



Voice Handicap Index (VHI)

On the following screens you see statements that many people have used to describe their voices and the effects of their voices on their lives. Check the response that indicates how frequently you have the same experience.

(Never = 0; Almost Never = 1; Sometimes = 2; Almost Always = 3; Always = 4)

	0	1	2	3	4
P2. I run out of air when I talk.	X				
P4. The sound of my voice varies throughout the day.	X				
P10. People ask, "What's wrong with your voice?"	X				
P13. My voice sounds creaky and dry.	X				
P14. I feel as though I have to strain to produce voice.	X				
P17. The clarity of my voice is unpredictable.	X				
P18. I try to change my voice to sound different.	X				
P20. I use a great deal of effort to speak.	X				
P21. My voice is worse in the evening.	X				
P26. My voice "gives out" on me in the middle of speaking.	X				
F1. My voice makes it difficult for people to hear me.	X				
F3. People have difficulty understanding me in a noisy room.	X				
F5. My family has difficulty hearing me when I call them throughout the house.	X				
F6. I use the phone less often than I would like	X				
F8. I tend to avoid groups of people because of my voice.	X				
F11. I speak with friends, neighbors, or relatives less often because of my voice.	X				
F12. People ask me to repeat myself when speaking face-to-face.	X				
F16. My voice difficulties restrict my personal and social life.	X				
F19. I feel left out of conversations because of my voice.	X				
F22. My voice problem causes me to lose income.	X				
E7. I'm tense when talking with others because of my voice.	X				
E9. People seem irritated with my voice.	X				
E15. I find other people don't understand my voice problem.	X				
E23. My voice problem upsets me.	X				
E24. I am less out-going because of my voice problem.	X				
E25. My voice makes me feel handicapped.	X				
E27. I feel annoyed when people ask me to repeat.	X				
E28. I feel embarrassed when people ask me to repeat.	X				
E29. My voice makes me feel incompetent.	X				
E30. I'm ashamed of my voice problem.	X				

Please select the word that matches how you feel your voice is today.: **Normal** Mild Moderate Severe
P: 0, F: 0, E: 0. Total: 0