

This questionnaire consists of a series of statements and descriptions that pertain to your own voice in different ways. Please state in each case to what extent you agree or disagree using the number between 0 and 12 which you find most suitable. You also have the option of stating “N/A”. However, we would encourage you to actively answer as many questions as possible.

Here are three statements about your own voice. To what extent do you agree with these statements?															
	Strongly disagree		Some-what disagree		Neutral		Some-what agree		Strongly agree		N/A				
I think my own voice sounds good.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	A1
My own voice sounds foreign to me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	A2
I feel confined or congested when I speak.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	A3

Here is a series of statements that use figurative language to describe the sound of your own voice. To what extent do you agree that the statements describe your voice?															
	Strongly disagree		Some-what disagree		Neutral		Some-what agree		Strongly agree		N/A				
I find that my own voice sounds as if ...															
... I am speaking in a barrel.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B1
... I am speaking through a tunnel.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B2
... I am speaking in a bathroom.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B3
... I am hearing myself on a tape recorder/video recording/answering machine.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B4
... I am hearing myself on the telephone.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B5
... there is an echo.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B6
... I am speaking in a large room.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	B7

Here is a series of statements that can be used to describe the sound of your own voice. To what extent do you agree that these statements describe your voice?															
I find that my own voice sounds ...	Strongly disagree		Some-what disagree		Neutral		Some-what agree		Strongly agree		N/A				
... dark.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C1
... full.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C2
... deep.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C3
... hollow.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C4
... resonant.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C5
... muffled.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C6
... adenoidal.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C7
... nasal.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C8
... grating.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C9
... raspy.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C10
... sharp.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C11
... shrill.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C12
... metallic.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C13
... hissing.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C14
... lisping.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C15
... familiar.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C16
... dull.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C17
... loud.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C18
... distorted.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C19
... pleasant.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C20
... unnatural.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	C21
	Strongly disagree		Some-what disagree		Neutral		Some-what agree		Strongly agree		N/A				

Here is a series of statements about situations where you are participating in a conversation, a discussion, or a meeting with a group of people that you know well. Imagine that your surroundings are otherwise calm. To what extent do you agree that these statements apply to you ?															
	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									
When I am in a group of people, I feel that my own voice blends naturally into the soundscape with the other voices.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D1
When I am in a group of people, I feel that the level of my own voice is equal to the level of the other voices.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D2
I can easily follow and participate in a discussion with quick, ping-pong-like, word exchanges.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D3
I can easily follow and participate in a heated discussion where everyone is speaking simultaneously.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D4
I can easily hear what people are saying to me if they interrupt me before I am finished speaking.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D5
When I participate in a discussion, my own voice is too dominant in comparison to what I want to hear.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D6
I can easily hear what people are saying while I am chewing my food.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	D7
	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									

Here is a series of statements about the level of your own voice in different situations. To what extent do you agree that these statements apply to you ?															
	Strongly disagree		Some-what disagree		Neutral				Some-what agree		Strongly agree		N/A		
When I raise my voice, it bothers me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E1
Other people often tell me that I speak too softly.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E2
Other people often tell me that I speak too loudly.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E3
It is embarrassing to unintentionally speak too softly.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E4
It is embarrassing to unintentionally speak too loudly.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E5
At times, it can be a problem finding an appropriate level of my own voice when I participate in a quiet conversation in otherwise calm surroundings.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E6
At times, it can be a problem finding an appropriate level of my own voice when I am carrying on a conversation in moderately noisy surroundings, such as a busy restaurant or at home in my kitchen when I am frying bacon.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E7
At times, it can be a problem finding an appropriate level of my own voice when I am carrying on a conversation in noisy surroundings; for example, next to a noisy lawn mower or at a party with loud music.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E8
Speaking to someone in noisy surroundings is strenuous for me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E9
	Strongly disagree		Some-what disagree		Neutral				Some-what agree		Strongly agree		N/A		

... *continued*. Here is a series of statements about the level of your own voice in different situations. To what extent do you agree that these statements apply to **you**?

