

Date:

Name:

1) Age: _____

2) What is your gender? Male Female3) What is your race/ethnicity? White African-American Asian Hispanic Other
(what?) _____

4) I sing the following kind of music (circle all) country classical choral pop rock gospel jazz

5) Singing is (circle one) primary source of income secondary source of income not source of income

6) How would you categorize your singing?
professional entertainment teacher/instructor
music/singing student amateur choir/singing group

Singing Voice Handicap Index-10

These are statements that many people have used to describe their singing and the effects of their singing on their lives. Circle the response that indicates how frequently you have the same experience in the last 4 weeks.

| | | | | | |
|--|-------|--------------|-----------|---------------|--------|
| 1) It takes a lot of effort to sing. | never | almost never | sometimes | almost always | always |
| 2) My voice cracks and breaks. | never | almost never | sometimes | almost always | always |
| 3) My voice "gives out" on me while I am singing. | never | almost never | sometimes | almost always | always |
| 4) My singing voice upsets me. | never | almost never | sometimes | almost always | always |
| 5) I have no confidence in my singing voice. | never | almost never | sometimes | almost always | always |
| 6) I have trouble making my voice do what I want it to. | never | almost never | sometimes | almost always | always |
| 7) I have to "push it" to produce my voice when singing. | never | almost never | sometimes | almost always | always |
| 8) My singing voice tires easily. | never | almost never | sometimes | almost always | always |
| 9) I feel something is missing in my life because of my inability to sing. | never | almost never | sometimes | almost always | always |
| 10) I am unable to use my "high voice." | never | almost never | sometimes | almost always | always |