

NAME _____

Date _____

Singing Voice Handicap Index (VHI)

Instructions: These are statements that many people have used to describe their singing and the effects of their singing on their lives. Circle 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.	0	1	2	3	4
P2	My voice cracks and breaks.	0	1	2	3	4
F3	I am frustrated by my singing.	0	1	2	3	4
P4	People ask "What is wrong with your voice?" when I sing.	0	1	2	3	4
F5	My ability to sing varies day to day.	0	1	2	3	4
F6	My voice "gives out" on me while I am singing.	0	1	2	3	4
E7	My singing voice upsets me.	0	1	2	3	4
F8	My singing problems make me not want to sing/perform.	0	1	2	3	4
E9	I am embarrassed by my singing.	0	1	2	3	4
P10	I am unable to use my "high voice."	0	1	2	3	4
F11	I get nervous before I sing because of my singing problems.	0	1	2	3	4
F12	My speaking voice is not normal.	0	1	2	3	4
P13	My throat is dry when I sing.	0	1	2	3	4
P14	I've had to eliminate certain songs from my singing/performances.	0	1	2	3	4
E15	I have no confidence in my singing voice.	0	1	2	3	4
F16	My singing voice is never normal.	0	1	2	3	4
P17	I have trouble making my voice do what I want it to.	0	1	2	3	4
P18	I have to "push it" to produce my voice when singing.	0	1	2	3	4
F19	I have trouble controlling the breathiness in my voice.	0	1	2	3	4
P20	I have trouble controlling the raspiness in my voice.	0	1	2	3	4
P21	I have trouble singing loudly.	0	1	2	3	4
F22	I have difficulty staying on pitch when I sing.	0	1	2	3	4
E23	I feel anxious about my singing.	0	1	2	3	4
E24	My singing sounds forced.	0	1	2	3	4

		Never	Almost Never	Sometimes	Almost Always	Always
E25	My speaking voice is hoarse after I sing.	0	1	2	3	4
P26	My voice quality is inconsistent.	0	1	2	3	4
E27	My singing voice makes it difficult for the audience to hear me.	0	1	2	3	4
E28	My singing makes me feel handicapped.	0	1	2	3	4
E29	My singing voice tires easily.	0	1	2	3	4
E30	I feel pain, tickling, or choking when I sing.	0	1	2	3	4
E31	I am unsure of what will come out when I sing.	0	1	2	3	4
E32	I feel something is missing in my life because of my inability to sing.	0	1	2	3	4
E33	I am worried my singing problems will cause me to lose money.	0	1	2	3	4
E34	I feel left out of the music scene because of my voice.	0	1	2	3	4
E35	My singing makes me feel incompetent.	0	1	2	3	4
E36	I have to cancel performances, singing engagements, rehearsals, or practices because of my singing.	0	1	2	3	4

*****Please circle the word that matches how serious you feel your voice problem is:**

No Problem Mild Problem Moderate Problem Severe Problem

*****Please circle the word that matches how you feel your voice is today:**

No Problem Mild Problem Moderate Problem Severe Problem

On a scale of 1-10, with 1 being least talkative and 10 being most talkative, how would you rate yourself?

On a scale of 1-10, with 1 being softest and 10 being loudest, how would you rate yourself?

For Clinician Use Only: P Scale _____ F Scale _____ E Scale _____ Total _____
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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 & Laryngology*, 116(6), 402-406