

Name: _____ Patient# _____ Date: _____

Voice Handicap Index - 10 (VHI-10)

We are looking to better understand how a voice-related problem can interfere with daily activities. We present a list of possible problems related to voice. Please answer all questions based on how your voice has been in the past two weeks. There are no wrong or right answers.

These are statements that many people have used to describe their voices and the effects of their voices on their lives.

Circle the response that indicates how frequently you have the same experience:

	Never	Almost Never	Sometimes	Almost Always	Always
1. My voice makes it difficult for people to hear me. (F)	0	1	2	3	4
2. People have difficulty understanding me in a noisy room. (F)	0	1	2	3	4
3. People ask, "What's wrong with your voice?" (P)	0	1	2	3	4
4. I feel as though I must strain to produce voice. (P)	0	1	2	3	4
5. My voice difficulties restrict personal and social life. (F)	0	1	2	3	4
6. The clarity of my voice is unpredictable. (P)	0	1	2	3	4
7. I feel left out of conversations because of my voice. (F)	0	1	2	3	4
8. My voice problem causes me to lose income. (F)	0	1	2	3	4
9. My voice problem upsets me. (E)	0	1	2	3	4
10. My voice makes me feel handicapped. (E)	0	1	2	3	4
Total					

A VHI-10 score >11 should be considered abnormal.

Arffa, R.E., Krishna, P., Gartner-Schmidt, J., & Rosen, C.A. (2012). Normative values for the voice handicap index – 10. *Journal of Voice*, 26(4), 462-5.

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Reflux Syndrome Index

Within the last month how did the following problem affect you? 0 = no problem; 5 = severe problem					
1. Hoarseness or a problem with your voice	1	2	3	4	5
2. Clearing your throat	1	2	3	4	5
3. Excess throat mucous or post nasal drip	1	2	3	4	5
4. Difficulty swallowing food, liquids, or pills	1	2	3	4	5
5. Coughing after you ate or after lying down	1	2	3	4	5
6. Breathing difficulties or choking episodes	1	2	3	4	5
7. Troublesome or annoying cough	1	2	3	4	5
8. Sensations of something sticking in your throat or a lump in your throat	1	2	3	4	5
9. Heartburn, chest pain, indigestion, or stomach acid coming up	1	2	3	4	5
Total					

A total score of more than 13 is considered positive as far as diagnosis of LPR.

Belafsky, P.C., Postma, G.N., & Koufman, J.A. (2002). Validity and reliability of the reflux syndrome index (RSI). *Journal of Voice*, 16(2), 274-7.

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Swallowing Disturbances Questionnaire (SDQ)

		0	1	2	3
	Question	Never	Seldom (once a month or less)	Frequently (1-7 times a week)	Very frequently (>7 times a week)
1	Do you have trouble chewing solid food, like an apple, cookie or a cracker?				
2	Are there any food residues in your mouth, cheeks, under your tongue or stuck to your palate after swallowing?				
3	Does food or liquid come out of your nose when you eat or drink?				
4	Does chewed-up food dribble from your mouth?				
5	Do you feel you have too much saliva in your mouth; do you drool or have difficulty swallowing your saliva?				
6	Do you need to swallow chewed-up food several times before it goes down your throat?				
7	Do you have trouble in swallowing solid food (i.e., do apples or crackers get stuck in your throat)?				
8	Do you have trouble in swallowing pureed food?				
9	While eating, do you feel as if a lump of food is stuck in your throat?				
10	Do you cough while swallowing liquids?				
11	Do you cough while swallowing solid foods?				
12	Do you experience a change in your voice, such as hoarseness or reduced intensity immediately after eating or drinking?				
13	Other than during meals, do you experience coughing or difficulty breathing as a result of saliva entering your windpipe?				
14	Do you have trouble breathing during meals?				
15	Have you suffered from a respiratory infection (pneumonia, bronchitis) during the past year?	yes		no	

Total _____

An SDQ score of more than 12.5 is a good predictor of the presence of both known and undiagnosed swallowing disturbances.

Cohen, J.T. & Manor, Y. (2011). Swallowing disturbance questionnaire for detecting dysphagia. *The Laryngoscope*, 121, 1383-1387.