to which hours I work and/or how many breaks I take.*	6.00	11.00	8.31	1.85	3.41	203

#	Answer	%	Count
6	Strongly agree	29.06%	59
8	Somewhat agree	33.99%	69
9	Neither agree nor disagree	6.40%	13
10	Somewhat disagree	9.36%	19
11	Strongly disagree	21.18%	43
	Total	100%	203

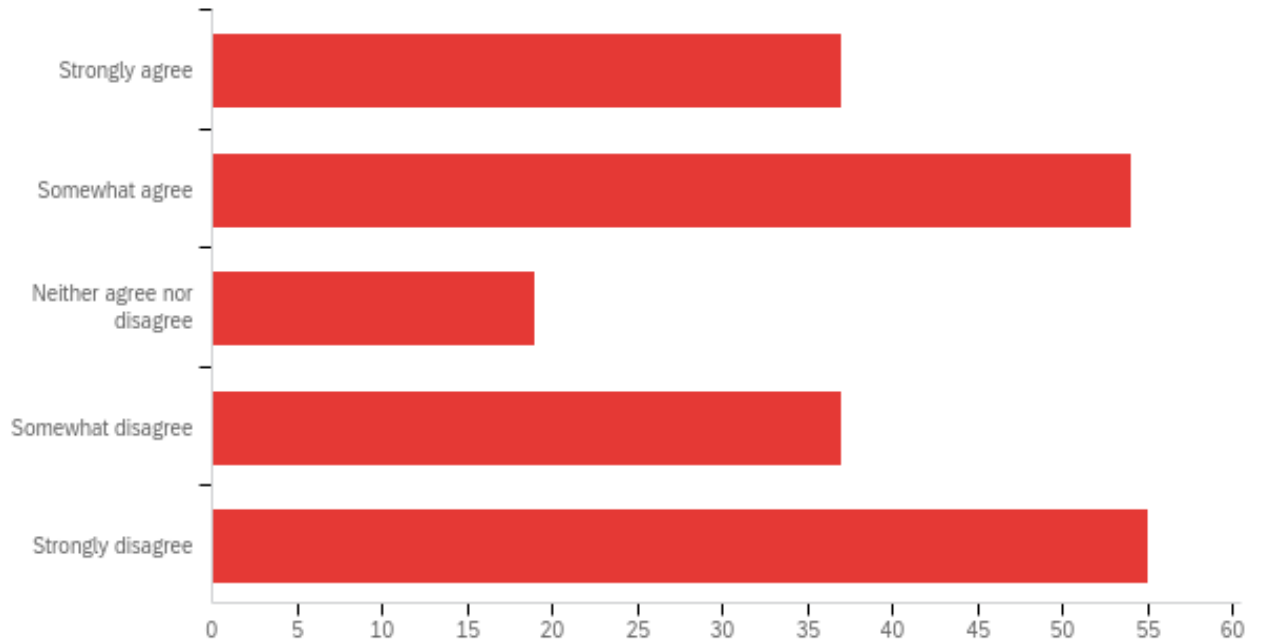
**Policy8 - I wish my workplace had policies that were more flexible in regards to which hours I work and/or how many breaks I take.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had policies that were more flexible in regards to which hours I work and/or how many breaks I take.*	1.00	5.00	2.50	1.26	1.60	203

#	Answer	%	Count
1	Strongly agree	28.57%	58
2	Somewhat agree	22.17%	45
3	Neither agree nor disagree	29.06%	59
4	Somewhat disagree	10.84%	22
5	Strongly disagree	9.36%	19
	Total	100%	203

**Policy9 - I feel my workplace has flexible policies in regards to where I work (e.g., can work in different places in the office, work from home [not Covid related]).\***

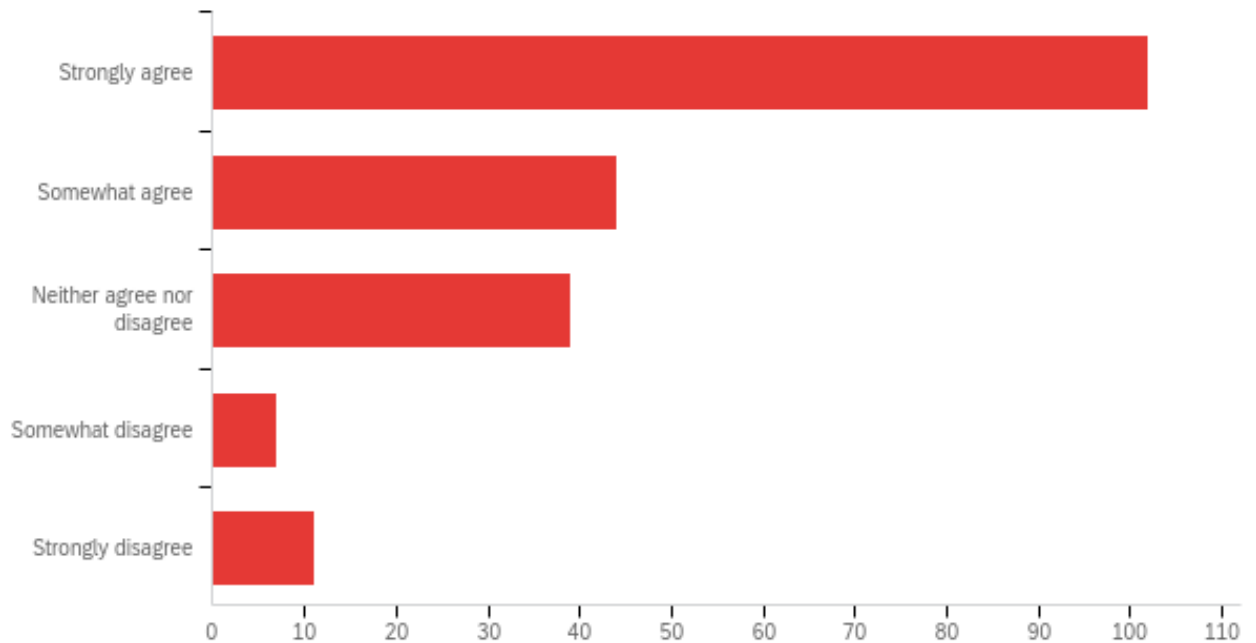


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has flexible policies in regards to where I work (e.g., can work in different places in the office, work from home [not Covid related]).*	1.00	5.00	3.09	1.50	2.26	202

#	Answer	%	Count
1	Strongly agree	18.32%	37
2	Somewhat agree	26.73%	54
3	Neither agree nor disagree	9.41%	19
4	Somewhat disagree	18.32%	37
5	Strongly disagree	27.23%	55
	Total	100%	202



**Policy10 - I wish my workplace had policies that were more flexible in regards to where I work (e.g., can work in different places in the office, work from home [not Covid related]).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had policies that were more flexible in regards to where I work (e.g., can work in different places in the office, work from home [not Covid related]).*	1.00	5.00	1.92	1.15	1.31	203

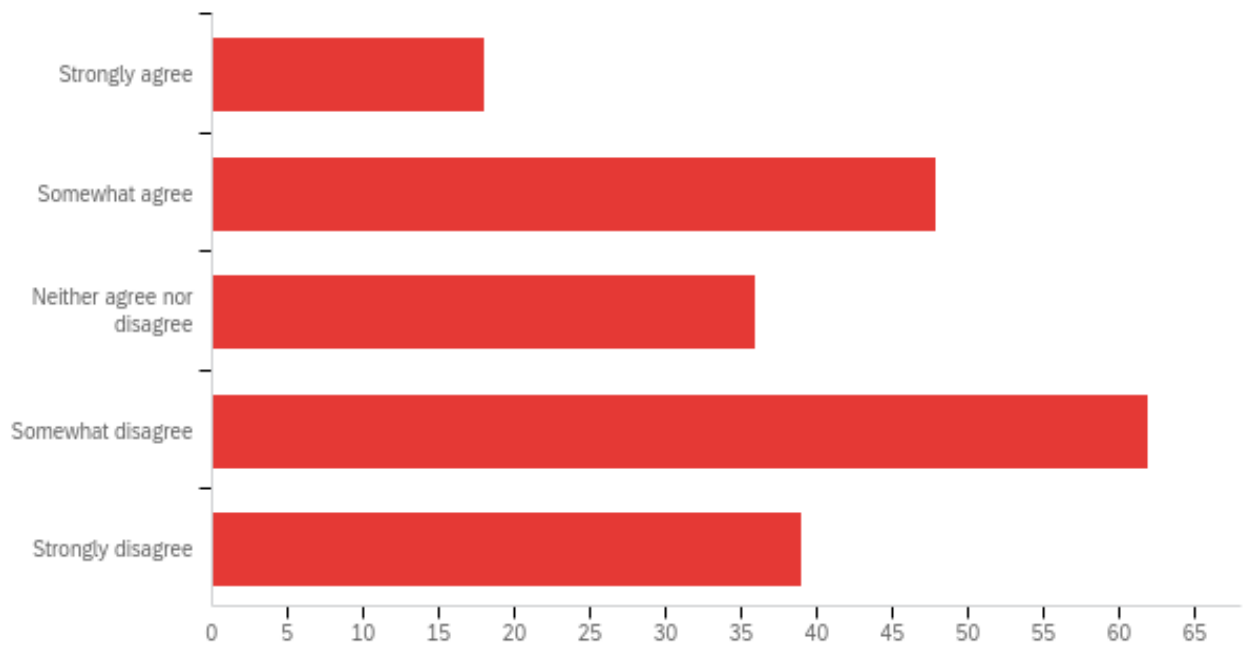
#	Answer	%	Count
1	Strongly agree	50.25%	102
2	Somewhat agree	21.67%	44
3	Neither agree nor disagree	19.21%	39
4	Somewhat disagree	3.45%	7
5	Strongly disagree	5.42%	11

Total

100%

203

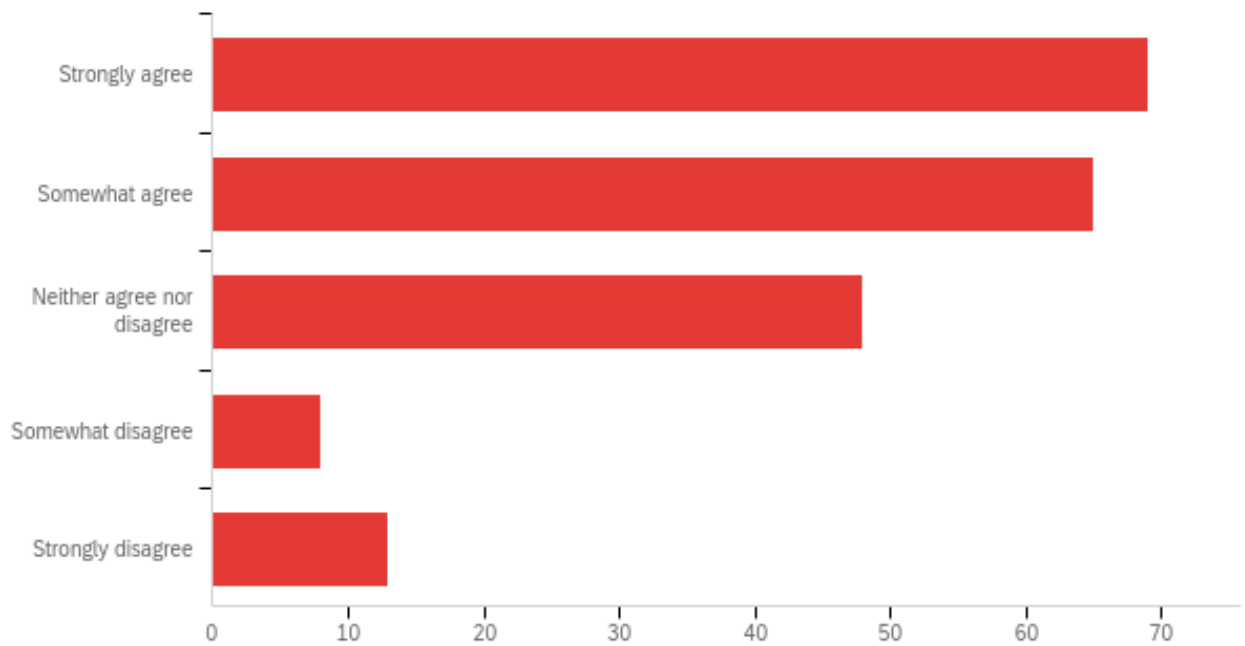
**Policy11 - I feel my workplace has an open atmosphere in regards to talking about mental health conditions.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has an open atmosphere in regards to talking about mental health conditions.*	1.00	5.00	3.28	1.26	1.59	203

#	Answer	%	Count
1	Strongly agree	8.87%	18
2	Somewhat agree	23.65%	48
3	Neither agree nor disagree	17.73%	36
4	Somewhat disagree	30.54%	62
5	Strongly disagree	19.21%	39
	Total	100%	203

