

Voice Handicap Index (VHI) – Jacobson et al., 1997 (AJSLP, Volume 6, pp. 66-70)

Name: _____

Date: _____

Instructions: These are 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 had the same experience ***within the past month.***

	Statement	Never	Almost Never	Sometimes	Almost Always	Always
F1	My voice makes it difficult for people to hear me.					
P2	I run out of air when I talk.					
F3	People have difficulty understanding me in a noisy room.					
P4	The sound of my voice varies throughout the day.					
F5	My family has difficulty hearing me when I call them throughout the house.					
F6	I use the phone less often than I would like.					
E7	I'm tense when talking with others because of my voice.					
F8	I tend to avoid groups of people because of my voice.					
E9	People seem irritated with my voice.					
P10	People ask, "What's wrong with your voice?"					
F11	I speak with friends, neighbors, or relatives less often because of my voice.					

	Statement con't.	Never	Almost Never	Sometimes	Almost Always	Always
F12	People ask me to repeat myself when speaking face-to-face.					
P13	My voice sounds creaky and dry.					
P14	I feel as though I have to strain to produce voice.					
E15	I find other people don't understand my voice problem					
F16	My voice difficulties restrict my personal and social life.					
P17	The clarity of my voice is unpredictable.					
P18	I try to change my voice to sound different.					
F19	I feel left out in conversations because of my voice.					
P20	I use a great deal of effort to speak.					
P21	My voice is worse in the evening.					
F22	My voice problem causes me to lose income.					
E23	My voice problem upsets me.					
E24	I am less outgoing because of my voice problem.					
E25	My voice makes me feel handicapped.					
P26	My voice "gives out" on me in the middle of speaking.					
E27	I feel annoyed when people ask me to repeat.					

	Statement con't.	Never	Almost Never	Sometimes	Almost Always	Always
E28	I feel embarrassed when people ask me to repeat.					
E29	My voice makes me feel incompetent.					
E30	I'm ashamed of my voice.					

Scoring the Voice Handicap Index

The items are divided into three subscales. Items in the **functional (F)** subscale reflect statements that describe the impact of a person's voice disorder on his or her daily activities. The **emotional (E) subscale** consists of statements representing a person's affective (e.g. feeling) responses to a voice disorder. Items comprising the physical subscale are statements representing self-perceptions of laryngeal discomfort and voice output characteristics.

To score the VHI, an **Always** response is scored 4 points, a **Never** response is scored 0. The remaining options are scored between 1 and 3 points. Tally the number of points for each of the subscales and also compute a total composite score. Compare the patient's values to published norms (Jacobson et al., 1997) obtained from 65 adults patients seen in the Voice Clinic at Henry Ford Hospital, grouped in the table below according to the severity of their voice disorder (e.g. mild, moderate, severe).

Use these scores as pre- and post-treatment quality of life outcome measures. An improved self-perception of the voice disorder following treatment reflects a positive outcome.

Total the score for each subscale as well as total

Functional _____
Physical _____
Emotional _____
Total _____

Z-score for TOTAL VHI _____ INTERPRETATION: (mild, moderate, severe) perceived voice disturbance that significantly impacts on aspects of daily life.

Table 1. Normative mean and standard deviation (SD) values for VHI subscale and total scale scores as a function of self-perceived voice severity obtained from normal adults.

Normal Mean = 8.75

Standard Deviation is 14.97

Compute a Z-score for the pt's Total Score so you can interpret the impact of the patient's voice disorder on QOL.

$$\frac{\text{Pt Total Score} - 8.75}{14.97}$$

Interpret the Patient's z-score as follows: (negative values are WNL, negative values mean no perception of handicap. Positive values indicate that voice impairment has a negative impact on aspects of daily life).

Patient Z-score	Interpretation
0 to +1.00	No significant impact on aspects of daily life
+1.01 to +1.99	Mild significant impact on aspects of daily life
+2.00 to +2.99	Moderate significant impact on aspects of daily life
+3.00 or greater	Severe significant impact on aspects of daily life

If patient has a significant score, then also describe the physical, emotional, and function contributions (from greatest impact to least). See report for Trish for an example.

