

## VOICE HANDICAP INDEX:

As developed and validated by Barbara H. Jacobson et al. *American Journal of Speech-Language Pathology* 6(3), 66-70, 1997.

This index is a way for us to assess how you would describe the way you use your voice. It also allows you to explain to us how your voice effects your life.

Please circle the response that indicates how frequently you have these experiences.

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

### Part I

- |     |  |   |   |   |   |   |
|-----|--|---|---|---|---|---|
| 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 through 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 in person                       | 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 |

### Part II

- |    |   |   |   |   |   |   |
|----|---|---|---|---|---|---|
| 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 |

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

- |     |  |   |   |   |   |   |
|-----|--|---|---|---|---|---|
| 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

- |     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 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 |