**Policy12 - I wish my workplace had a more open atmosphere in regards to talking about mental health conditions.\***

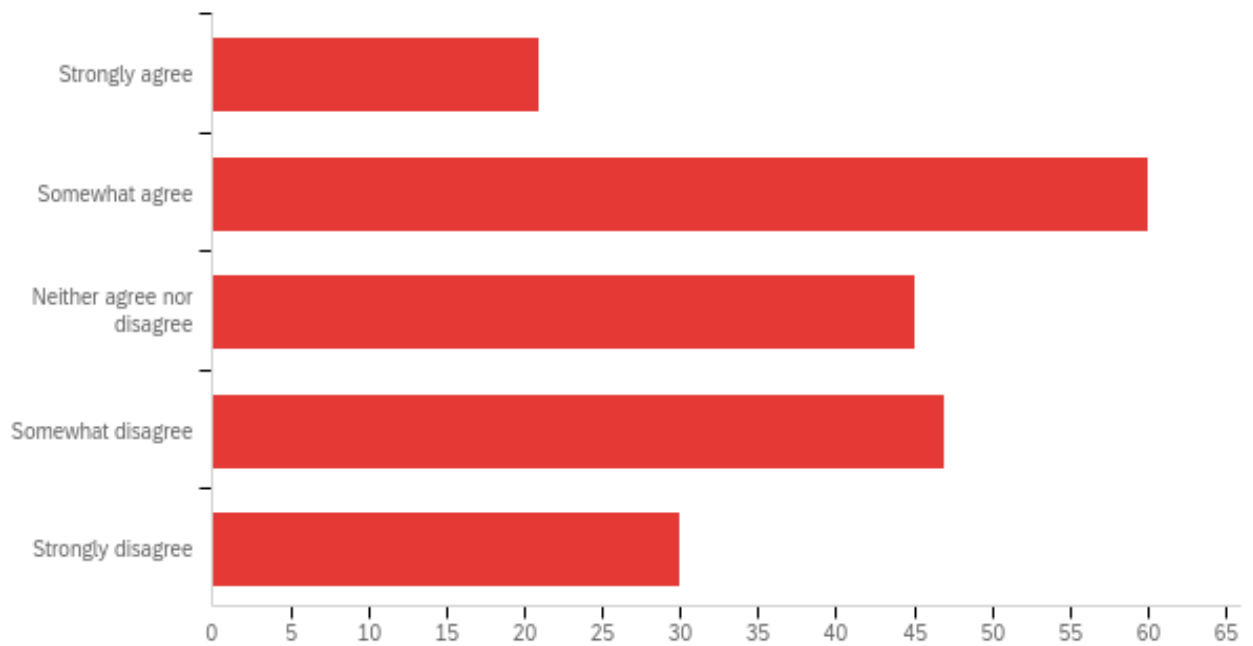


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had a more open atmosphere in regards to talking about mental health conditions.*	1.00	5.00	2.17	1.13	1.28	203

#	Answer	%	Count
1	Strongly agree	33.99%	69
2	Somewhat agree	32.02%	65
3	Neither agree nor disagree	23.65%	48
4	Somewhat disagree	3.94%	8
5	Strongly disagree	6.40%	13
	Total	100%	203



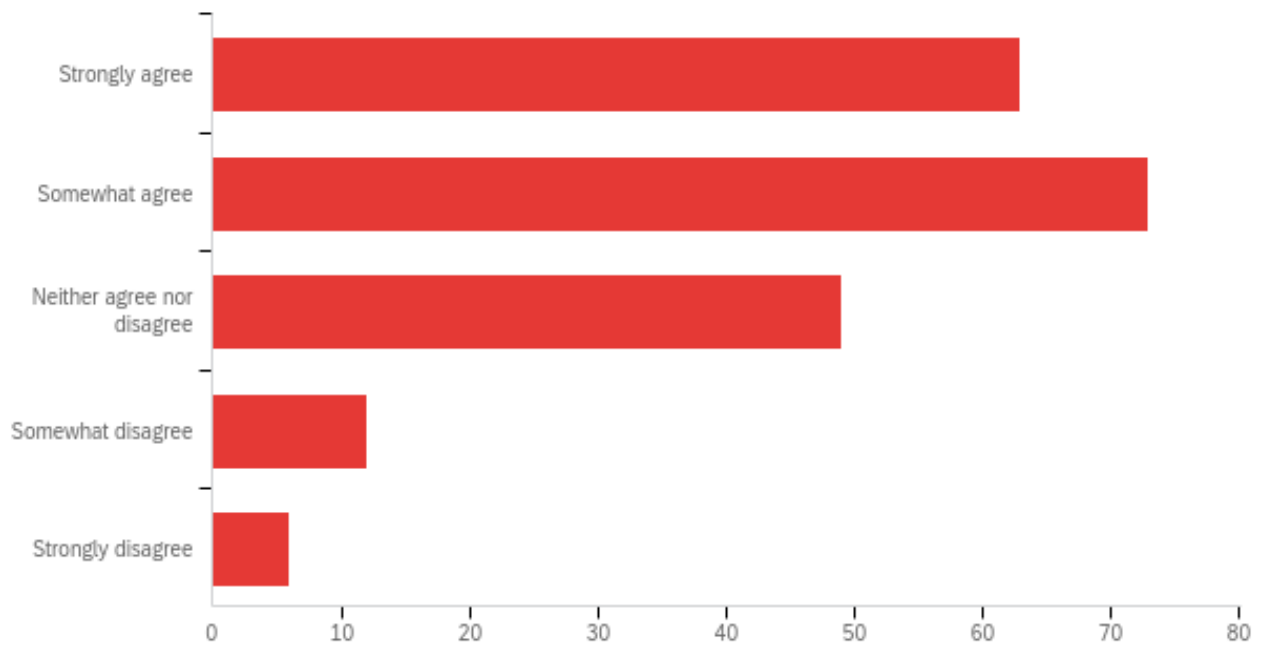
**Policy13 - I feel my workplace has an open atmosphere in regards to talking about disabilities or impairments.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel my workplace has an open atmosphere in regards to talking about disabilities or impairments.*	1.00	5.00	3.02	1.24	1.53	203

#	Answer	%	Count
1	Strongly agree	10.34%	21
2	Somewhat agree	29.56%	60
3	Neither agree nor disagree	22.17%	45
4	Somewhat disagree	23.15%	47
5	Strongly disagree	14.78%	30
	Total	100%	203

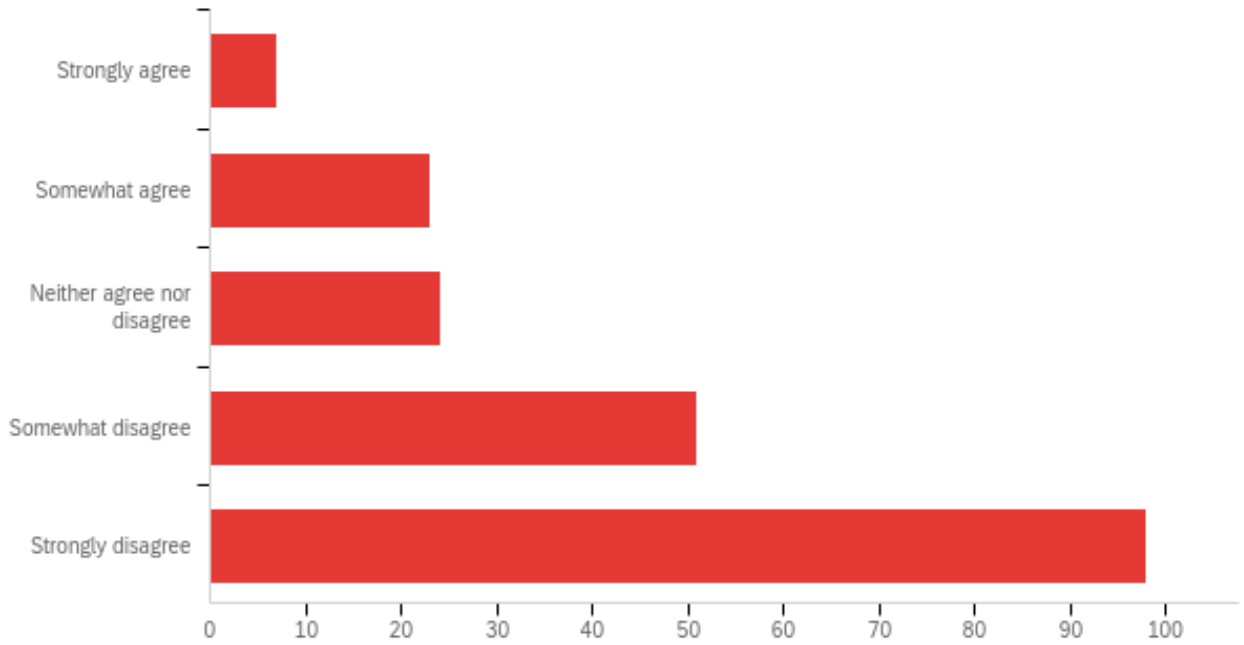
**Policy14 - I wish my workplace had a more open atmosphere in regards to talking about disabilities or impairments.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I wish my workplace had a more open atmosphere in regards to talking about disabilities or impairments.*	1.00	5.00	2.14	1.02	1.04	203

#	Answer	%	Count
1	Strongly agree	31.03%	63
2	Somewhat agree	35.96%	73
3	Neither agree nor disagree	24.14%	49
4	Somewhat disagree	5.91%	12
5	Strongly disagree	2.96%	6
	Total	100%	203

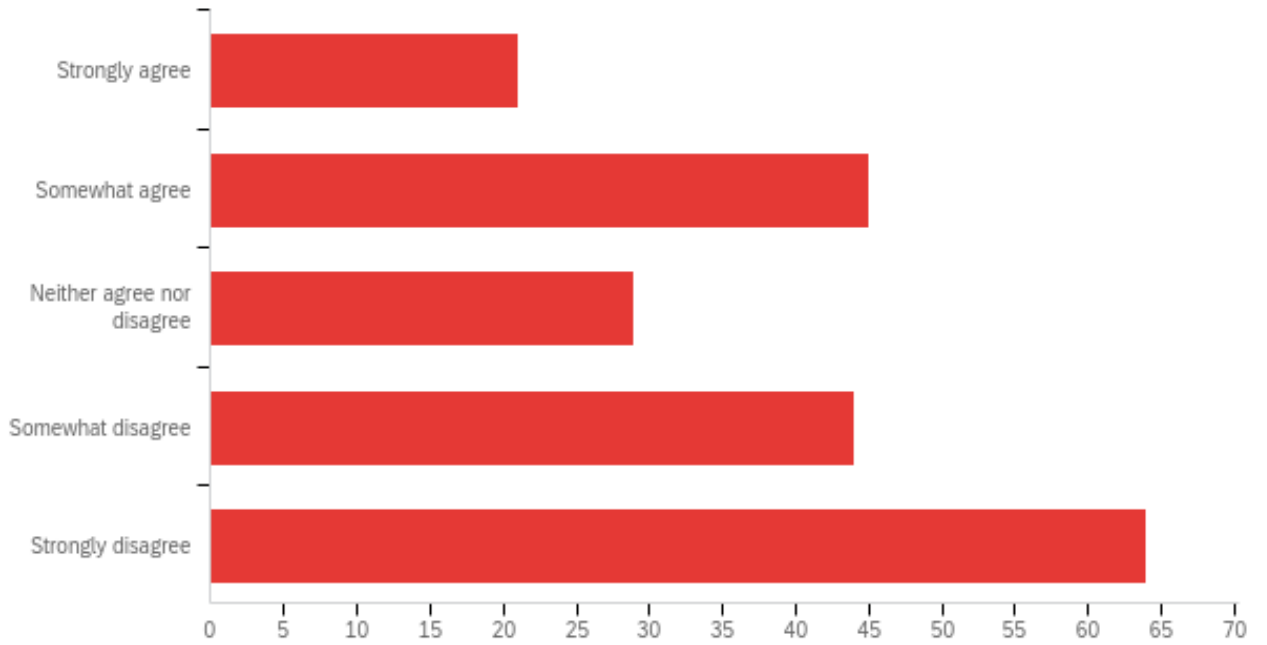
**Policy15 - I feel comfortable going to HR to talk about my misophonia.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I feel comfortable going to HR to talk about my misophonia.*	1.00	5.00	4.03	1.17	1.36	203

#	Answer	%	Count
1	Strongly agree	3.45%	7
2	Somewhat agree	11.33%	23
3	Neither agree nor disagree	11.82%	24
4	Somewhat disagree	25.12%	51
5	Strongly disagree	48.28%	98
	Total	100%	203

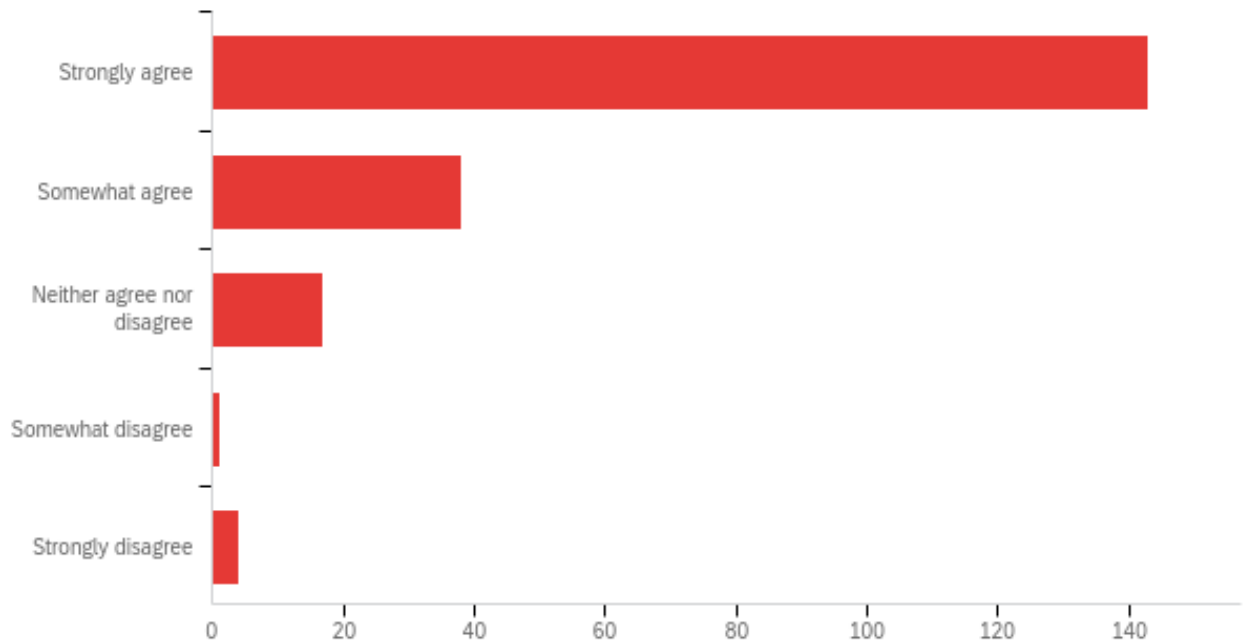
**Policy16 - I would want to go to HR to talk about my misophonia.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would want to go to HR to talk about my misophonia.*	1.00	5.00	3.42	1.39	1.94	203

