

SELF-ASSESSMENT

Vocal Capabilities

1. Indicate the extent to which the following statements apply to you:

	<i>Never</i>			<i>Everytime I use my voice</i>	
	1	2	3	4	5
My voice tires or fatigues	1	2	3	4	5
My voice is hoarse, croaky, husky, etc.	1	2	3	4	5
My voice breaks or cracks	1	2	3	4	5
My voice disappears completely	1	2	3	4	5
My voice is lower in pitch than usual	1	2	3	4	5
My voice is higher in pitch than usual	1	2	3	4	5
I have difficulty making my voice as loud as needed	1	2	3	4	5
I feel that using my voice is an effort	1	2	3	4	5
My voice does not project as well as needed	1	2	3	4	5
I have difficulty with breath control (ex: running out of breath, gasping, etc.)	1	2	3	4	5
My throat feels dry	1	2	3	4	5
I feel scratchiness or tickling in my throat	1	2	3	4	5
I feel as if I have a lump in my throat	1	2	3	4	5
My throat aches or feels sore	1	2	3	4	5
I feel pain in my throat	1	2	3	4	5
I have a burning sensation in my throat	1	2	3	4	5

I need to clear my throat or cough 1 2 3 4 5

2a. Do you believe you have a voice problem? YES NO

2b. If YES, how severe is the problem? *slight* 1 2 3 4 5 *severe*

Vocal Use Patterns at Work

How often do you use your voice in the following ways at work?

	<i>Never</i>			<i>Everytime I use my voice</i>	
	1	2	3	4	5
Speaking loudly	1	2	3	4	5
Singing loudly	1	2	3	4	5
Speaking in an unnatural pitch	1	2	3	4	5
Speaking in a strained or forced way	1	2	3	4	5
Singing in a strained or forced way	1	2	3	4	5
Speaking over loud noise	1	2	3	4	5
Singing over loud noise	1	2	3	4	5
Speaking at a distance without amplification	1	2	3	4	5
Whispering or speaking in a very quiet, breathy voice	1	2	3	4	5
Speaking in an unnatural voice quality (ex: talking in a character voice)	1	2	3	4	5
Speaking in a smoky environment	1	2	3	4	5
Shouting, yelling, screaming	1	2	3	4	5
Cheering or barracking in a loud or strained way	1	2	3	4	5
Coughing or clearing the throat	1	2	3	4	5

Health and Lifestyle

1. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks:

	<i>All of the time</i>	<i>Most of the time</i>	<i>Seldom</i>	<i>Never</i>
a. Did you feel full of life?	1	2	3	4
b. Did you have a lot of energy?	1	2	3	4
c. Did you feel worn out?	1	2	3	4
d. Did you feel tired?	1	2	3	4
2a. Do you currently smoke?		YES		NO

2b. If you do smoke:

- a. On average, how many cigarettes do you smoke per day? _____
- b. For how many years have you smoked? _____

3. On average, how many glasses/cups of each of the following non-alcoholic drinks do you drink per day?
(insert '0' against those you do not drink)

- Coffee (including coffee flavored milk) _____
- Tea (with caffeine) _____
- Coke and cola drinks _____
- Herbal tea, juice, cordial, non-cola soft drinks _____
- Water (including plain mineral water and soda water) _____

4. On average, how many standard alcoholic drinks do you drink per week?
(standard drinks: wine 100 ml, beer 285 ml, spirits 30 ml)

- Wine _____
- Beer _____
- Spirits _____

5. How often do you suffer from reflux?
(indigestion, acid regurgitation, acid taste in the mouth)

Never or rarely

- Once every couple of months
- Monthly
- Weekly
- Daily

Teaching Environment

	<i>Very quiet</i>			<i>Extremely noisy</i>	
	1	2	3	4	5
1. On average, how would you rate the amount of noise in your teaching environment?					
2. On average, how would you rate the amount of noise in your non-teaching environment? (ex: faculty room, corridors, school cafeteria)					

General Life Stressors

	<i>Not at all</i>			<i>Are you kidding?!</i>	
	1	2	3	4	5
1. Time-workload pressures outside of work (home, community demands)					
2. Relationship problems with significant other (i.e. husband/partner)					
3. Problems with your children (educational, behavioral, emotional, vocational)					
4. Wider family problems (conflicts, criticism, intrusion)					
5. Further education					
6. Financial problems					
7. Health problems in your family					
8. Inadequate salary					
9. Heavy traffic on the way to work					
