

Name: _____

Date: _____

Singing Voice Handicap Index-10

These are statements many people have used to describe their singing & the effects of their singing on their lives. **Circle** the response that indicates how frequently you have the same experience in the **last 4 weeks**.

	0	1	2	3	4
It takes a lot of effort to sing					
I am unsure of what will come out when I sing.					
My voice "gives out" on me while I am singing.					
My singing voice upsets me.					
I have no confidence in my singing voice.					
I have trouble making my voice do what I want it to.					
I have to "push it" to produce my voice when singing.					
My singing voice tires easily.					
I feel something is missing in my life because of my inability to sing.					
I am unable to use my high voice.					

I sing the following kind of music: (circle all that apply)

country choral classical pop rock gospel jazz other _____

Singing is (circle one) - primary source of income
 - secondary source of income
 - not source of income

How would you categorise your singing? (circle)
 - professional entertainment
 - teacher/instructor
 - music/singing student
 - amateur choir/singing group