#	Answer	%	Count
1	Strongly agree	10.34%	21
2	Somewhat agree	22.17%	45
3	Neither agree nor disagree	14.29%	29
4	Somewhat disagree	21.67%	44
5	Strongly disagree	31.53%	64
	Total	100%	203

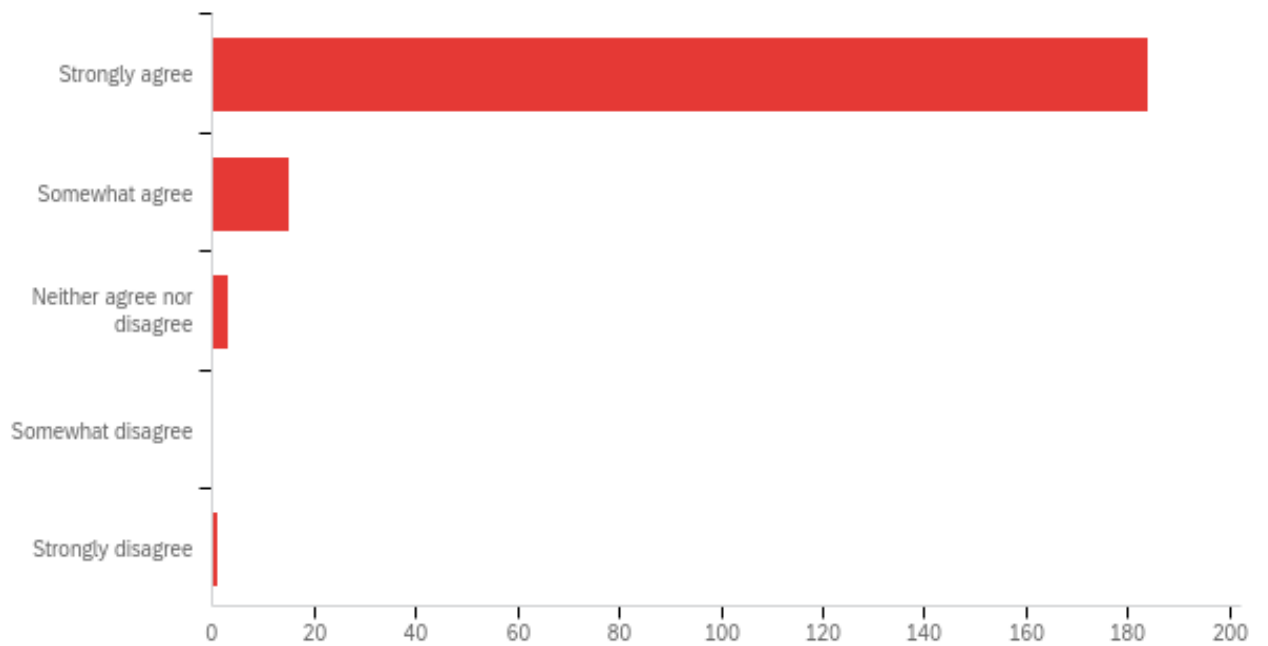
**Policy17 - I would want people in my office to be understanding if I told them about my misophonia.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would want people in my office to be understanding if I told them about my misophonia.*	1.00	5.00	1.45	0.83	0.68	203

#	Answer	%	Count
1	Strongly agree	70.44%	143
2	Somewhat agree	18.72%	38
3	Neither agree nor disagree	8.37%	17
4	Somewhat disagree	0.49%	1
5	Strongly disagree	1.97%	4
	Total	100%	203

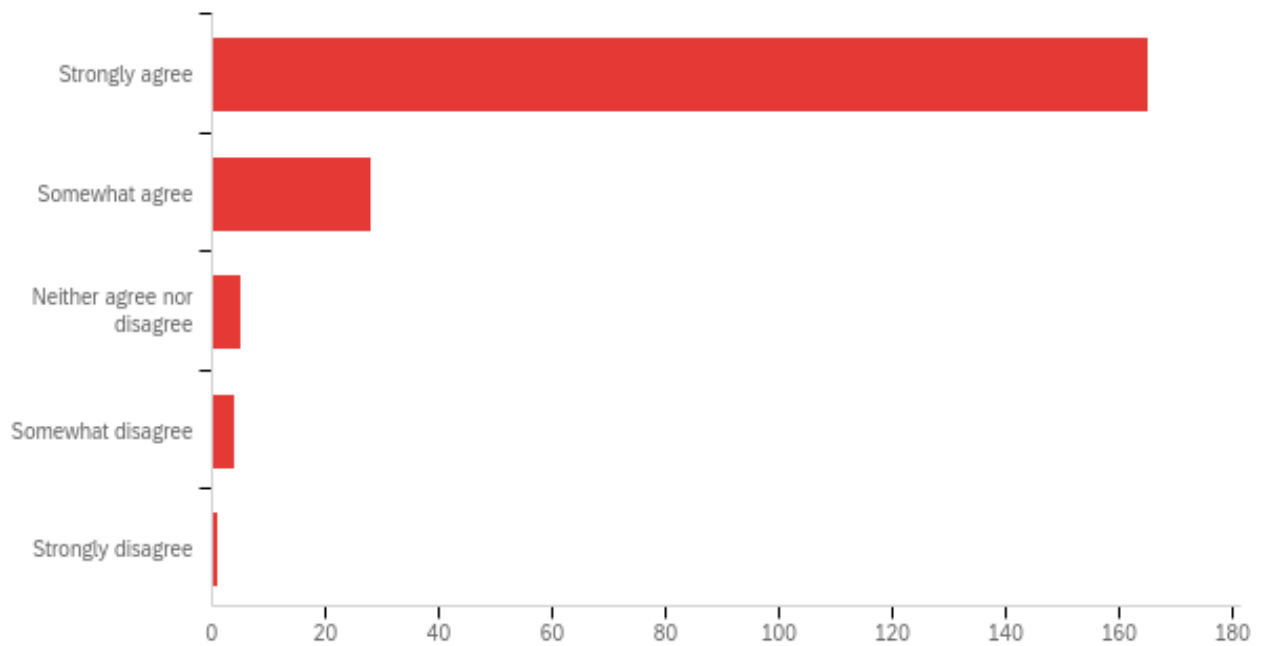
**opi1 - have flexible policies in terms of what personal sound lessening equipment people can use at work (earlpugs, headphones, etc.).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have flexible policies in terms of what personal sound lessening equipment people can use at work (earlpugs, headphones, etc.).*	1.00	5.00	1.12	0.44	0.20	203

#	Answer	%	Count
1	Strongly agree	90.64%	184
2	Somewhat agree	7.39%	15
3	Neither agree nor disagree	1.48%	3
4	Somewhat disagree	0.00%	0
5	Strongly disagree	0.49%	1
	Total	100%	203

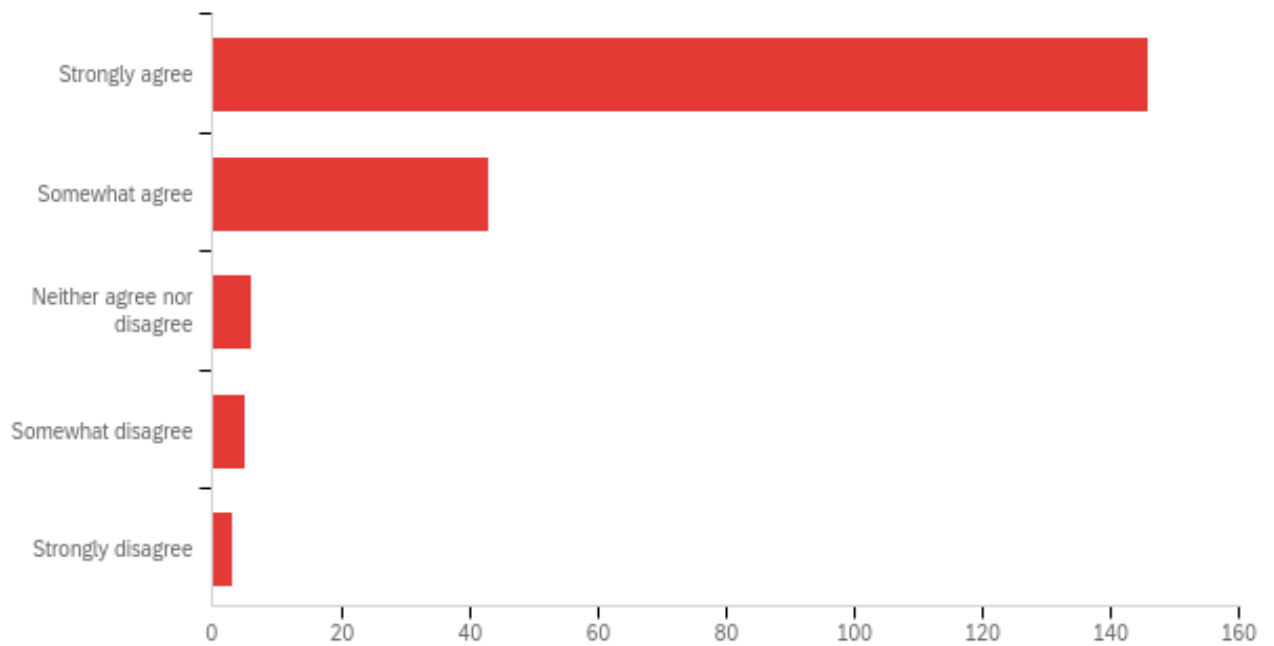
**opi2 - have flexible policies in terms of where people can work in the office (e.g., moving desks, finding different work rooms).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have flexible policies in terms of where people can work in the office (e.g., moving desks, finding different work rooms).*	1.00	5.00	1.27	0.65	0.42	203

#	Answer	%	Count
1	Strongly agree	81.28%	165
2	Somewhat agree	13.79%	28
3	Neither agree nor disagree	2.46%	5
4	Somewhat disagree	1.97%	4
5	Strongly disagree	0.49%	1
	Total	100%	203

**opi3 - have flexible policies in terms of where people can work from (e.g., home, cafes, etc).\***

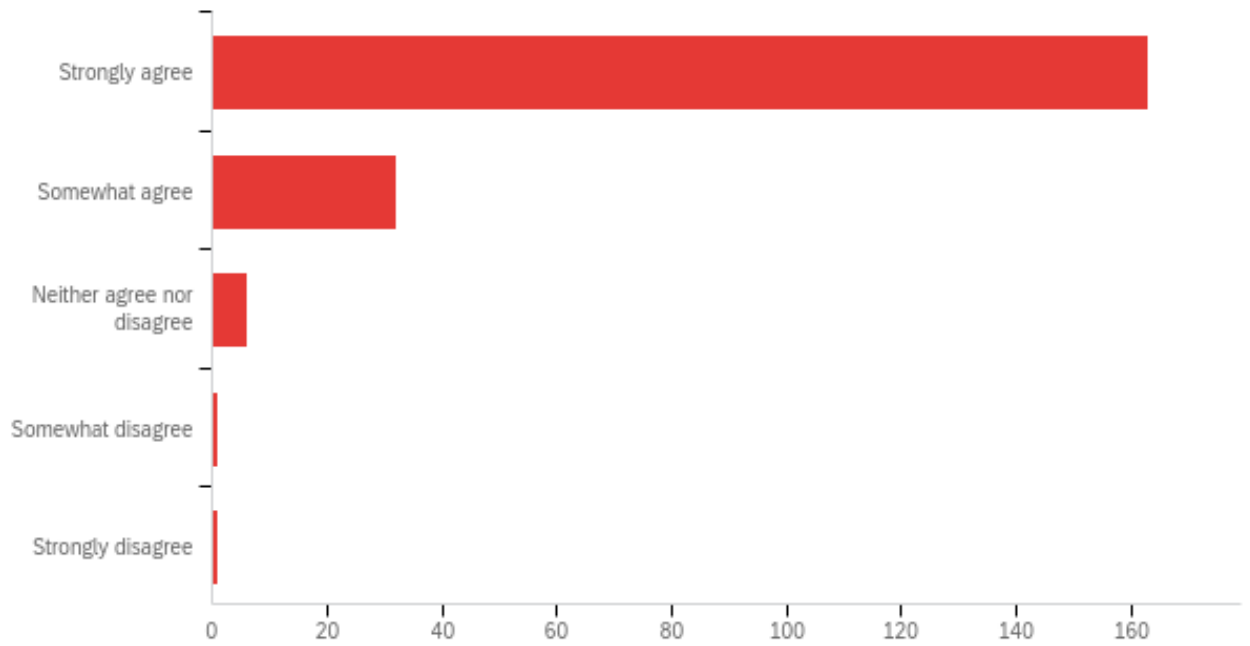


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have flexible policies in terms of where people can work from (e.g., home, cafes, etc).*	1.00	5.00	1.40	0.79	0.63	203

