## Understanding Consumer Sentiment Toward Hearing Health

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## Background \& methodology

While Singapore is a leading market in ASEAN for Cochlear implants, penetration is very low, estimated at $1 \%$.

Cochlear commissioned consumer research, to get a better understanding of general awareness of screening for hearing health generally, and devices such as Cochlear specifically.


Fieldwork

Online questionnaire
10-minute length
$\mathrm{N}=1,000$ interviews

Fieldwork:
December 2022January 2023

Singapore
Male/female

Aged 35+

## Executive Summary

## Key takeaways: The current state of hearing health

- 9 in 10 respondents believe that maintaining hearing health either is very or extremely important to the quality of their life. Over half of the survey respondents (57\%) are extremely/very concerned with their hearing health, currently. Men are relatively more concerned than women ( $60 \%$ extremely/very concerned vs $53 \%$ ).
- 7 out of 10 survey respondents do not currently experience hearing difficulty, and younger respondents are more likely to give themselves a clean bill of hearing health. Of those who have experiences some hearing difficulties, slightly less than a quarter (24\%) have been in treatment or are currently seeking treatment. 30\% are not actively looking for treatment and $11 \%$ do not intend to get treated.
- Only $23 \%$ of respondents have had a hearing test in the last 3 years and $27 \%$ disagreed with the statement ${ }^{\prime}$ have received good info and education from my GP on hearing health'. This suggests a current blind-spot and potential opportunity for Cochlear in Singapore to play a more active role in promoting hearing health.


## Key takeaways: Cost of treatment

- For those with hearing difficulties, they are most likely to discuss this with family members (32\%) than with a doctor specializing in hearing issues (29\%) or even their family doctor (23\%).
- $49 \%$ of those with hearing difficulties avoid treatment because they believe they can't afford it. At the same, almost one third do not know where they should go for help. Lower Monthly Household Income respondents are least likely to seek treatment. They don't want to spend money to see the doctor for what they think is something that's manageable.
- This leads to people dealing with hearing difficulties effectively suffering in silence. Emotional and rational barriers to seeking treatment can be lowered by Cochlear promoting the benefits of early testing, and the benefits of seeking treatment.


## Key takeaways: ‘Positive denial’ of problems

- Reasons for not seeking treatment, amongst those who have untreated hearing problems is an emotional barrier - people thinking that because their hearing problems are not consistent or severe, they do not have to see a doctor. This type of 'positive denial' is common in Singapore and SE-Asia and is typically linked to fears that medical treatments cost money and/or limit the ability to be employed.
- Amongst the total base of respondents, the Top 2 reasons that would make someone more likely to seek treatment for hearing difficulties was if it helped them to stay in the workforce longer, or if it would cause them to be less of a burden for their family.
- Considering that most respondents are currently employed, promoting hearing health awareness through corporate wellness schemes could be a route for Cochlear to consider.


## Detailed Findings

## Attitudes to Hearing Health

## Importance of maintaining hearing health



Extremely important


Very important


Somewhat important


Not
important

- 9 in 10 respondents believe that maintaining hearing health either is very or extremely important to the quality of their life
- Older respondents were most likely to believe maintaining hearing health is 'extremely important' (45\% of those aged 65+, compared with $40 \%$ of those aged 35-44)
- $10 \%$ of respondents said it was somewhat important; highest amongst those who are single (14\%) and those with a Monthly Household Income of less than SG\$3,000 (16\%)


## Hearing health concerns

| $21 \%$ | $36 \%$ | $26 \%$ | $14 \%$ | $3 \%$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Extremely |  |  |  |  |
| concerned | Very <br> concerned | Somewhat <br> concerned | Not very <br> concerned | Not at all <br> concerned |

A2: How concerned are you currently about your hearing health?

- Over half of the survey respondents (57\%) are extremely/very concerned with their hearing health, currently
- Men are relatively more concerned than women (60\% extremely/very concerned vs 53\%)
- Top 2 Box concern levels decreases as age increases

| - $35-44$ | $61 \%$ |
| :--- | :--- |
| - $45-54$ | $59 \%$ |
| - $55+$ | $46 \%$ |

- 45-54 59\% 46\%


## Attitudes to hearing health

Hearing difficulties would reduce my effectiveness at work

Hearing difficulties would hurt my ability to remain employed
Untreated hearing loss can lead to feelings of social isolation

Treating hearing loss factors in lowering risk for dementia in later life

Women are more likely to experience hearing loss

Singapore MOH provides funding to support purchase of hearing devices

A build-up of ear wax can cause hearing loss
I have received good info and education from my GP on hearing health

Hearing loss is inevitable as you get older and should just be accepted
Mild hearing loss doesn't affect a person's life or daily functioning
$■$ Strongly disagree $\square$ Disagree $\square$ Neutral $\square$ Agree $■$ Strongly agree


