

Name: _____ Date: _____

I use of my voice primarily for:

- My profession (singer, teacher, salesperson etc.)
- Extracurricular activities outside work (coaching, choir)
- Normal everyday conversation.

Voice Handicap Index

These are statements that many people have used to describe their voices and the effects of their voices on their lives.

Instructions: Circle the response that indicates how frequently you have the same experience based on the following scale:

0 = Never 1= Almost Never 2 = Sometimes 3 = Almost Always 4 = Always

Part I-F		
1.	My voice makes it difficult for people to hear me.	0 1 2 3 4
2.	People have difficulty understanding me in a noisy room.	0 1 2 3 4
3.	My family has difficulty hearing me when I call them throughout the house.	0 1 2 3 4
4.	I use the phone less often than I would like.	0 1 2 3 4
5.	I tend to avoid groups of people because of my voice.	0 1 2 3 4
6.	I speak with friends, neighbors, or relatives less often because of my voice.	0 1 2 3 4
7.	People ask me to repeat myself when speaking face-to-face.	0 1 2 3 4
8.	My voice difficulties restrict my personal and social life.	0 1 2 3 4
9.	I feel left out of conversations because of my voice.	0 1 2 3 4
10.	My voice problem causes me to lose income.	0 1 2 3 4

Part II-P		
1.	I run out of air when I talk.	0 1 2 3 4
2.	The sound of my voice varies throughout the day.	0 1 2 3 4
3.	People ask, "What's wrong with your voice?"	0 1 2 3 4
4.	My voice sounds creaky and dry.	0 1 2 3 4
5.	I feel as though I have to strain to produce my voice.	0 1 2 3 4
6.	The clarity of my voice is unpredictable.	0 1 2 3 4
7.	I try to change my voice to sound different.	0 1 2 3 4
8.	I use a great deal of effort to speak.	0 1 2 3 4

9.	My voice is worse in the evening.	0	1	2	3	4
10.	My voice “gives out” on me in the middle of speaking.	0	1	2	3	4

Part III-E						
1.	I am tense when talking with others because of my voice.	0	1	2	3	4
2.	People seem irritated with my voice.	0	1	2	3	4
3.	I find other people don't understand my voice problem.	0	1	2	3	4
4.	My voice problem upsets me.	0	1	2	3	4
5.	I am less out-going because of my voice problem.	0	1	2	3	4
6.	My voice makes me feel handicapped.	0	1	2	3	4
7.	I feel annoyed when people ask me to repeat.	0	1	2	3	4
8.	I feel embarrassed when people ask me to repeat.	0	1	2	3	4
9.	My voice makes me feel incompetent.	0	1	2	3	4
10.	I'm ashamed of my voice problem.	0	1	2	3	4

Please circle the word that matches how severe you feel your voice is today.

Normal

Mild

Moderate

Severe