#	Answer	%	Count
1	Strongly agree	71.92%	146
2	Somewhat agree	21.18%	43
3	Neither agree nor disagree	2.96%	6
4	Somewhat disagree	2.46%	5
5	Strongly disagree	1.48%	3
	Total	100%	203



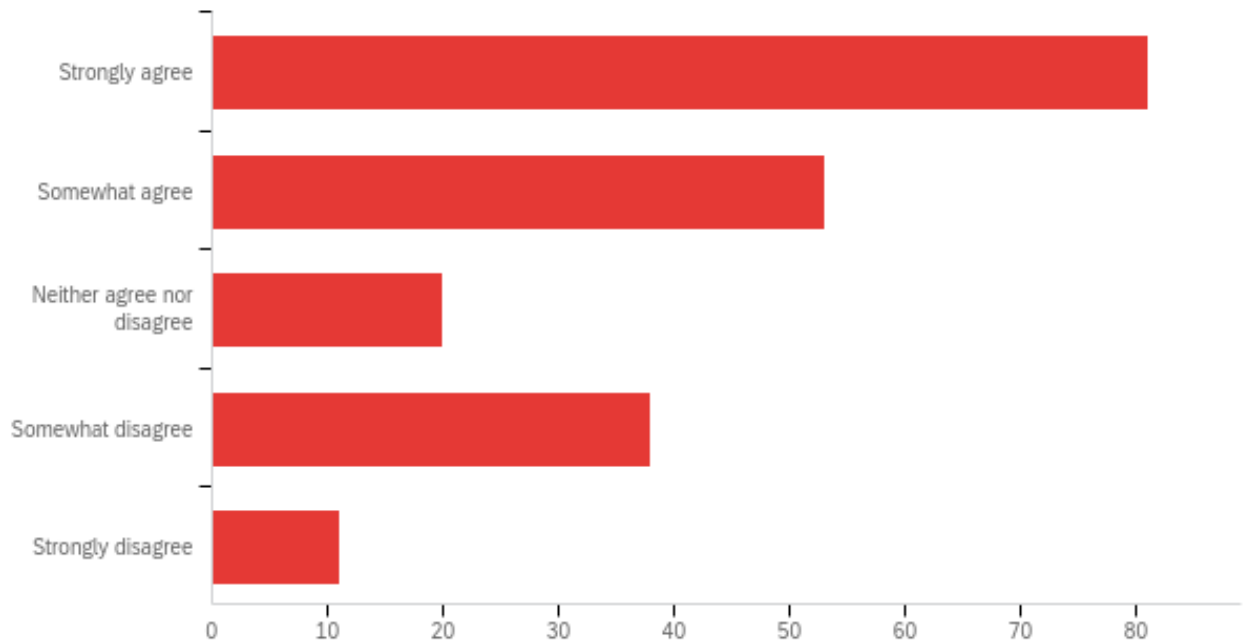
**opi4 - have flexible policies in terms of when people can take short breaks.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have flexible policies in terms of when people can take short breaks.*	1.00	5.00	1.25	0.58	0.34	203

#	Answer	%	Count
1	Strongly agree	80.30%	163
2	Somewhat agree	15.76%	32
3	Neither agree nor disagree	2.96%	6
4	Somewhat disagree	0.49%	1
5	Strongly disagree	0.49%	1
	Total	100%	203

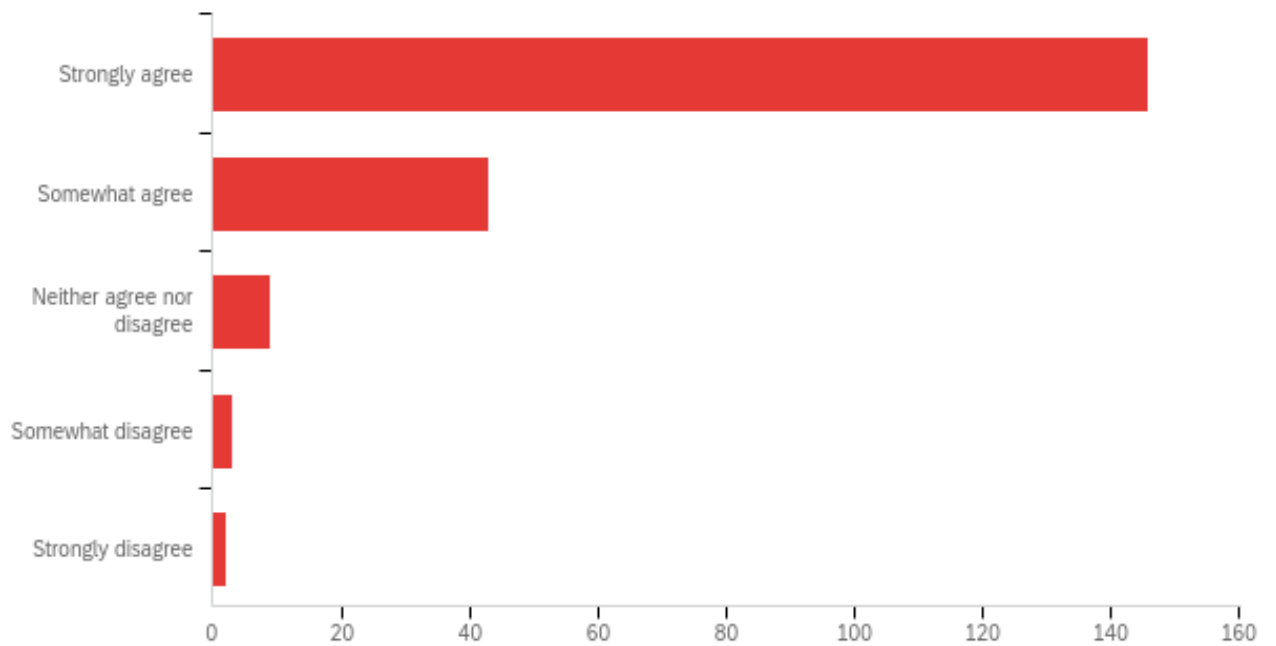
**opi5 - ban certain behaviors in work areas during work hours (e.g., gum chewing, eating).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	ban certain behaviors in work areas during work hours (e.g., gum chewing, eating).*	1.00	5.00	2.24	1.30	1.68	203

#	Answer	%	Count
1	Strongly agree	39.90%	81
2	Somewhat agree	26.11%	53
3	Neither agree nor disagree	9.85%	20
4	Somewhat disagree	18.72%	38
5	Strongly disagree	5.42%	11
	Total	100%	203

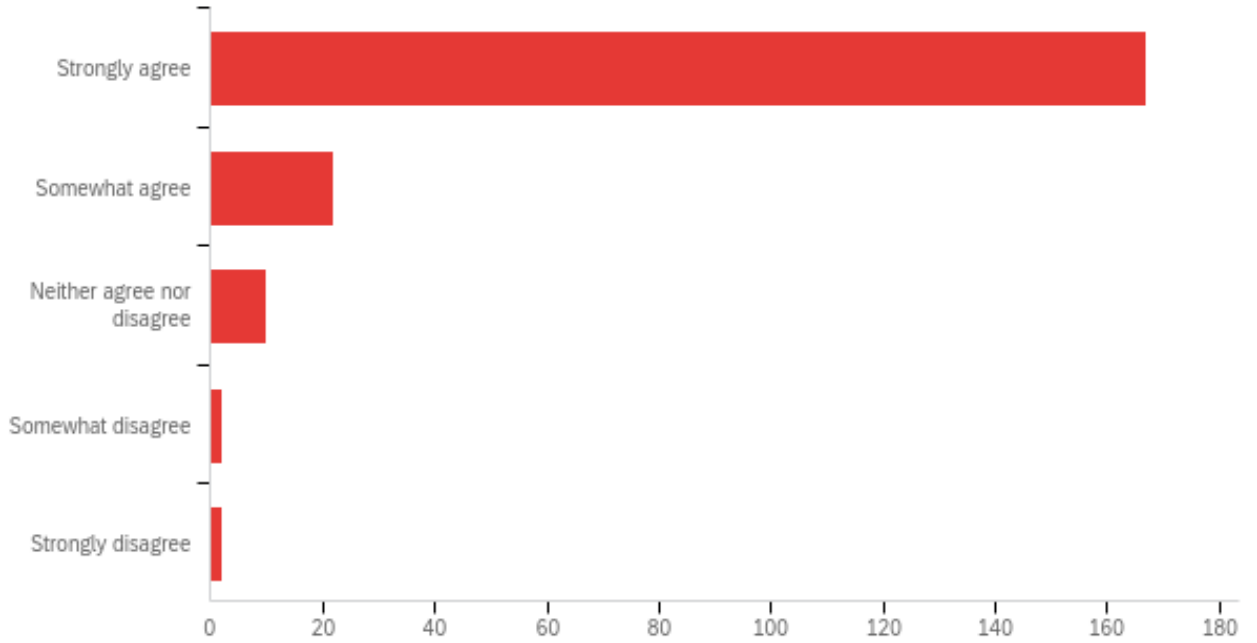
**opi6 - have flexible policies in terms of when people work in office or at home.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have flexible policies in terms of when people work in office or at home.*	1.00	5.00	1.38	0.73	0.53	203

#	Answer	%	Count
1	Strongly agree	71.92%	146
2	Somewhat agree	21.18%	43
3	Neither agree nor disagree	4.43%	9
4	Somewhat disagree	1.48%	3
5	Strongly disagree	0.99%	2
	Total	100%	203

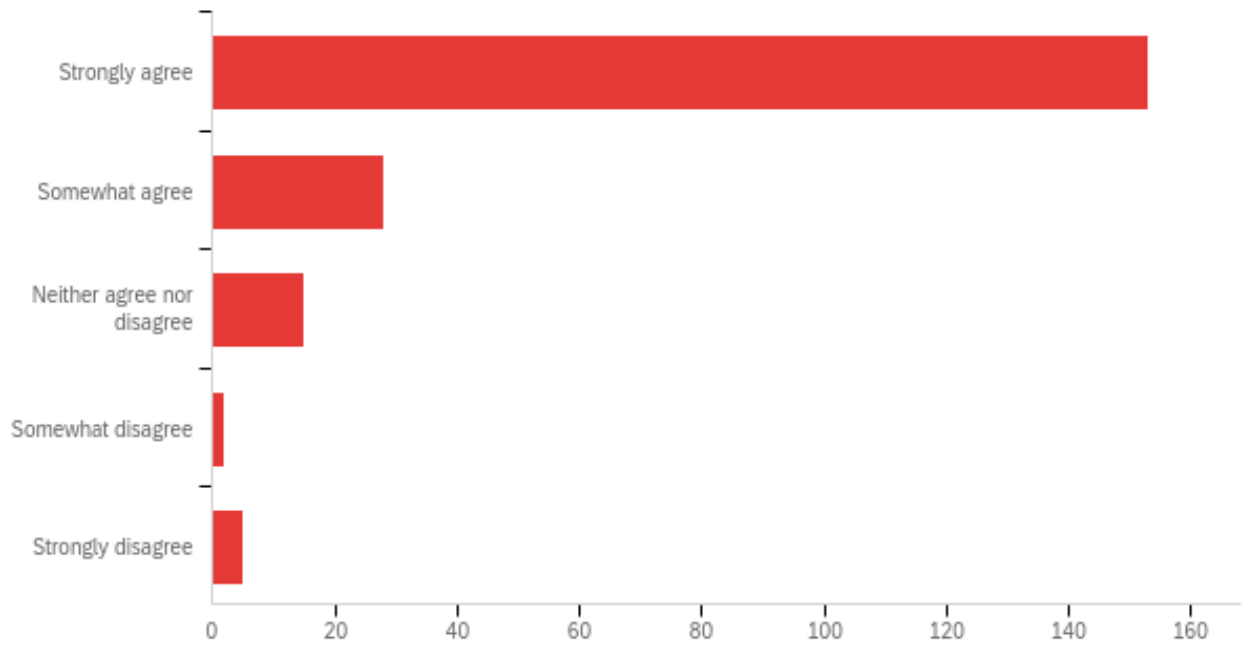
**opi7 - have designated quiet places for employees to use.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have designated quiet places for employees to use.*	1.00	5.00	1.28	0.69	0.48	203

#	Answer	%	Count
1	Strongly agree	82.27%	167
2	Somewhat agree	10.84%	22
3	Neither agree nor disagree	4.93%	10
4	Somewhat disagree	0.99%	2
5	Strongly disagree	0.99%	2
	Total	100%	203