## Attitudes to hearing health

Hearing difficulties would reduce my effectiveness at work
Hearing difficulties would hurt my ability to remain employed
Untreated hearing loss can lead to feelings of social isolation
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Abuild-up of ear wax can cause hearing loss
have received good info and education from my CP on hearing health
Hearing loss is inevitable as you get older and should just be accepted
Mild hearing loss doesn't affect a person's life or daily functioning

- Strongly disagree $■$ Disagree $=$ Neutral $■$ Agree $■$ Strongly agree

- Survey respondents are in strongest agreement that hearing difficulties would impact their livelihood
- This was true across all age groups, but particularly so for those aged 55 and above
- Over a quarter of respondents (27\%) disagreed with the statement 'I have received good info and education from my GP on hearing health'
- This suggests a current blind-spot and potential opportunity for health care professionals in Singapore to play a more active role in promoting hearing health
- Worryingly, $41 \%$ believe that 'Hearing loss is inevitable as you get older and should just be accepted'


## Medical tests recently undertaken



- Unsurprisingly, vaccinations top of the list of medical tests undertaken in the last 3 years
- Having a hearing test during a GP check-up ranks $5^{\text {th }}$ on the list, but equates to less than a quarter ( $23 \%$ ) of survey respondents, less than half the number who had a vision test in the same time period
- This figure was even lower for:
- Women (19\%)
- People aged 55+ (15\%)
- Single people (14\%)
- People with MHI of less than SG\$3K, (17\%)

A6: Which, if any, of the following have you had in the past 3 years? Please select all that apply.

## Likelihood of getting a hearing check-up



- Over two-thirds of survey respondents would be very or extremely likely to get a hearing check-up
- Men (72\%) are significantly more likely than women (64\%), but no significant differences in opinion by age
- Monthly Household Income has a greater effect on likelihood to have a hearing test:
- Less than SG3k per month, $15 \%$ not likely to test vs 4\% amongst those earning SG\$1OK or more

A5: If you felt you had difficulty with your hearing, how likely would you be to get a hearing check-up?

## Current hearing difficulties



- 7 out of 10 survey respondents do not currently experience hearing difficulty, and younger respondents are more likely to give themselves a clean bill of hearing health
- 35-44 75\%
- 45-54 70\%
- 55-65

71\%

- 65+ 62\%
- No significant differences by gender

No hearing difficulty: 72\%

A4a: Do you currently experience any difficulty hearing?

## Treatment for hearing difficulties

|  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 11\％ | 13\％ | 34\％ | 30\％ | 11\％ |
|  |  |  |  |  |
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|  |  |  |  |  |
|  |  | － |  |  |
|  |  | $\square \square$ | $\square \square$ |  |
| ーーニ |  | 드믈 | $\square$ | －$-\square$ |
| Yes：have been treated | Yes： currently receiving treatment | No：still looking for a suitable treatment | No：not actively looking for treatment | No：do not intend to get treated |

－Of those who have experiences some hearing difficulties，slightly less than a quarter（24\％）have been in treatment or are currently seeking treatment
－ $34 \%$ are still looking for a suitable treatment
－ $30 \%$ are not actively looking for treatment and $11 \%$ do not intend to get treated
－The percentage of those not intending to get treated rises to $17 \%$ amongst those aged 55＋and $26 \%$ of those earning less than SG\＄3K per month

## Reasons for not seeking hearing treatment

Hearing is fine in some circumstances, so don't feel it is necessary

Unless my hearing difficulty is severe, I am unlikely to seek treatment

I wouldn't want other people to see me wearing hearing aids

Admitting I have difficulty hearing is admitting that I am getting old

Most people have hearing difficulty as they get older, so it is not important to get treated

I feel uncomfortable talking about having difficulty hearing


$\square$
12\%

9\% $7 \%$

- Reasons for not seeking treatment, amongst those who have untreated hearing problems) is an emotional barrier - people thinking that because their hearing problems are not consistent or severe, they do not have to see a doctor
- This type of 'positive denial' is common in Singapore and SE-Asia and is typically linked to fears that medical treatments cost money and/or limit the ability to be employed
- Another barrier is that hearing loss is associated with ageing, and the wearing of hearing aids broadcasts this to the world, which is too embarrassing for some people to consider


## Barriers to seeking treatment



## Activities believed to contribute to poor hearing



- Almost 3 quarters of respondents (71\%) believe that poor hearing isa result of working in a noisy environment or using headphones at loud volumes
- These attitudes were broadly similar across gender, age and other socio-demographic indicators


