



WORLD VOICE DAY

APRIL 16<sup>th</sup>

# What Is Your Voice-Related Quality of Life?

**How good is your voice? Do you have a problem with day-to-day activities because of poor voice quality?**

By completing this simple voice quiz, you can learn a lot about how well your voice is working for you. This type of tool is used regularly in the clinical care of patients who are having vocal difficulties. Adapted from the “Voice-Related Quality of Life Measure” from the Vocal Health Center at the University of Michigan Health System, this questionnaire is similar to many used by voice experts across the country. It is an indicator of *voice-related quality of life (V-RQOL)*, a measure of whether your voice is doing what you need it to do.

Follow the instructions below to complete the voice-related quality of life quiz on the next page then add up your score. The table below the quiz will show you how to interpret your score.

## Instructions

Determine the severity and frequency of the problem by answering each question on the voice quiz indicating how “bad” it is (the **amount** of each problem that you have) with five being the worst possible. Your answer should be based upon your average voice quality for the past two weeks or so. Use the following 1-5 scale for rating the **amount** of the problem:

**1 = None, not a problem**

**2 = A small amount**

**3 = A moderate (medium) amount**

**4 = Frequently**

**5 = Problem is as “bad as it can be”**



[www.entnet.org/VoiceDay](http://www.entnet.org/VoiceDay)

# YOUR VOICE-RELATED QUALITY OF LIFE QUIZ

## Because of my voice....

## How much of a problem is this?

|                                                                    |   |   |   |   |   |
|--------------------------------------------------------------------|---|---|---|---|---|
| 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 do not know what will come out when I begin speaking.            | 1 | 2 | 3 | 4 | 5 |
| I am anxious or frustrated.                                        | 1 | 2 | 3 | 4 | 5 |
| I get depressed.                                                   | 1 | 2 | 3 | 4 | 5 |
| I have trouble using the telephone.                                | 1 | 2 | 3 | 4 | 5 |
| I have trouble doing my job or practicing my profession.           | 1 | 2 | 3 | 4 | 5 |
| I avoid going out socially.                                        | 1 | 2 | 3 | 4 | 5 |
| I have to repeat myself to be understood.                          | 1 | 2 | 3 | 4 | 5 |
| I have become less outgoing.                                       | 1 | 2 | 3 | 4 | 5 |

## Interpreting Your Score

When you have rated each item, add up the total score. Using that number and the table at right, you can estimate your own *voice-related quality of life (V-RQOL)*. The scale is from 0 to 100, with 100 being the best. This is a different number scale than what you get by adding up your answers on the questionnaire. Look and see where your total score falls on the V-RQOL scale.

If your score is low, you should consider seeing an otolaryngologist (ear, nose and throat doctor) for an evaluation. Most voice disorders are more easily treated if they are diagnosed early. By completing this self-evaluation, you will learn a lot about whether your voice is just fine, or needs an evaluation by an otolaryngologist—head and neck surgeon.

| Your Quiz Score | Your Voice-Related Quality of Life (V-RQOL) Score |
|-----------------|---------------------------------------------------|
| 10              | 100 (excellent)                                   |
| 20              | 75 (fair to good)                                 |
| 30              | 50 (poor to fair)                                 |
| 40              | 25 (poor)                                         |
| 50              | 0 (worst possible)                                |

**Hoarseness or roughness in your voice is often caused by a medical problem. Contact an otolaryngologist—head and neck surgeon if you have any sustained changes to your voice.**