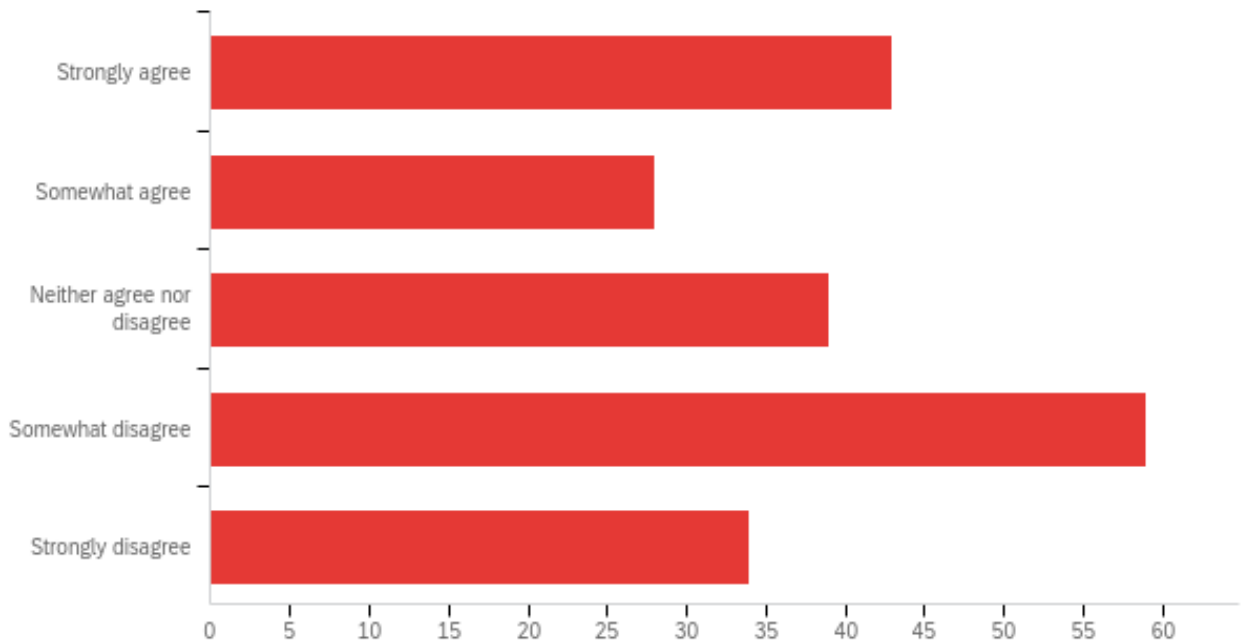
**opi8 - have sound sensitivity questions and considerations during ergonomic assessments.\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	have sound sensitivity questions and considerations during ergonomic assessments.*	1.00	5.00	1.41	0.86	0.75	203

#	Answer	%	Count
1	Strongly agree	75.37%	153
2	Somewhat agree	13.79%	28
3	Neither agree nor disagree	7.39%	15
4	Somewhat disagree	0.99%	2
5	Strongly disagree	2.46%	5
	Total	100%	203

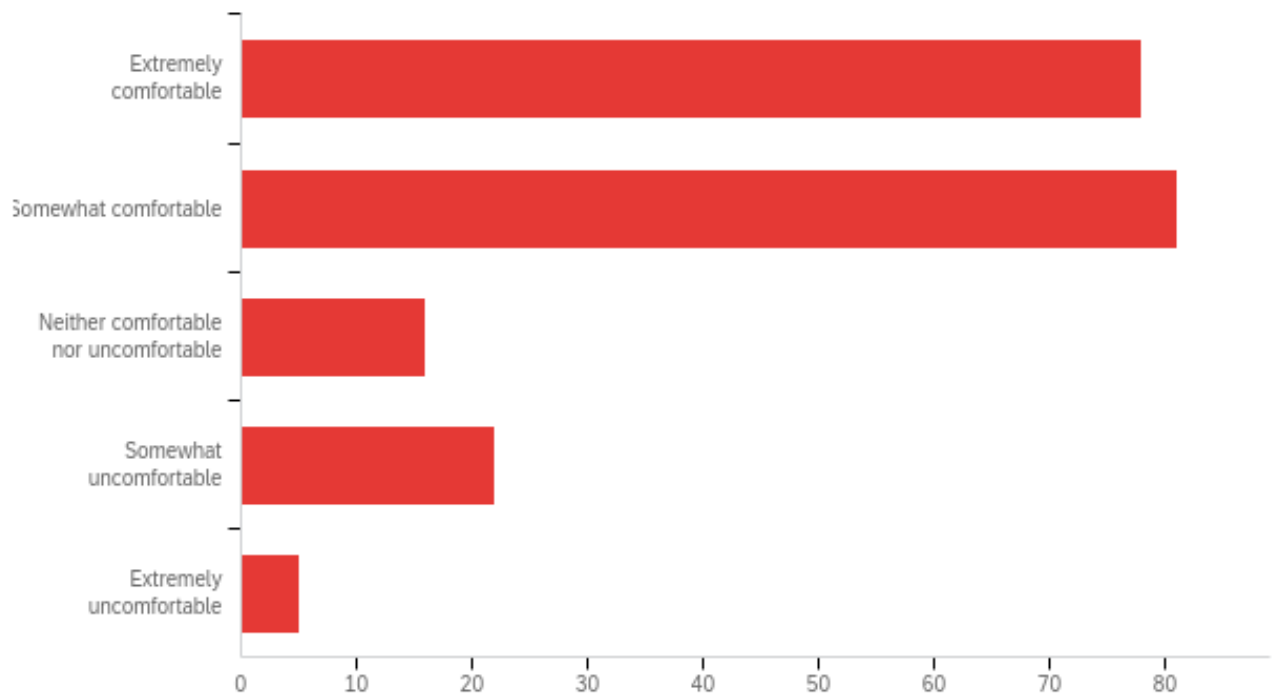
**opi9 - ban certain personal items from the workplace (e.g., long fake nails, dangling jewelry, analogue clocks).\***



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	ban certain personal items from the workplace (e.g., long fake nails, dangling jewelry, analogue clocks).*	1.00	5.00	3.06	1.39	1.94	203

#	Answer	%	Count
1	Strongly agree	21.18%	43
2	Somewhat agree	13.79%	28
3	Neither agree nor disagree	19.21%	39
4	Somewhat disagree	29.06%	59
5	Strongly disagree	16.75%	34
	Total	100%	203

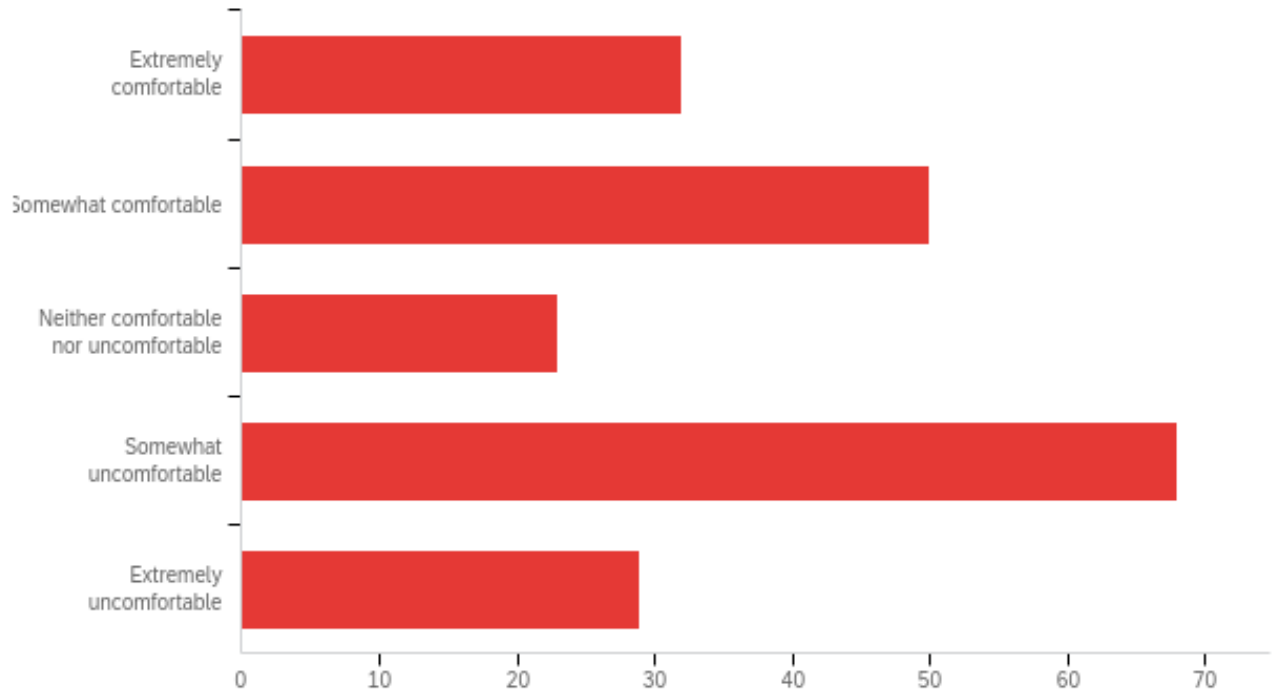
## Feelings1 - I would feel comfortable saying misophonia is a neurological condition.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would feel comfortable saying misophonia is a neurological condition.	1.00	5.00	1.99	1.06	1.12	202

#	Answer	%	Count
1	Extremely comfortable	38.61%	78
2	Somewhat comfortable	40.10%	81
3	Neither comfortable nor uncomfortable	7.92%	16
4	Somewhat uncomfortable	10.89%	22
5	Extremely uncomfortable	2.48%	5
	Total	100%	202

## Feelings2 - I would feel comfortable saying misophonia is a disability.

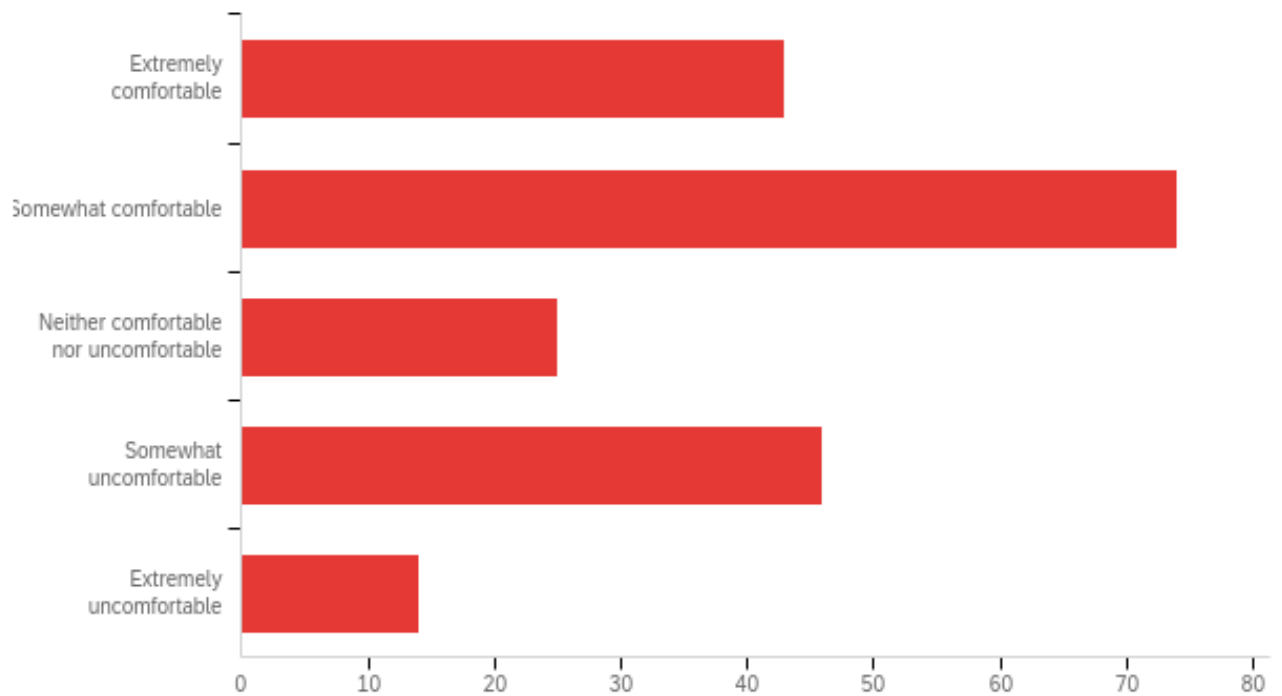


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would feel comfortable saying misophonia is a disability.	1.00	5.00	3.06	1.34	1.79	202

#	Answer	%	Count
1	Extremely comfortable	15.84%	32
2	Somewhat comfortable	24.75%	50
3	Neither comfortable nor uncomfortable	11.39%	23
4	Somewhat uncomfortable	33.66%	68
5	Extremely uncomfortable	14.36%	29
	Total	100%	202



