

### Vocal Symptoms Score (VoISS)

Name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

These are statements many people have used to describe their **Voice** & the effects of their **Voice** on their lives. In the last **1 month**, how did the following problems affect you? Select the response that indicates how frequently you experience the same symptoms. If you do not have a problem with your **Voice**, select zero (0) as your response.

Situation	Frequency of the problem				
	0 Never	1 Occasionally	2 Some of the time	3 Most of the time	4 All of the time
My voice makes it difficult for people to hear me.					
I run out of air when I talk.					
People have difficulty understanding me in a noisy room.					
The sound of my voice varies throughout the day.					
My family has difficulty hearing me when I call throughout the house.					
I use the phone less often than I would like.					
I'm tense when talking with others because of my voice.					
I tend to avoid groups of people because of my voice.					
People seem irritated with my voice.					
People ask, "What's wrong with your voice?"					
I speak with friends, neighbours or relatives less because of my voice.					
People ask me to repeat myself when speaking face to face.					
My voice sounds creaky and dry.					
I feel as though I have to strain to produce my voice.					
I find other people don't understand my voice problem.					
My voice difficulties restrict my personal and social life.					
The clarity of my voice is unpredictable.					
I try to change my voice to sound different.					
I feel left out of my conversation because of my voice					
I use a great deal of effort to speak.					
My voice is worse in the evening.					
My voice problem causes me to lose income.					
My voice problem upsets me.					
I am less outgoing because of my voice problem.					
My voice makes me feel handicapped					
My voice 'gives out on me' in the middle of speaking.					
I feel annoyed when people ask me to repeat myself.					
I am embarrassed when people ask me to repeat myself.					
My voice makes me feel incompetent.					
I'm ashamed of my voice problem.					
Total					