



**Department of Otolaryngology / Head and Neck Surgery
Center for Voice Disorders**

Name: _____

Date: _____

I need active use of my speaking voice primarily for:

- A. my profession (teacher, minister, lawyer, salesperson, etc.).
- B. activities outside of work (coaching, community organizations, etc.).
- C. normal everyday conversation.

I need active use of my singing voice primarily for:

- A. my profession (singer-primary income, student of voice, etc.).
- B. activities outside of work (choir/chorus, singer/band member-secondary income).
- C. none of the above. I do not sing.

I would rate my degree of talkativeness as the following: (circle response)

1	2	3	4	5	6	7
Quiet Listener			Average Talker			Extremely Talkative

VOICE HANDICAP INDEX

Instructions: These are statements that many people have used to describe their voices and the effects of their voices on their lives. Circle the response that indicates how frequently you have the same experience.

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 to. | 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 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 |

VCUHS - Department of Otolaryngology / Head and Neck Surgery

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1201 East Marshall Street, Suite 401
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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 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 to 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 outgoing 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 am ashamed of my voice problem. | 0 1 2 3 4 |

The Voice Handicap Index (VHI): Development and Validation

Barbara H. Jacobson, Alex Johnson, Cynthia Grywalski, Alice Silbergleit, Gary Jacobson, Michael S. Benninger
American Journal of Speech-Language Pathology, Vol 6(3), 66-70, 1997.

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