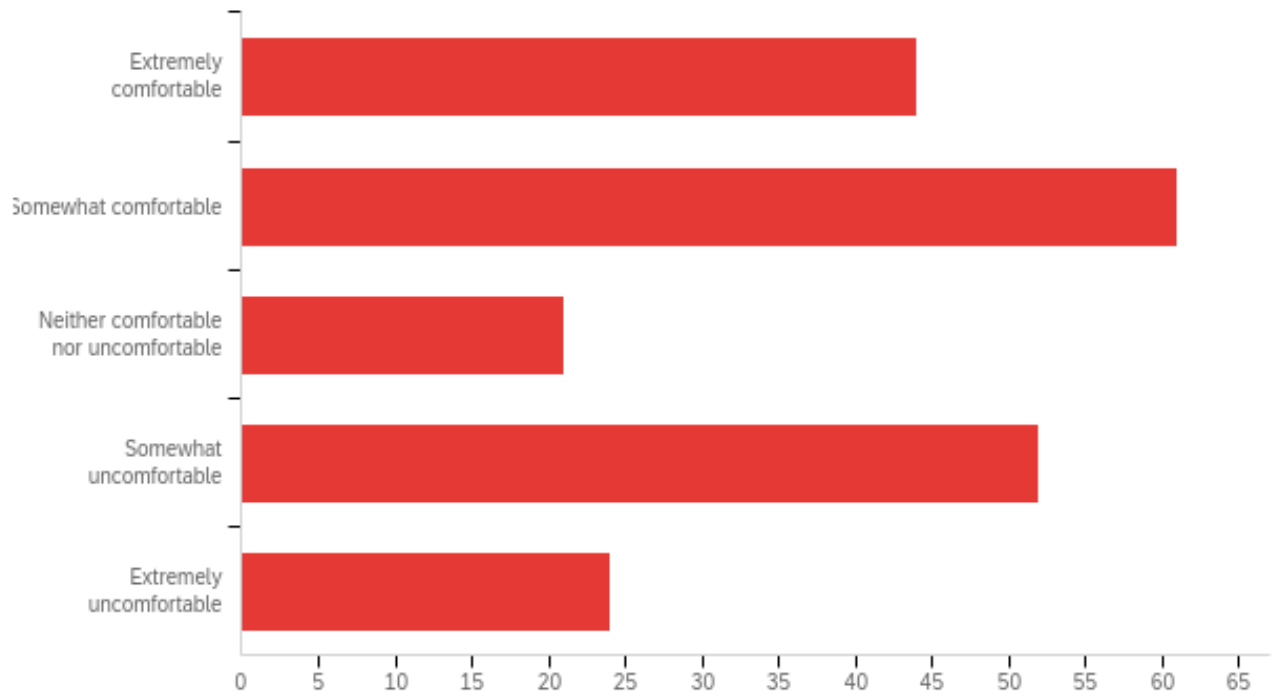
### Feelings3 - I would feel comfortable saying misophonia is an impairment.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would feel comfortable saying misophonia is an impairment.	1.00	5.00	2.57	1.24	1.54	202

#	Answer	%	Count
1	Extremely comfortable	21.29%	43
2	Somewhat comfortable	36.63%	74
3	Neither comfortable nor uncomfortable	12.38%	25
4	Somewhat uncomfortable	22.77%	46
5	Extremely uncomfortable	6.93%	14
	Total	100%	202

**Feelings4 - I would feel comfortable saying misophonia is a mental health condition.**



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I would feel comfortable saying misophonia is a mental health condition.	1.00	5.00	2.76	1.36	1.85	202

#	Answer	%	Count
1	Extremely comfortable	21.78%	44
2	Somewhat comfortable	30.20%	61
3	Neither comfortable nor uncomfortable	10.40%	21
4	Somewhat uncomfortable	25.74%	52
5	Extremely uncomfortable	11.88%	24
	Total	100%	202

## Feelings5 - If you would like, you can explain any or all of your choices from this set of questions.

If you would like, you can explain any or all of your choices from this set of questions.

---

This is a tough one, because I don't particularly care if people know. It's better that they do. If someone else starts the conversation, that'd fine, but I won't go out of my way to declare it, same with ADHD. These things are part of my experience but not necessarily part of my identity (though now that I say that I'll likely ponder it further).

---

I have an overwhelming sense that this is my problem and other people shouldn't make serious accommodations for me (with the exception of my husband tolerating a white noise machine/fan etc. in our bedroom, knowing sometimes I have to put headphones on/remove myself from the room, etc). This may be due to messages I received during childhood, but other than truly outrageous noisemaking, I really don't feel like HR policies should get into policing the noises people make during the day. What standards could possibly be used? To people without sound sensitivity, the things that regularly set off Misophonia sufferers would probably seem absolutely nuts. I worry that trying to get Misophonia recognized as a true impairment/disability might relegate it to the category currently occupied by things like fragrance bans for people with chemical sensitivity--difficult to enforce and easy for non-sufferers to think of as a joke. I worry it could undercut acceptance of Misophonia as a legitimate source of suffering, not because it isn't, but because HR policies in America are frequently opaque, unenforceable, and the source of confusion/derision/anger.

---

My responses are saying "yes" if directly asked these questions. Realistically I try my best to make sure no one knows, but that's probably not good

---

I don't feel disabled and I wouldn't use the word impaired, though I don't think it's too strong or inaccurate. I don't know enough to feel comfortable calling it neurological condition because I honestly don't know if that is true. I use the term 'mental health' condition/issue/problem, and typically tell people it is a part of larger anxiety problem I have, which I believe but don't know to be true.

---

I am who I am. I've had misophonia since I was 10 years old. I'm not ashamed but rather tired of explaining it to people and being told to just get over it. Like I'm doing it on purpose.

---

As noone I know personally knows what misophonia is I find it hard to discuss as I feel people think I'm just being 'difficult' or attention-seeking.

---

While my position is based out of New York City, my company has offices in Belfast and in North Macedonia. While the folks in Northern Ireland would be understanding, the folks in Macedonia are of Albanian and Macedonian descent. Misophonia would be dismissed as "not a real thing" Weaknesses of any kind are frowned upon. (As an aside, I also do not disclose other facets to my life. Example: there are no LBGQT+ protections in North Macedonia so disclosing my marriage is also an embargoed topic)

---

Unsure of what kind of condition it actually is. Regardless of the cause and categorisation I would be equally as comfortable calling it (as long as it was the right one/s)

---

My choices of "Neither comfortable nor uncomfortable" and "Somewhat comfortable" reflect my skepticism regarding the realistic likelihood of the other person's receptivity to the information in these statements (vs my comfort level as based on my confidence in the truth of those statements).

---

Not sure I'm comfortable saying it's a disability/impairment as it's not as severe as other recognised disabilities and not officially recognised. The other two options seem like they'd be more readily accepted by others and don't sound as severe.

---

I believe misophonia is a disorder or neurological condition, that the impact it can have can be disabling and negatively impact mental health

I don't feel like anyone would take me seriously

---

i feel misophonia is not a disability. it's a mental health condition, sure. i am desperate not to have it so that i can stop getting mad or stressed about things that feel like normal day to day things. but i don't consider myself disabled or really even impaired. from what i understand, it's an overactive amygdala, which just feels like everything is in working order, this part of my brain is just overactive. it is a hurdle, and it affects my mood greatly. it makes me feel like a burden and makes me feel very embarrassed and stuck up to ask someone to please chew with their mouth closed or drink some water before they continue speaking because their mouth is dry and is making that horrible saliva smacking sound. my mood is better working from home because of the pandemic, because i dont have to hear mouth noises.

---

I see misophonia as neurological rather than psychological. I don't think it is a mental health condition.

---

I want people to know about misophonia but I find it embarrassing to talk about. I wish I didn't have it and am fearful that people will think I'm just 'not trying hard enough to ignore it'.

---

It's all of the above. I suppose how it's presented would depend on the presentee.

---

As I have social anxiety too, I'd always be somewhat uncomfortable. However if someone else would properly explain misophonia I'd be very glad

---

I wouldn't feel comfortable referring to misophonia as a "disability" because of how the word is usually viewed. I think people would view it as me making it sound worse than it is.

---

I would explain misophonia in these ways but I would not divulge that I have it.

---

I am entirely uncomfortable having any sort of conversation about misophonia.

---

To me, it's more of a pet peeve rather than a full blown neurological disorder. Personally, I don't see misophonia as a "mental health condition", which usually refers to other problems such as depression, anxiety, etc. This may sound hypocritical, but at the same time I don't know how I would classify misophonia

---

If people ask, I would share. I'm worried about rejection, dismissal, and shame, not inquiry.

---

While I don't doubt it can be a disability for some, I would feel uncomfortable using that designation for myself.

---

I understand that some people's experience of misophonia is very extreme and can be debilitating, but mine just makes me unreasonably angry/stressed and I've gotten a decent hold on it in regards to how I react to those emotions, I wouldn't say that it is a disability or impairment in my experience.

---

I don't want it to be seen as disfiguring or something that is a weakness. It just is what it is.

---

I'm not sure I believe it to be a mental health condition. That implies that it can be cured, and I honestly don't believe it can be. I've taken anti-anxiety pills, and that's no help. To be fair, I haven't done much therapy, but I just can't imagine that therapy can fix it. I truly feel it's a wrong pathway or something in the brain. I'm happy to talk about it with anyone who asks me, however, I very much view it as my responsibility to solve or adapt to - no one else's. If my office didn't allow me to wear headphones, I would probably need to ask for accommodations. I'm so grateful to be working from home now.

---

I very much dislike talking about the subject with my colleagues.

---

I think that discussing mental health conditions unnecessarily seems attention grabbing when not pertinent. I also do not feel misophonia is a disability, as one can generally stop the aggravating stimulus by simply talking to people and saying it bothers them.

---

I don't feel entirely comfortable making statements about the medical status of misophonia as it is not part of the DSM. I am also not comfortable discussing my misophonia with co-workers, as this can cause personnel issues.

I think it's important to differentiate between neurological and psychological so that people don't assume you can just CBT your way out of it. Or try to come up with various reasons for why they think it developed. Disability feels like it discounts others with more severe health issues. I don't know that I would ever feel extremely comfortable talking about misophonia regardless!

---

I think explaining misophonia as a disability or a mental condition gives it more validity. People often retort "oh chewing with a mouth open bothers me too" and I have to explain that yes, it bothers you but your physical reaction isn't the same as someone with misophonia. It isn't just an annoyance to them.

---

While mental health conditions can be disabilities, and can be physical in origin, I have experience with medical sexism, including being sent to a psychologist instead of a rheumatologist for an autoimmune disorder, that make me wary. ME/CFS was "claimed" by psychologists, resulting in fiascos like the PACE trial that harmed patients. I have worries about poorly-managed desensitization therapy for misophonia becoming a standard that harms people.

---

I struggle with whether I should identify as having a disability because misophonia sometimes holds me back but it's very context-dependent. In school, I felt that I needed accommodations, but in university, I decided not to go through the process because there was already so much flexibility.

---

Mental health conditions still carry too strong of a negative association.

---

I guess because it is overlap, with having been an acoustic triggered epileptic. I mean, I used to get so irritated by the sound of chewing, or even to this day the sound of a crinkling chip bag! I usually had my children listen to their movies and songs on earphones so it was quiet at home. I kept a stock of back up headsets and earbuds for when they wore out. Or the sound of someone sniffing. Occasionally the sound of someone chewing and smacking. But also the music triggering, crowds triggering, remembering that, or echoing sound. So, it doesn't strike me as a mental health condition, and it is just private. I'm still a little surprised when I unclench enough that I find myself in a social setting sharing such private stuff.

---

I work with scientists- many of whom are non-emotional creatures. If I disclose my misophonia to them, I try to keep it succinct. Telling them that misophonia is a neurological condition helps shift the responsibility of my reactions into something that helps them understand that I can't help it. (Although I believe it is a combination of behavioral conditioning and neurological issues). One of the more difficult parts of telling them that I have this is that I usually disclose it at a time when I'm being triggered and I'm asking them to stop what they're doing. The response is always an apology, which adds to the shame we feel, because an apology forces us to take responsibility for our reaction.

---

I don't feel anyone cares or believes me unless it is a doctor/therapist or unless someone witnesses me lose my mind after I have been suffering

---

I'm imagining that they are asking me about it because I have it, and not because it randomly came up somehow. I do work for a healthcare company, so if someone were to hear the term and randomly ask me if I ever heard of it, or what it was, I would probably lie and pretend I didn't know to avoid admitting that this is something that I suffer from. I want to avoid talking about it at all costs and pretend that I'm normal.

---

I believe that Misophonia is a mental health condition because when I am triggered it makes me feel crazy.

---

I think that for me personally I view it as more of an impairment than a disability. However, after talking to other misophones, I believe that is because I have a more moderate experience of misophonia and I am better able to manage it through accommodations that I can be responsible for with little adjustment from others. I stray away from calling it a mental health condition though I do think comorbidity is common among misophones, I view my mental health struggles as have misophonia as a contributing factor, but not being the mental health struggle itself.

I don't believe misophonia is a mental health problem, as I believe it stems from physical sources. I played in a very loud rock band for years, and I early in my youth I preferred my music volume very high. The result is 24/7 tinnitus, which in order to survive, I have had to learn to ignore. Just like the multiple "floaters" in my eyes, I have had to choose to ignore those too, or else go nuts obsessing over them. My theory is that certain aural frequencies are enhanced due to my tinnitus. The ringing in my ears act as a filter to augment the certain sounds and their frequencies which trigger my misophonia. At least, that's what I believe. So, its not mental for me, its physical. Why specific sounds annoy me so much, might be a mental symptom, but not the sole cause.

I feel that my misophonia is something beyond my control and, having read the research, has been demonstrated to be a neurological condition where sufferers exhibit differences in their neurological functions when compared to 'healthy' individuals so I feel comfortable saying it is a neurological condition. As it affects everything I do (sleeping, eating, working, relaxing, leisure activities and every relationship I have), I am very comfortable saying misophonia is a disability. I am completely unable to have a normal life. I am uncomfortable saying misophonia is a mental health condition as I do not believe this to be entirely true - I think it is definitely exacerbated when I am stressed/anxious/depressed but I do not think the root cause is a mental health one. I am also reluctant to tell people at work that it is a mental health condition or an impairment as my experience has been that people will use these terms to keep from being involved with important tasks or opportunities due to the idea that you cannot cope. These are things you will often not even hear about and are decisions generally made behind your back. I have been told often that I should leave my career choice/job because someone with misophonia presents too many issues to actually be able to do the job.

to me mental health doesn't fit, because I am an extremely happy person..bur man if someone starts popping gum, look out! My brain simply cannot take it

I would never describe myself as disabled or having mental health trouble. I tell people it's a neurodivergency where certain sounds trigger my fight or flight impulse.

