

**SAN FRANCISCO**  
**VOICE & SWALLOWING**  
**KATHERINE C. YUNG, MD FACS**

**Voice and Swallowing Questionnaire**

**1. IF YOU ARE A SINGER, OR HAVE CONCERNS WITH YOUR SINGING VOICE, PLEASE COMPLETE SECTION 1.**

**a.** I sing the following kind of music: (circle all that apply)

Musical  
 Theater      Classical      Choral      Pop      Rock      Gospel      Jazz      Country      Other \_\_\_\_\_

**b.** Singing is:              Primary source of income              Secondary source of income              No source of income

**c.** How would you categorize your singing?

Professional Entertainment      Teacher/Instructor      Music / Singing Student      Amateur Choir / Singing Group

**d.** SVHI-10: These are statements that many people have used to describe their singing and the effects of their singing on their lives. Please 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.	0	1	2	3	4
2. I am unsure of what will come out when I sing.	0	1	2	3	4
3. My voice "gives out" on me while I am singing.	0	1	2	3	4
4. My singing voice upsets me.	0	1	2	3	4
5. I have no confidence in my singing voice.	0	1	2	3	4
6. I have trouble making my voice do what I want it to.	0	1	2	3	4
7. I have to "push it" to produce my voice when singing.	0	1	2	3	4
8. My singing voice tires easily.	0	1	2	3	4
9. I feel something is missing in my life because of my inability to sing	0	1	2	3	4
10. I am unable to use my "high voice"	0	1	2	3	4

**Please add up your total = \_\_\_\_\_**

**2. IF YOU HAVE SHORTNESS OF BREATH AND / OR COUGH, PLEASE COMPLETE BOTH SECTIONS BELOW**

**a.** Does your breathing problem primarily happen when you're coughing?      Yes      No

**b.** Please circle the response that indicated how frequently you experience these symptoms  
 ( 0= never, 1= almost never, 2= sometimes, 3= almost always, 4= always)

1. I have trouble getting air in.	0	1	2	3	4
2. My breathing problem causes me to restrict my personal and social life	0	1	2	3	4
3. My shortness of breath gets worse with stress.	0	1	2	3	4
4. The change in weather affects my breathing problem.	0	1	2	3	4
5. My breathing gets worse with stress.	0	1	2	3	4

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- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 6. I have to strain to breathe.                     | 0 | 1 | 2 | 3 | 4 |
| 7. It takes more effort to breathe than it used to. | 0 | 1 | 2 | 3 | 4 |
| 8. My breathing problem upsets me.                  | 0 | 1 | 2 | 3 | 4 |
| 9. My shortness of breath scares me.                | 0 | 1 | 2 | 3 | 4 |
| 10. My breathing problem makes me feel stressed.    | 0 | 1 | 2 | 3 | 4 |

**Please add up your total= \_\_\_\_\_**

3. Please circle the response that indicates how frequently you experience these symptoms.  
(0= never, 1= almost never, 2= sometimes, 3= almost always, 4= always)

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. My cough is worse when I lay down.                                     | 0 | 1 | 2 | 3 | 4 |
| 2. My coughing problem causes me to restrict my personal and social life. | 0 | 1 | 2 | 3 | 4 |
| 3. I tend to avoid places because of my cough problem.                    | 0 | 1 | 2 | 3 | 4 |
| 4. I feel embarrassed because of my cough problem.                        | 0 | 1 | 2 | 3 | 4 |
| 5. People ask, "what's wrong?" because I cough a lot.                     | 0 | 1 | 2 | 3 | 4 |
| 6. I run out of air when I cough.   | 0 | 1 | 2 | 3 | 4 |
| 7. My coughing problem affects my voice.                                  | 0 | 1 | 2 | 3 | 4 |
| 8. My coughing problem limits my physical activity.                       | 0 | 1 | 2 | 3 | 4 |
| 9. My coughing problem upsets me.   | 0 | 1 | 2 | 3 | 4 |
| 10. People ask me if I am sick because I cough a lot.                     | 0 | 1 | 2 | 3 | 4 |

**Please add up your total = \_\_\_\_\_**