

## Voice Symptoms Score (VoiSS)

### How to complete this Questionnaire:

- These are statements many people have used to describe their **Voice** and the effects of their **Voice** on their lives.
- Please select the response that indicates how frequently you experience the same symptoms
- If you do not have a problem with your **Voice**, please select zero (0) in response to these statements.

### 0-4 Rating Scale

- 0 = Never  
1 = Occasionally  
2 = Some of the time  
3 = Most of the time  
4 = All of the time

Statement	Frequency of Problem				
My voice makes it difficult for people to hear me	0	1	2	3	4
I run out of air when I talk	0	1	2	3	4
People have difficulty understanding me in a noisy room	0	1	2	3	4
The sound of my voice varies throughout the day	0	1	2	3	4
My family has difficulty hearing me when I call throughout the house	0	1	2	3	4
I use the phone less often than I would like	0	1	2	3	4
I'm tense when talking with others because of my voice	0	1	2	3	4
I tend to avoid groups of people because of my voice	0	1	2	3	4
People seem irritated with my voice	0	1	2	3	4
People ask, "What's wrong with your voice?"	0	1	2	3	4
I speak with friends, neighbours or relatives less because of my voice	0	1	2	3	4
People ask me to repeat myself when speaking face to face	0	1	2	3	4
My voice sounds creaky and dry	0	1	2	3	4
I feel as though I have to strain to produce my voice	0	1	2	3	4
I find other people don't understand my voice problem	0	1	2	3	4

My voice difficulties restrict my personal and social life	0	1	2	3	4
The clarity of my voice is unpredictable	0	1	2	3	4
I try to change my voice to sound different	0	1	2	3	4
I feel left out of my conversation because of my voice	0	1	2	3	4
I use a great deal of effort to speak	0	1	2	3	4
My voice is worse in the evening	0	1	2	3	4
My voice problem causes me to lose income	0	1	2	3	4
My voice problem upsets me	0	1	2	3	4
I am less outgoing because of my voice problem	0	1	2	3	4
My voice makes me feel handicapped	0	1	2	3	4
My voice 'gives out on me' in the middle of speaking	0	1	2	3	4
I feel annoyed when people ask me to repeat myself	0	1	2	3	4
I am embarrassed when people ask me to repeat myself	0	1	2	3	4
My voice makes me feel incompetent	0	1	2	3	4
I'm ashamed of my voice problem	0	1	2	3	4
<b>TOTAL</b> 30 x 4 = 120 Max	_____ /120 _____				

A Score of **16** out of 120, or **below**, is considered **Normal**.

If you have a score significantly above 16 your voice symptoms may be impacting significantly on your quality of life, and you may want to arrange a consultation with our MVAC Team

Deary, I. J., et al. (2003). "VoiSS: a patient-derived Voice Symptom Scale." J Psychosom Res 54(5): 483-489.

Wilson, J. A., et al. (2004). "The Voice Symptom Scale (VoiSS) and the Vocal Handicap Index (VHI): a comparison of structure and content." Clin Otolaryngol Allied Sci 29(2): 169-174.