It would depend on if the person is judgemental and would use the information against me.

I would be comfortable talking about this condition, but not comfortable about ME having this condition

I think of it as purely a neurological condition. I do not feel disabled or that it is a mental health condition. These are the labels that stigmatize it for me and keep it from feeling like a medical issue.

I don't like to think of it as a disability and I don't want to be thought of as disabled. I want to be able to deal with it in a way that this isn't necessary.

No understanding

I really do not think people understand mental health issues and some think you should be able to control your emotions.

If misophonia were more "main stream" (i.e., more people were aware of what it is), I would feel comfortable saying misophonia is whatever it results to me. As it is now, people will only label you as "picky" or "intolerant" or "need to get over it" because of the misunderstanding of misophonia.

Misophonia is not a mental impairment but crossing of the hard wiring between hearing and PTSD part of the brain most often brought on during a stressful time during puberty. Trauma is a factor. No cure. Handling reactions and anticipating and avoiding are helpful actions.

Saying you have an impairment sounds like a death sentence to prospective employers. Realistically they are not as willing to hire someone who is going to whine about sounds versus someone who is "normal". So I have an aversion to calling it a disability, or impairment, or mental health condition because of the stigma associated with it. My spouse is one who mocks misophonia, is just the type of person I fear working for who has no sympathy or empathy for someone like me, and my whiney baby symptoms that to him sound fake and dramatic. Because I am physically able to work, I would find it extremely difficult to be considered

disabled, due to the fact I hate sounds that others find normal. I would feel extremely guilty as if I was mocking the system set up to help others who are actually disabled such as one who is visually impaired or has an actual physical disability as in uses a wheelchair or something. I would rather it not be classified as a disability or impairment, but rather something that can be cured or fixed. I hate to hate sounds, like my children's loud giggles, or my dog licking its paws, or a microwave beeping.

---

It is difficult to explain the condition to someone who hasn't experienced it. Since they can't relate, they seem to not take me seriously which is embarrassing. As a female, it is yet another barrier in a male-dominated industry where it will make me appear weaker. I have only brought up with close members of my team and only when it became unbearable not to.

---

I would feel extremely uncomfortable talking about it regardless, but I think I would experience the least discomfort referring to it as a neurological condition. Still, I would be extremely uncomfortable. I also don't agree that misophonia is necessarily a disability, and I definitely do not believe it is a mental health condition. Misophonia also occurs on a severity scale, which I think makes it difficult to classify.

---

This is very recent, because so little information was available before, but I feel that I have enough supportive evidence from professionals who can attest that misophonia is a disability and that I can ask for what I need with confidence.

---

Quiet areas are very difficult for me. The more quiet it is, the more human-made sounds I can hear. I prefer places with music and people talking. Though misophonia isn't in the DSM, I consider it more inline with mental illness/disorder than disability/impairment. I think it is beyond mental health.

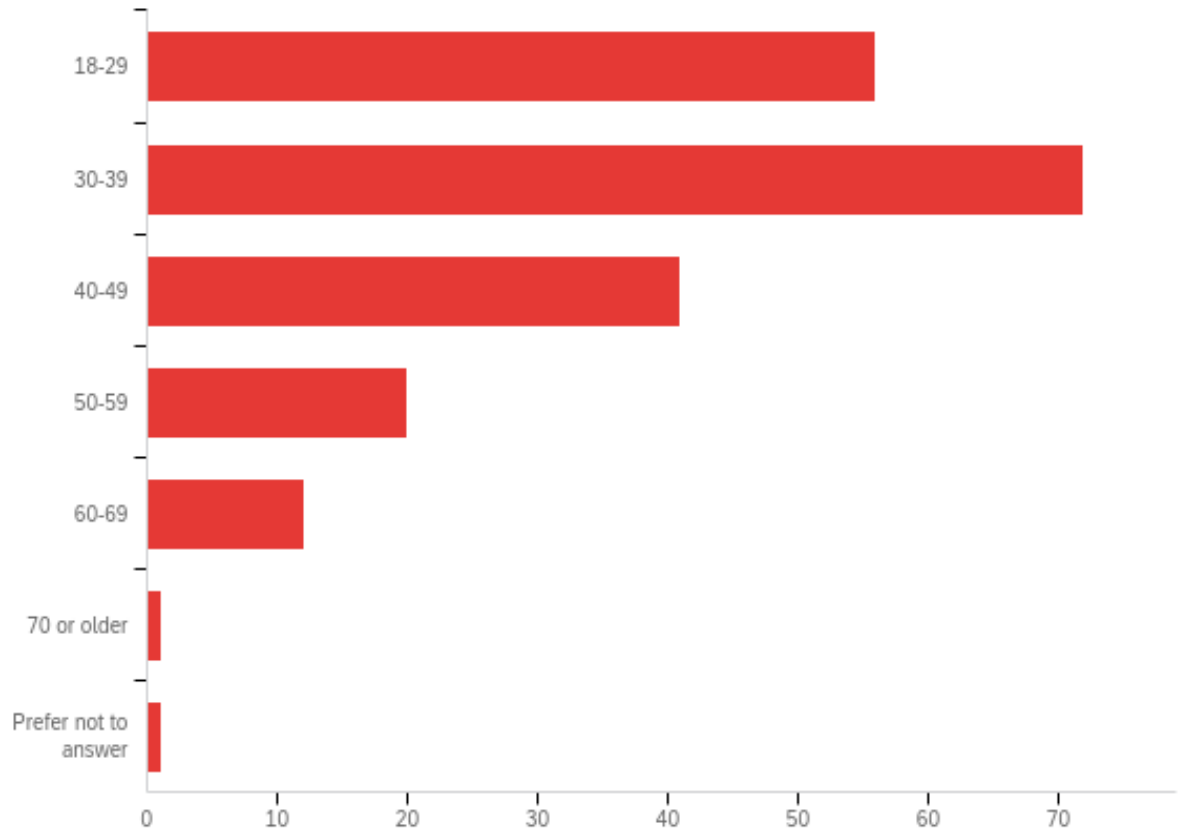
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I would feel comfortable saying that misophonia is a neurological condition, since that's true and sounds valid. The term "neurological condition" is neutral, since it's just a fact, like dyslexia or another condition. If a co-worker didn't believe me, I would "google" the term "misophonia" on my computer to show them what I'm talking about.

---

Neurological condition sounds too serious. Disability is accurate, but people are made uncomfortable when that word comes up. Same with mental health conditions, but I have a lot of personal experience talking about mental health issues so feel more comfortable with that. Impairment has a disparaging vibe to me (as if it's saying a person is broken, rather than having a difference that needs to be accommodated).

## DemoYears - How old are you? (Years)\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How old are you? (Years)*	1.00	7.00	2.34	1.22	1.49	203

#	Answer	%	Count
1	18-29	27.59%	56
2	30-39	35.47%	72
3	40-49	20.20%	41
4	50-59	9.85%	20
5	60-69	5.91%	12
6	70 or older	0.49%	1
7	Prefer not to answer	0.49%	1

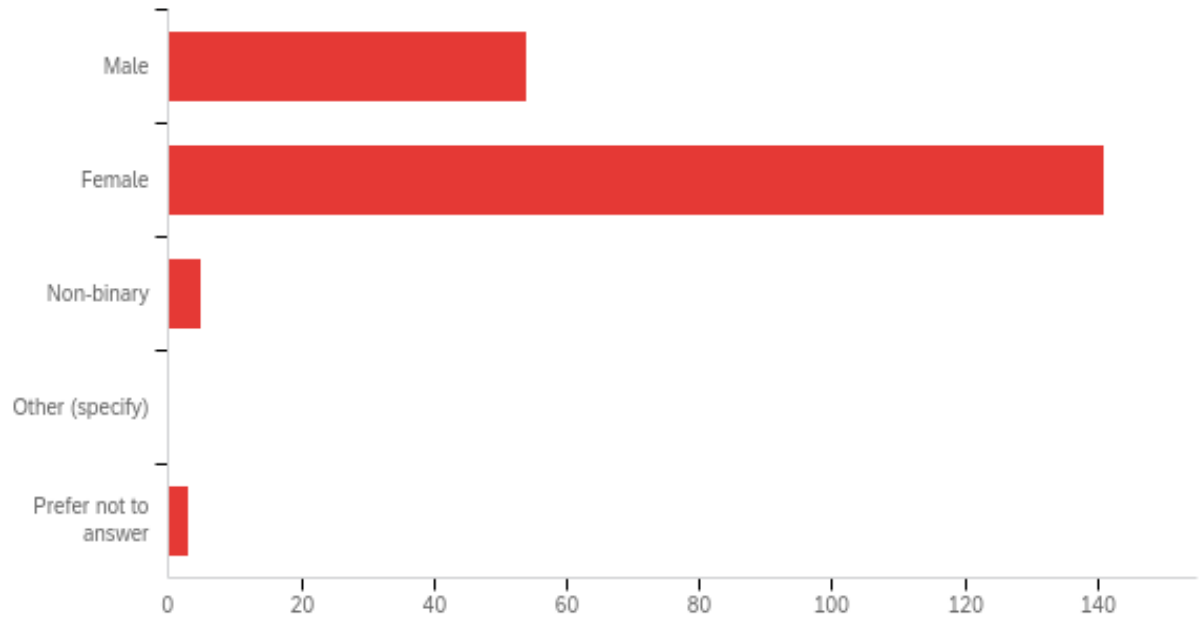


Total

100%

203

## DemoGender - What gender do you identify as?\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What gender do you identify as?* - Selected Choice	1.00	5.00	1.80	0.62	0.38	203

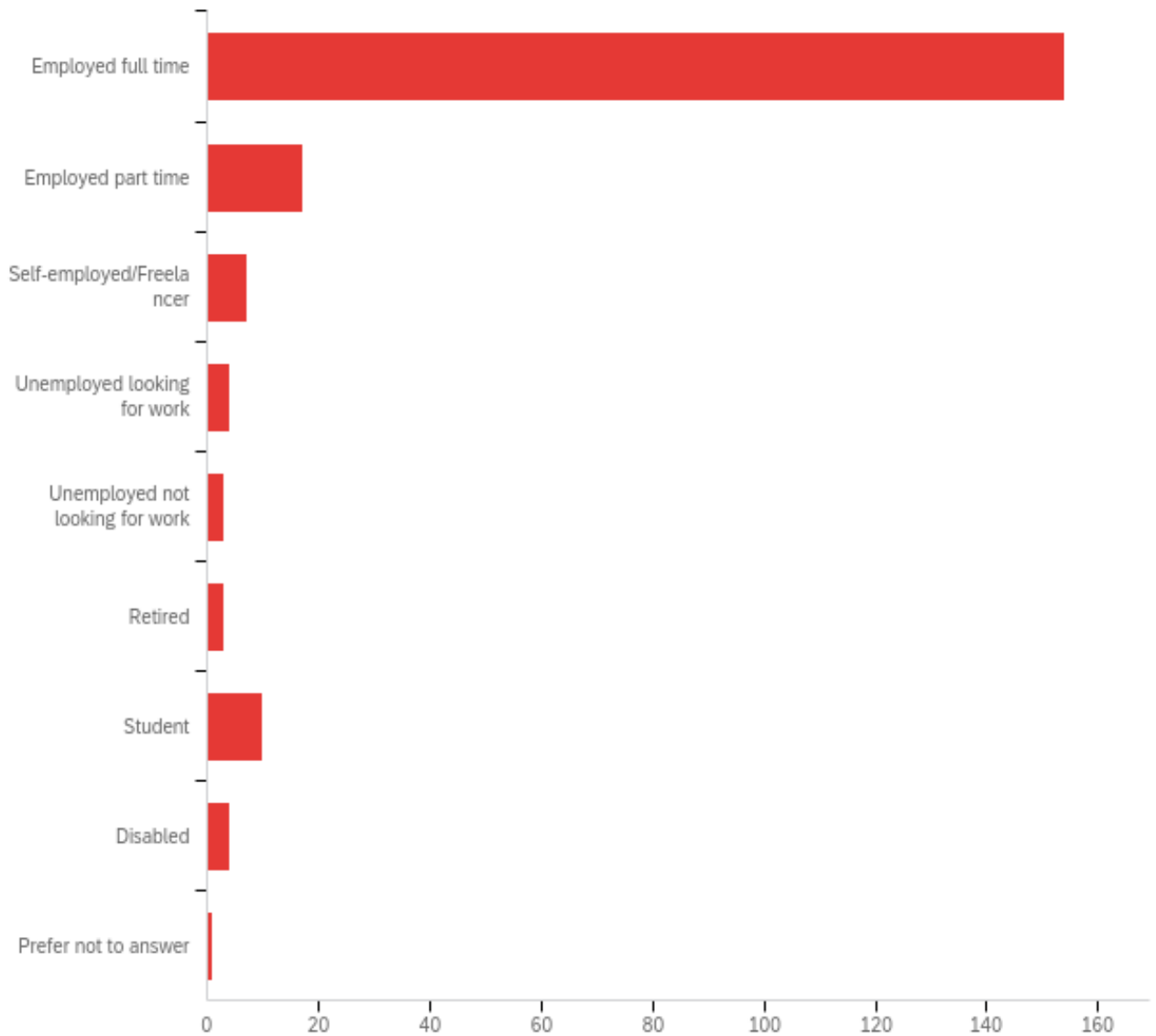
#	Answer	%	Count
1	Male	26.60%	54
2	Female	69.46%	141
3	Non-binary	2.46%	5
4	Other (specify)	0.00%	0
5	Prefer not to answer	1.48%	3
	Total	100%	203

DemoGender\_4\_TEXT - Other (specify)

Other (specify) - Text



## DemoEmplyStatus - Which one of the following best describes your current employment status?\*



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Which one of the following best describes your current employment status?*	1.00	9.00	1.82	1.84	3.39	203

#	Answer	%	Count
1	Employed full time	75.86%	154
2	Employed part time	8.37%	17
3	Self-employed/Freelancer	3.45%	7
4	Unemployed looking for work	1.97%	4
5	Unemployed not looking for work	1.48%	3
6	Retired	1.48%	3
7	Student	4.93%	10
8	Disabled	1.97%	4
9	Prefer not to answer	0.49%	1
	Total	100%	203

**comments - Optional: If there is anything you feel was not mentioned or that you would like to elaborate on, please use this space to do so.**

Optional: If there is anything you feel was not mentioned or that you would like to elaborate on, please use this space to do so.

