

# PATIENT SELF-ASSESSMENT

## Voice (part 1 of 2)



**Check the response that indicates how frequently you have the same experience.**

	<i>Never</i>	<i>Almost never</i>	<i>Sometimes</i>	<i>Almost always</i>	<i>Always</i>
1. My voice makes it difficult for people to hear me.					
2. I run out of air when I talk.					
3. People have difficulty understanding me in a noisy room.					
4. The sound of my voice varies throughout the day.					
5. My family has difficulty hearing me when I call them throughout the house.					
6. I use the phone less often than I would like to.					
7. I'm tense when talking to others because of my voice.					
8. I tend to avoid groups of people because of my voice.					
9. People seem irritated with my voice.					
10. People ask, "What's wrong with your voice?"					

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## Voice (part 2 of 2)

Check the response that indicated how “bad” the problem is when you get it and how frequently it happens.

Because of my voice:

	Never	Almost never	Sometimes	Almost always	Always
1. I have trouble speaking loudly or being heard in noisy situations.					
2. I run out of air and need to take frequent breaths when talking.					
3. I sometimes do not know what will come out when I begin speaking.					
4. I am sometimes anxious or frustrated (because of my voice).					
5. I sometimes get depressed (because of my voice).					
6. I have trouble using the telephone (because of my voice).					
7. I have trouble doing my job or practicing my profession (because of my voice).					
8. I avoid going out socially (because of my voice).					
9. I have to repeat myself to be understood.					
10. I have become less outgoing (because of my voice).					

The overall quality of my voice during the last two weeks has been (please check):

Poor

Fair

Good

Very Good

Excellent