	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									
It can be problematic finding an appropriate level of my own voice when I am speaking to people at a distance of 30 feet.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E10
When I give a speech, presentation, or anything of the like, I am not sure if I am choosing the appropriate level to speak at.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E11
I often think about whether the level of my voice is appropriate.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E12
When circumstances require me to raise my voice so that others find the level appropriate, I tend to think that my voice sounds bad.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	E13

Here is a series of statements about what you can do to find an appropriate level for your own voice. To what extent do you agree that these statements apply to you ?															
	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									
I make an arrangement with a friend/colleague beforehand, so that he/she can guide me to speak at an appropriate level by using signals such as signs or facial expressions.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F1
I ask the people who are with me if the level of my voice is appropriate.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F2
I am attentive to changes in people's facial expressions while I am speaking.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F3
I am attentive to changes in people's body language while I am speaking.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F4
I listen to other people's voices in order to obtain an equal loudness of my own voice.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F5
I intentionally adjust the level of my voice so it sounds the way it is supposed to in my own ears.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F6
I intentionally adjust the level of my voice from memory – so it feels like it normally does.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F7
I never think about it.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	F8
	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									

Here is a series of statements about whispering. To what extent do you agree that these statements apply to you ?															
	Strongly disagree		Some-what disagree		Neutral				Some-what agree		Strongly agree		N/A		
I can easily carry on a whispered conversation if the situation requires it.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	G1
I have difficulty hearing other people whisper.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	G2
I do not mind whispering to others if the situation requires it.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	G3
If I attempt to whisper, people tell me that I am speaking too loudly.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	G4

Here is a series of statements that can be used to describe where you physically sense your own voice is coming from when you are speaking. To what extent do you agree that these statements describe where **your** voice is coming from?

My own voice ...	Strongly disagree		Some-what disagree			Neutral			Some-what agree			Strongly agree		N/A	
... sounds as if it is coming from my throat.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H1
... sounds as if it is coming from my mouth.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H2
... sounds as if it is coming from inside my head.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H3
... sounds as if it is coming from somewhere outside of my body.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H4
... is in the back of my head.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H5
... is in my ear(s).	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	H6

Please elaborate or add your own descriptions, if any:

Here are three overall statements about your own voice. To what extent do **you** agree with these statements?

	Strongly disagree	Some-what disagree	Neutral	Some-what agree	Strongly agree	N/A									
The sound of my own voice is a problem for me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	I1
The sound of my own voice is important to me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	I2

Try to recall the last time you had a cold, meaning that you were heavily congested, but where your voice function was otherwise fairly normal (meaning no distinct hoarseness or lost voice).

Here are three statements about your own voice. To what extent do you agree with these statements when you have a cold?															
	Strongly disagree		Some-what disagree			Neutral			Some-what agree			Strongly agree		N/A	
I think my own voice sounds good.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	J1
My own voice sounds foreign to me.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	J2
I feel confined or congested when I speak.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	J3

Here is a series of statements that can be used to describe the sound of your own voice when you have a cold. To what extent do you agree that these statements describe your voice?															
I find that my own voice sounds ...	Strongly disagree		Some-what disagree			Neutral			Some-what agree			Strongly agree		N/A	
... dark.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K1
... full.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K2
... hollow.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K3
... resonant.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K4
... muffled.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K5
...mumbling.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K6
... adenoidal.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K7
... nasal.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K8
... grating.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K9
... familiar.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K10
... dull.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K11
... loud.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K12
... distorted.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K13
... unnatural.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K14
... deeper than normal.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K15
... as if I am speaking in a barrel.	0	1	2	3	4	5	6	7	8	9	10	11	12	<input type="checkbox"/>	K16
	Strongly disagree		Some-what disagree			Neutral			Some-what agree			Strongly agree		N/A	