LETTER TO THE EDITOR

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Comment on: "Evaluation of Eustachian Tube Functions in Adult Allergic Rhinitis Patients Using Eustachian Tube Dysfunction Questionnaire-7"

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We read with interest the article by Bulut and Erdem evaluating Eustachian tube dysfunction (ETD) in adult patients with allergic rhinitis (AR) using the Eustachian Tube Dysfunction Questionnaire-7 (ETDQ-7). The authors are to be appreciated for addressing a clinically relevant problem and for emphasizing a simple, non-invasive, and easily applicable tool suitable for outpatient practice.[1]

The study provides useful insight into the symptom burden of ETD among patients with AR and demonstrates good internal consistency of the ETDQ-7 in this population. Given the limited routine availability of objective Eustachian tube function tests, such questionnaire-based assessments are of practical value in daily otorhinolaryngology practice.

One methodological aspect that may merit further consideration is the interpretation of ETDQ-7 scores and the proposed cut-off value in the absence of a non-allergic or healthy control group. As all participants in the study had confirmed AR, the reported ETDQ-7 scores and cut-off value were derived exclusively within this cohort. Several ETDQ-7 items overlap clinically with common symptoms of AR, such as ear fullness and pressure, which may influence total scores independent of true ETD.

Inclusion of an appropriate control group in future studies could help improve the specificity of ETDQ-7 score interpretation, strengthen conclusions regarding the relationship between AR and ETD, and enhance the clinical applicability of proposed cut-off values. Nevertheless, the present study makes a valuable contribution by highlighting the utility of ETDQ-7 in patients with AR.

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Reference

1. Bulut O, Erdem D. Evaluation of Eustachian tube functions in adult allergic rhinitis patients using Eustachian tube Dysfunction Questionnaire-7. *B-ENT*. 2025;21(1):19-23. [CrossRef]

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