---

I just wish misophonia was more recognized and accepted—especially among mental health professionals.

---

It's only in the last few years that I thought to look up why I might hate pen clicking and learned the term misophonia. Realizing there was a simple explanation for the rage (not "just broken") made me dive into the other things I've always known were different about myself but told myself to just deal with. Four months ago I finally got diagnosed with ADHD, which I knew in my heart all along but felt like an imposter, and more recently I've started to realize pen clicking rage might be part of a larger sensory sensitivity. I don't know this study's details but I think it's enormously important to identify commonalities that might validate people's inner experiences. I don't know what you plan to do with these text boxes but even if they don't get read or used for anything, I feel like this is the first time anyone has ever asked me these questions, and I didn't expect to find therapy in a questionnaire. Thanks for your hard work!

---

Down with open-plan offices! Why does anybody think this is a good idea?! Also, bless Amtrak for the Quiet Car--more public services/spaces should have this, ideally! Thanks for doing this study!

---

Cellophane and most plastic packaging containing food. The sound immediately ratchets my stress, anger, anxiety that is then compounded by the following bites, chews, sashes, and other mouth noises.

---

I am currently a student at ASU and I feel my answers and desires go hand-in-hand in terms of attending classes. I fear to go back to in-person learning because of my misophonia. I wish to have options to do ASU sync or i-courses without having to pay extra to be "online", which adds up to be \$1,000 extra per semester which I cannot afford. It also greatly impacts my learning abilities to attend in-person and I feel more comfortable at home.

---

No one else in my family had misophonia. It's a lonely disability with very little understanding. When I told my mom about it she decided to taunt me with noises when I was younger to upset me even more. Those trigger sounds cause unbelievable fits of anxiety and rage. She still does it and I'm 38 years old.

---

Thank you for this survey. This survey has also provided me treatment options/mitigation strategies I had not considered before.

---

By "Disabled" I have been retired on medical disability since 2012 due to chronic illness affecting my mind & body's ability to regulate energy levels and reactivity to/tolerance for/resilience to excessive environmental stimuli outside of my control. Should there come a time when the misophonia component were to be successfully accommodated without stigma in the workplace, I truly believe it would pay dividends towards my ability (and many others') to return to work in at least a part-time capacity. Thank you for conducting this research!!!!

---

I just quit my FT job where I in IT for 10 years for a FT remote position doing the same thing. I never realized how much I enjoyed working from home, this is the best thing for me that came out of COVID

---

Repetitive words or certain types of laughs, sneezes, coughs and voices in general disturb me.

---

There are a lot of noises on video calls that are triggering: Someone being on a call/video call when they're outside. People not being on mute and putting on their headset/adjusting their headset. Poor quality connections. Heavy breathing.

---

I would feel more comfortable talking to my employer about my misophonia if I had a professional diagnosis. However, I don't know where to go to get that in my area.

Misokinesia: triggered by sights. Specifically open toe shoes and moving graphics on screens. Ultra distressing and often seen. Once I had where I could see a giant display of company adverts on loop in the foyer, I couldn't concentrate at all. Neighbours when working from home: I can hear neighbours when I work from home. The dead quiet home office means I hear every sound around the apartment, so I end up with headphones on anyway even when home.

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Why is this happening to us.....

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Thank you for giving me a space to share. I'm absolutely miserable at my current job.

---

One area of interest is whether employers should provide for ways to address misophonia with colleagues: i.e. how to say to your neighbour "please stop chewing with your mouth open" without sounding like a irritable fool.

---

Aside from just the sounds that bother me, the associated visuals with those sounds also become just as frustrating. For example, if I see someone's jaw moving and I know it's from them chewing gum, the visual of that will frustrate me just as much even if I can't actually hear the sound of chewing.

---

I started going to therapy after having suicidal thoughts that were caused by a period of high stress at my job. During that stressful time, my misophonia got WAY more intense and consequently I have spent a lot of time in therapy talking about my triggers. I was hoping that therapy could cure my misophonia, but my therapist does not think that is possible. Instead, we work on coping strategies that I can employ (subtly) at work and at keeping my stress levels down in general, since the misophonia gets worse when I am stressed. Working from home has been such a gift, since I have so much more control over my environment (although Zoom calls present their own challenges.) Post-pandemic, if my job requires me to come into the office every day I will 100% look for a new position that allows at least some remote work.

---

I think visual triggers are important to consider as well in an office. Certain repetitive behaviors that can be seen (eg shaking a foot rapidly even if soundlessly) are on par with auditory triggers in terms of distress.

---

Thanks for taking the time to raise awareness about this! The options didn't specify, but I'm 24M in Canada (if that helps). Stay safe, and cheers

---

Ask about how comfortable we are bringing it up wwith family, friends (close and not close), and in relationships.

---

I just want to explain the portion of the office policies. We don't really have a hard set policy book or anything, I work for a very small company with 7 people. There isn't a huge need for a set of policies like that, if I ever needed something I would just go talk to one of my two bosses about it and they are very understanding people.

---

No this was one of the better surveys I've taken part in. Thank you.

---

Thanks for doing this research!!! Long have I wanted more people to understand misophonia, and research will help that cause.

---

My misophonia is also occasionally triggered by visual stimuli that can occur in a workplace. Someone bouncing their leg or foot triggers actual rage, which is then compounded by the same I feel about being triggered by something someone has every right to do (whereas talking with your mouth full or slurping is just bad manners).

---

I also suffer from tinnitus, which limits my ability to use ear plugs, and is likely exasurbaated by my excessive use of headphones. This office worker-focused survey gives me hope. I have suffered with misophonia for over 30 years, and have taken countless surveys since the condition started to gain recognition. This is the first survey I have taken that has asked questions that directly relate to the way I experience misophonia. Working in a shared office setting is extremely stressful. It's nice to see this recognized.

---

Thank you for bringing more light to this condition!!

---

Working from home works for me. What doesn't work for me is having my partner, who usually works in an office, working from home too. The halfalogues from his conference calls are getting on my nerves and I have to avoid the eating areas during the day. One of the things

that is best about working from home is lacking the stress of anticipating trigger sounds. Pre-pandemic, I had a block of time without this stress. Even my inconsiderate, ableist colleagues could be muted. Now there is no respite.

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For a while Sunchips had this bag made out of recycled material that was HORRIBLE! The sound it made.

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Thanks for doing this research

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Thank you for doing this study. It feels good knowing people are considering this a real condition and problem.

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Are there any cures for Misophonia?

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When will misophonia be recognized by the AMA and other members of the medical community? It's not easy managing this condition in my life. It drives my wife crazy because she's afraid everything she does will trigger a response from me, and she doesn't understand the condition. It's so foreign to her imagination. It's very difficult to eat in the same room with her because she mashes the food in her mouth instead of chewing it, and that produces lots of squishy sounds that trigger my misophonia. My condition runs in my family. My niece, who's not with us any more, also couldn't stand sounds from around a table where people were eating. It drove her nuts. She had other triggers as well, tapping, clocks, you name it. It's time this condition got greater national attention. I can't wait to hear what all the critiques and armchair saints out there will start saying about us!

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Whistling/humming while at work should not be allowed

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From my experience people rarely know about misophonia or can even understand it once told about it. It is often trivialised or seen as a defect for which someone should be excluded/avoided, even for people who would otherwise be very sympathetic about mental health conditions. Your survey asks about equipment, flexibility, etc., but does not really ask about whether there is even a person at work who could deal with this issue. Where I work there is no one I can go to to ask for any kind of allowances or help with these problems. Often there is also no solution so there is very little point in asking.

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Thanks for the effort trying to understand misophonia

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This is a very real condition, I have had it for 40+ years now, and it definitely made me NOT take certain career paths..I ended up as a nanny so I wouldn't have to listen to office triggers/people triggers.

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It is a true disability that is so embarrassing. Many people can not understand my condition. They laugh at me usually or ignore my request not to chew gum. I have high anxiety of having a trigger response and not being able to escape it. I feel teachers need to be taught this as well. Some teachers snap gum in their classrooms!!!! How horrible!

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My work environment as university faculty is such that even in non-pandemic times I only really have to be on campus for my classes, my office hours, and department meetings. Otherwise I was already free to work from wherever, whenever. We all have private offices and really only share spaces during meetings.

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I have been able to tolerate working in an office with 3 other people because I have learned to put on my headphones as soon as I arrive (not waiting until I am triggered). I choose "office music" that has a fairly constant volume level so that I can still hear what I need to hear (phone ringing, people talking to me) and still block out most trigger sounds. I have to leave the office when the housekeeper comes through--rolling cart with loud wheels, banging the trash cans, shaking out the plastic trash bags... You didn't ask, but going to ANY store is the most stressful part of my week because of the mandatory horrible music. Headphones and iPod allow me to get groceries!

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I was seeing a psychologist and brought up Misophonia. She had never heard of it, turned to her computer to look it up then said about the only thing she could do was put me in a room with my triggers and get me used to them.....NOT. That was the end of that conversation.



I feel that workplaces would be more receptive at accommodations if the medical community recognized the severity of this "condition" and provided the same documentation as if a person had a hearing loss or blindness.

Misophonia needs to be designated as a disability with protections. Working with misophonia is extremely difficult.

Misophonia should be included in the DSM!!!

More triggers: flip flops, whistling

Thank you for studying misophonia. It controls my life and I hope one day there will be a resolution.

There are so many sounds I find offensive in the workplace. The loud hand dryers and excessively loud toilet flushing. My one co-worker hums a tune all day, every day, maddening. My manager knocks on your desk when he would like to have a word with you. The loud talkers, the loud button pushers, those who slam their desk drawers, rock in their chairs, usually the squeaky chairs. Those who suck their tongues, the small talk amongst people, hearing the loud whispers. One person will eat an entire bag of baby carrots EVERY DAY. CARROTS! Chomp, chomp, chomp. One thing that irritates me to no end would be the different sounds people have on the phone versus off the phone. Those fake voices drive me insane. When someone talks with a mouth full of spit, or with food in their mouth, I want to vomit, it is so repulsive to me. It wasn't mentioned, but I have actually cried at work, silently to myself because I couldn't escape the sounds, and it become overwhelming to me. I cried. How unhealthy is that, to cry from feeling so stuck and miserable because of SOUNDS? So thank you for researching this, and taking it seriously. I very much appreciate your efforts.

Listening to coworkers eat/slurp/sniff/clear their throats at staff meetings is by far the biggest trigger for me at work

I'm also very affected by my own noises. Not just other people's. There are a few other triggers I'm also forgetting to mention.

I am a visible minority

I feel that there is a significant productivity cost to working in an environment where misophonia triggers are uncontrolled. I hope for the day when it doesn't feel like a secret affliction that causes shame.

Based off one of the last questions, it would be interesting to see how people who have misophonia view it. For example, I just told you I don't believe it is a mental health condition, while I'm sure others do. It would be interesting to see this debate and how others who have it view it.

Repetitive motion like fidgets, chewing fingers/hands/arms, etc

Talking and conversation in the workplace is a huge trigger. Mouth sounds and s sounds carry in the office and are piercing and painfully distracting

Stealth Solutions, such as: Sneaking around the office and secretly replacing the click pens with stick pens. Certainly passive-aggressive, but I've done it many times and nobody has noticed ever.

I get stressed at certain TV commercials that have repetitive sounds. TV is as bad as real life scenarios.

I'm so glad that this issue is being examined. Work-place conditions are so important. If misophonics can't be accommodated at their jobs, it impairs their ability to make a living!

1. This survey was really long, and that might select against the population with severe symptoms. Took me 30 min maybe. Maybe you mentioned that in the intro I missed, but if I'd known I had to think about my misophonia this long, I would never have participated in it. 2. Most people I know (even the ones who have misophonia) think misophonia is about chewing sounds. It's not clear from the poster.

I am currently on Disability. Last employer removed me from my private office to open area after I requested a small change in job duties due to Misophonia. Not only was I denied the request,( I was told by HR that AZ is a "right to work" state and if I couldn't do what was on my job description, then I would have no job) Immediately I was retaliated against by my supervisor and my office was taken away from me. I was put in the open office where my condition got steadily worse.

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Earphones or quiet spaces at work are key. I don't necessarily want to work from home. But all open office is a little extreme as well. Maybe a middle ground ?