

## Trans-Woman Voice Questionnaire (TWVQ)

### How to complete this Questionnaire:

- The TWVQ is a self report questionnaire designed for use with women who were assigned male at birth and who identify and live full time as their authentic female gender.
- Its purpose is to measure the women's experiences with their voices.
- Based on your actual experience living as a female, please tick the response that fits you best
- 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 (1) in response to these statements.

#### 1-4 Rating Scale

- 1 = Never or rarely  
2 = sometimes  
3 = often  
4 = Usually or always

Statement	Frequency of Problem
People have difficulty hearing me in a noisy room.	1 2 3 4
I feel anxious when I know I have to use my voice.	1 2 3 4
My voice makes me feel less feminine than I would like.	1 2 3 4
The pitch of my speaking voice is too low.	1 2 3 4
The pitch of my voice is unreliable.	1 2 3 4
My voice gets in the way of me living as a woman.	1 2 3 4
I avoid using the phone because of my voice.	1 2 3 4
I'm tense when talking with others because of my voice.	1 2 3 4
My voice gets croaky, hoarse or husky when I try to speak in a female voice.	1 2 3 4
My voice makes it hard for me to be identified as a woman.	1 2 3 4
When I speak the pitch of my voice does not vary enough.	1 2 3 4

I feel uncomfortable talking to friends, neighbours and relatives because of my voice.	1 2 3 4
I avoid speaking in public because of my voice.	1 2 3 4
My voice sounds artificial.	1 2 3 4
I have to concentrate to make my voice sound the way I want it to sound.	1 2 3 4
I feel frustrated with trying to change my voice.	1 2 3 4
My voice difficulties restrict my social life.	1 2 3 4
When I am not paying attention my pitch goes down.	1 2 3 4
When I laugh I sound like a man.	1 2 3 4
My voice doesn't match my physical appearance.	1 2 3 4
I use a great deal of effort to produce my voice.	1 2 3 4
My voice gets tired quickly.	1 2 3 4
My voice restricts the sort of work I do.	1 2 3 4
I feel my voice does not reflect the 'true me'.	1 2 3 4
I am less outgoing because of my voice.	1 2 3 4
I feel self-conscious about how strangers perceive my voice.	1 2 3 4
My voice 'gives out' in the middle of speaking.	1 2 3 4
It distresses me when I'm perceived as a man because of my voice.	1 2 3 4
The pitch range of my speaking voice is restricted.	1 2 3 4
I feel discriminated against because of my voice.	1 2 3 4
<b>TOTAL</b>	_____/120____

## Overall Rating

Currently, my voice is:

Very female   Somewhat female   Gender neutral   Somewhat male   Very male

My ideal voice would sound:

Very female   Somewhat female   Gender neutral   Somewhat male   Very male

Dacakis, G., et al. (2013). "Development and preliminary evaluation of the transsexual voice questionnaire for male-to-female transsexuals." J Voice 27(3): 312-320.