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**Voice Handicap Index**

**Instructions:** You will read a series of 10 statements about problems you may be having with your voice, each asking you to rate the severity of the problem for you. To determine how "bad" it is (the *amount* of each problem that you are having), think of both how often the problem occurs and how severe it is when it happens. You will use the 5-point scale below, with "5" being the worst possible. Your answers should be based upon your average voice quality over the past 2 weeks or so:

- 1 = None, not a problem
- 2 = A small amount
- 3 = A moderate (medium) amount
- 4 = Frequently
- 5 = As bad as it can be

Because of my voice...

- 1) I have trouble speaking loudly or being heard in noisy situations. 1.  2.  3.  4.  5.
- 2) I run out of air and need to take frequent breaths when talking. 1.  2.  3.  4.  5.
- 3) I do not know what will come out when I begin speaking. 1.  2.  3.  4.  5.
- 4) I am anxious or frustrated. 1.  2.  3.  4.  5.
- 5) I get depressed. 1.  2.  3.  4.  5.
- 6) I have trouble using the telephone. 1.  2.  3.  4.  5.
- 7) I have trouble doing my job or practicing my profession. 1.  2.  3.  4.  5.
- 8) I avoid going out socially. 1.  2.  3.  4.  5.
- 9) I have to repeat myself to be understood. 1.  2.  3.  4.  5.
- 10) I have become less outgoing. 1.  2.  3.  4.  5.