

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.
- In the last **1 month**, how did the following problems affect you?
- 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 1 in response to these statements.

1-5 Rating Scale

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

Statement	Frequency of Problem				
My voice makes it difficult for people to hear me	1	2	3	4	5
I run out of air when I talk	1	2	3	4	5
People have difficulty understanding me in a noisy room	1	2	3	4	5
The sound of my voice varies throughout the day	1	2	3	4	5
My family has difficulty hearing me when I call throughout the house	1	2	3	4	5
I use the phone less often than I would like	1	2	3	4	5
I'm tense when talking with others because of my voice	1	2	3	4	5
I tend to avoid groups of people because of my voice	1	2	3	4	5
People seem irritated with my voice	1	2	3	4	5
People ask, "What's wrong with your voice?"	1	2	3	4	5
I speak with friends, neighbours or relatives less because of my voice	1	2	3	4	5
People ask me to repeat myself when speaking face to face	1	2	3	4	5
My voice sounds creaky and dry	1	2	3	4	5
I feel as though I have to strain to produce my voice	1	2	3	4	5
I find other people don't understand my voice problem	1	2	3	4	5

My voice difficulties restrict my personal and social life	1	2	3	4	5
The clarity of my voice is unpredictable	1	2	3	4	5
I try to change my voice to sound different	1	2	3	4	5
I feel left out of my conversation because of my voice	1	2	3	4	5
I use a great deal of effort to speak	1	2	3	4	5
My voice is worse in the evening	1	2	3	4	5
My voice problem causes me to lose income	1	2	3	4	5
My voice problem upsets me	1	2	3	4	5
I am less outgoing because of my voice problem	1	2	3	4	5
My voice makes me feel handicapped	1	2	3	4	5
My voice 'gives out on me' in the middle of speaking	1	2	3	4	5
I feel annoyed when people ask me to repeat myself	1	2	3	4	5
I am embarrassed when people ask me to repeat myself	1	2	3	4	5
My voice makes me feel incompetent	1	2	3	4	5
I'm ashamed of my voice problem	1	2	3	4	5
TOTAL	_____ /150_____				

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.