

Voice Handicap Index (VHI-10)

How to complete this Questionnaire:

- These are statements many people have used to describe their voices and the effects of their voices on their lives.
- Please circle the response that indicates how frequently you have the same experience.

0 - 4 Rating Scale

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Almost always
- 4 = Always

Situation	Frequency of Problem
My voice makes it difficult for people to hear me	0 1 2 3 4
People have difficulty understanding me in a noisy room	0 1 2 3 4
My voice difficulties restrict my personal & social life	0 1 2 3 4
I feel left out of the conversations because of my voice.	0 1 2 3 4
My voice problem causes me to lose income.	0 1 2 3 4
I feel as though I have to strain to produce voice	0 1 2 3 4
The clarity of my voice is unpredictable.	0 1 2 3 4
My voice problem upsets me	0 1 2 3 4
My voice makes me feel handicapped	0 1 2 3 4
People ask, "What's wrong with your voice?"	0 1 2 3 4

TOTAL 10 x 4 = 40max	_____

A score of **3 or more** out of 40 may be indicative of a **voice problem**.
You may want to arrange a consultation with the MEG team for assessment.

Rosen, C. A., et al. (2004). "Development and validation of the voice handicap index-10."
Laryngoscope 114(9): 1549-1556.