

/144 total

## Singing Voice Handicap Index

Circle the word that matches how serious you feel your singing voice problem is overall:

No Problem      Mild Problem      Moderate Problem      Severe Problem

Circle the word that matches how you feel your singing voice is today:

No Problem      Mild Problem      Moderate Problem      Severe Problem

**Percent of normal:** From 0 to 100%, with 0% being no voice and 100% being your normal voice, rate your singing voice today: \_\_\_\_\_%

**Instructions:** These are statements that many people have used to describe their singing and the effects of their singing on their lives. Check the response that indicates how frequently you have had the same experience in the last month.

		Never	Almost Never	Sometimes	Almost Always	Always
F1	It takes a lot of effort to sing.					
P2	My voice cracks and breaks.					
F3	I am frustrated by my singing.					
P4	People ask "What is wrong with your voice?" when I sing.					
F5	My ability to sing varies day to day.					
F6	My voice "gives out" on me while I am singing.					
E7	My singing voice upsets me.					
F8	My singing problems make me not want to sing/perform.					
E9	I am embarrassed by my singing.					
P10	I am unable to use my "high voice."					
F11	I get nervous before I sing because of my singing problems.					
F12	My speaking voice is not normal.					
P13	My throat is dry when I sing.					
P14	I've had to eliminate certain songs from my singing/performances.					
E15	I have no confidence in my singing voice.					
F16	My singing voice is never normal.					
P17	I have trouble making my voice do what I want it to.					
P18	I have to "push it" to produce my voice when singing.					
F19	I have trouble controlling the breathiness in my voice.					
P20	I have trouble controlling the raspiness in my voice.					
P21	I have trouble singing loudly.					

		Never	Almost Never	Sometimes	Almost Always	Always
F22	I have difficulty staying on pitch when I sing.					
E23	I feel anxious about my singing.					
E24	My singing sounds forced.					
E25	My speaking voice is hoarse after I sing.					
P26	My voice quality is inconsistent.					
E27	My singing voice makes it difficult for the audience to hear me.					
E28	My singing makes me feel handicapped.					
E29	My singing voice tires easily.					
E30	I feel pain, tickling, or choking when I sing.					
E31	I am unsure of what will come out when I sing.					
E32	I feel something is missing in my life because of my inability to sing.					
E33	I am worried my singing problems will cause me to lose money.					
E34	I feel left out of the music scene because of my voice.					
E35	My singing makes me feel incompetent.					
E36	I have to cancel performances, singing engagements, rehearsals, or practices because of my singing.					

For Clinician Use Only:

P Scale \_\_\_\_\_ F Scale \_\_\_\_\_ E Scale \_\_\_\_\_ Total \_\_\_\_\_

Cohen, S.M., Jacobson, B.H., Garrett, C.G., Noordzij, J.P., Stewart, M.G., Attia, A., Ossoff, R.H., Cleveland, T.F. (2007) Creation and validation of the Singing Voice Handicap Index. *Annals of Otolaryngology, Rhinology & Laryngology*, 116(6), 402-406