



VOICE HANDICAP INDEX

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.

0: NEVER **1: ALMOST NEVER** **2: SOMETIMES** **3: ALMOST ALWAYS** **4: ALWAYS**

Part I - F

My voice makes it difficult for people to hear me. 0 1 2 3 4

People have difficulty understanding me in a noisy room. 0 1 2 3 4

My family has difficulty hearing me when I call them throughout the house. 0 1 2 3 4

I use the phone less often than I would like to. 0 1 2 3 4

I tend to avoid groups of people because of my voice. 0 1 2 3 4

I speak with friends, neighbors, or relatives less often because of my voice. 0 1 2 3 4

People ask me to repeat myself when speaking face-to-face. 0 1 2 3 4

My voice difficulties restrict my personal and social life. 0 1 2 3 4

I feel left out of conversations because of my voice. 0 1 2 3 4

My voice problem causes me to lose income. 0 1 2 3 4

SUBTOTAL _____

Part II - P

I run out of air when I talk. 0 1 2 3 4

The sound of my voice varies throughout the day. 0 1 2 3 4

People ask: "What's wrong with your voice?" 0 1 2 3 4

My voice sounds creaky and dry. 0 1 2 3 4

I feel as though I have to strain to talk. 0 1 2 3 4

The clarity of my voice is unpredictable. 0 1 2 3 4

I try to change my voice to sound different. 0 1 2 3 4

I use a great deal of effort to speak. 0 1 2 3 4

My voice is worse in the evening. 0 1 2 3 4

My voice 'gives out' on me in the middle of speaking. 0 1 2 3 4

SUBTOTAL _____

Part III - E

I am tense when talking to others because of my voice. 0 1 2 3 4

People seem irritated with my voice. 0 1 2 3 4

I find other people don't understand my voice problem. 0 1 2 3 4

My voice problem upsets me. 0 1 2 3 4

I am less outgoing because of my voice problem. 0 1 2 3 4

My voice makes me feel handicapped. 0 1 2 3 4

I feel annoyed when people ask me to repeat myself. 0 1 2 3 4

I feel embarrassed when people ask me to repeat myself. 0 1 2 3 4

My voice makes me feel incompetent. 0 1 2 3 4

I am ashamed of my voice problem. 0 1 2 3 4

SUBTOTAL _____

TOTAL _____

Score Range	Severity	Common Association
0-30	Mild	Minimal amount of handicap.
31-60	Moderate	Often seen in patients with vocal nodules, polyps, or cysts.
60-120	Severe	Often seen in patients with vocal fold paralysis or severe vocal fold scarring.

The Voice Handicap Index (VHI): Development and Validation. Barbara H. Jacobson, Alex Johnson, Cynthia Grywalski, Alice Silbergleit, Gary Jacobsen, Michael S. Benninger. American Journal of Speech-Language Pathology, Vol 6(3), 66-70, 1997, The Voice Handicap Index is reprinted with permission from all authors and ASHA. Copyright 1997-2001 American Speech-Language-Hearing Association.