



## Voice Handicap Index-10

Instructions: These are statements that many people have used to describe their voices and 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

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. My voice makes it difficult for people to hear me.                 | 0 | 1 | 2 | 3 | 4 |
| 2. I run out of air when I talk.                                      | 0 | 1 | 2 | 3 | 4 |
| 3. People have difficulty understanding me in a noisy room.           | 0 | 1 | 2 | 3 | 4 |
| 4. The sound of my voice varies throughout the day.                   | 0 | 1 | 2 | 3 | 4 |
| 5. My family has difficulty hearing me when I call them in the house. | 0 | 1 | 2 | 3 | 4 |
| 6. I use the phone less often than I would like to.                   | 0 | 1 | 2 | 3 | 4 |
| 7. I'm tense when talking to others because of my voice.              | 0 | 1 | 2 | 3 | 4 |
| 8. I tend to avoid groups of people because of my voice.              | 0 | 1 | 2 | 3 | 4 |
| 9. People seem irritated with my voice.                               | 0 | 1 | 2 | 3 | 4 |
| 10. People ask, "What's wrong with your voice?"                       | 0 | 1 | 2 | 3 | 4 |

Total score \_\_\_\_\_

A score of >11 is abnormal

Rosen, C, Lee, A, Osborne, J, Zullo, T, and Murry, T (2004). Development and Validation of the Voice Handicap Index- 10. *Laryngoscope*: 114(9): 1549-1556

Arffa RE1, Krishna P, Gartner-Schmidt J, Rosen CA. Normative values for the Voice Handicap Index-10 *J Voice*. 2012 Jul;26(4):462-5. doi: 10.1016/j.jvoice.2011.04.006. Epub 2011 Aug 4.

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