

Voice Related Quality of Life (V-RQOL)

How to complete this Questionnaire:

<ul style="list-style-type: none"> We are trying to learn more about how a voice problem can interfere with your daily activities. Please answer all questions based upon what your voice has been like over the past 2 weeks. There are no “right” or “wrong” answers. Considering both how severe the problem is when you get it, and how frequently it happens, please rate each item below on how “bad” it is (that is, the amount of each problem you have). 	<p>1 - 5 Rating Scale</p> <p>1 = None, not a problem 2 = A small amount 3 = A moderate (medium) problem 4 = A lot 5 = Problem is “as bad as it can be”</p>
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Situation	Frequency of Problem
I have trouble speaking loudly or being heard in noisy situations	1 2 3 4 5
I run out of air and need to take frequent breaths when talking	1 2 3 4 5
I sometimes do not know what will come out when I begin speaking	1 2 3 4 5
I am sometime anxious or frustrated (because of my voice)	1 2 3 4 5
I sometimes get depressed (because of my voice)	1 2 3 4 5
I have trouble using the telephone (because of my voice)	1 2 3 4 5
I have trouble doing my job or practicing my profession (because of my voice)	1 2 3 4 5
I avoid going out socially (because of my voice)	1 2 3 4 5
I have to repeat myself to be understood	1 2 3 4 5
I have become less outgoing (because of my voice)	1 2 3 4 5

TOTAL	_____
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The overall quality of my voice during the last to weeks has been (please circle)				
Poor	Fair	Good	Very Good	Excellent

Your total Score will give you a guide to your **Voice-Related Quality of life** – the lower the score, the **better** your voice overall. Here is a guide:

Your Score	Your Voice-related quality of life
10	Excellent
20	Fair to Good
30	Poor to Fair
40	Poor
50	Worst possible

If you score poorly, you may want to arrange a consultation with the MEG team for assessment of your voice.

Hogikyan ND, Sethuraman G. Validation of an instrument to measure voice-related quality of life (V-RQOL). Journal of Voice. 1999. 13:557-569.