## Triggers for seeking treatment



- Amongst the total base of respondents, the Top 2 reasons that would make someone more likely to seek treatment for hearing difficulties was if it helped them to stay in the workforce longer, or if it would cause them to be less of a burden for their family
- Being less of a burden on family is higher for women (39\%) than men (32\%), while staying in the workforce longer is higher for men (40\%) than women (28\%)
- Amongst those with hearing problems that they are not having treated, the key trigger would be if they could afford it (33\%)


## Current hearing experience

- Amongst the total base, $25 \%$ have difficulty hearing when there is noise in the background, rising to $36 \%$ amongst those aged 65+
- Respondents aged 65+ are significantly more likely to misunderstand what other people are saying ( $24 \%$ vs $19 \%$ in total) or find it hard to follow conversations when two or more people are talking (20\% vs 12\% in total)
- For those who are currently experiencing hearing problems but are not seeking treatment, their current scenarios are significantly worse than for the total base of respondents


All: Which of the following scenarios describe your current hearing experience?

## Social impact of poor hearing health



## Managing Hearing Difficulties

## Length of time experiencing poor hearing



- $19 \%$ of those who currently experience hearing difficulties have been suffering with poor hearing health for more than 5 years
- This rises to $30 \%$ amongst those aged $65+$
- This is a long time for people to suffer unnecessarily, given the range and options of treatments available that they are likely to be unaware of, given the infrequency of hearing tests mentioned on earlier slides


## Discussing hearing difficulty



- For those with hearing difficulties, they are most likely to discuss this with family members (32\%) than with a Doctor who specialises in hearing issues (29\%) or even their family doctor (23\%)
- Men with hearing difficulties are more likely to discuss with an ENT (34\%) when compared with women (22\%)
- $22 \%$ have not discussed their hearing difficulties with anyone, rising to 30\% of those in the lower Monthly Household Income brackets

A14: Have you discussed your hearing difficulty with any of the following?

## Use of medical devices for hearing difficulty

23\%

A15: Do you have any of the following to help you hear better?

- $61 \%$ of those who are currently experiencing hearing difficulties do not use any devices to help them hear better
- They are, quite literally, suffering in silence
- $70 \%$ of women with hearing difficulties are not using any devices, compared to 54\% of men with hearing difficulties
- $75 \%$ of those aged $55+$ do no use any, compared to $50 \%$ of those aged 35-44
- In terms of usage of devices by Monthly Household Income, 64\% of those earning less than SG\$3K are not using any, compared to $51 \%$ of those earning SG\$10k or more each month


## Positive benefit of wearing hearing devices



- Important to communicate the good news that quality of life improves when wearing hearing devices, for the majority of those using them

A16: How would you rate the quality of your life since you have been wearing hearing devices? \#timetothink

Base: All respondents with hearing difficulties and using hearing devices. $\mathrm{N}=11$

## Awareness of Cochlear Implants

## Awareness of Cochlear implants



A17: How familiar are you with 'cochlear implants'?

- Over one third (35\%) of survey respondents claim to be very/somewhat familiar with the term 'cochlear implants'
- Awareness is highest amongst men (43\%) than women (25\%)
- In terms of age, $48 \%$ of those aged $35-44$ are aware, compared with $20 \%$ of those aged 55-64 and $16 \%$ of those aged 65+
- Awareness is highest amongst those who have had treatment for their hearing difficulties (77\%) compared with those seeking treatment (51\%) and those not intending to receive treatment (15\%)


## Source of awareness of Cochlear implants



## Attitudes to Cochlear implants

63\% $\quad 10 \% \quad$ 3\% $\quad$ 25\%

- Survey respondents have a generally positive view of cochlear implants, with almost two thirds (63\%) believing them to be better than other options available (rising to $79 \%$ upon the base of cochlear implant users)
- $72 \%$ of men believe cochlear implants are better, compared to $48 \%$ of women, and the positive perception decreases with age

| - | $35-44$ | $71 \%$ |
| :--- | :--- | :--- |
| - | $45-54$ | $62 \%$ |
| - | $55+$ | $38 \%$ |

A19: Based on everything you know about cochlear implants, compared to other hearing devices available, would you say they are....

## Appendix:

## Respondent Profiles

timptothink

## Profiles: All respondents



Monthly Household Income


Employment status


## Marital Status



Type of employment


## Profiles: All extremely concerned about their hearing health



Monthly Household Income


Employment status


Marital Status


Type of employment


## Profiles: All respondents with mild/moderate hearing difficulties



Monthly Household Income


Employment status


Marital Status


Type of employment


## Profiles: All respondents with extreme hearing difficulties

Gender


Monthly Household Income


Employment status


## Marital Status



Type of employment


## Profiles: All not treating hearing difficulties



Monthly Household Income


Employment status


## Marital Status



Type of employment


# Thank you 

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