



Name _____ Date _____

Singing Voice Handicap Index (SVHI)

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

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

How would you categorize your singing? prof. entertainment teacher music/singing student amateur choir/singing group

Instructions for below: These are statements that many people have used to describe their voices and the effects of their voices on their lives. Circle the response that indicates how frequently you have the same experience.

0 = never 1 = almost never 2 = sometimes 3 = almost always 4 = always

1. It takes a lot of effort to sing.	0	1	2	3	4
2. My voice cracks and breaks.	0	1	2	3	4
3. I am frustrated by my singing.	0	1	2	3	4
4. People ask "What is wrong with your voice?" when I sing.	0	1	2	3	4
5. My ability to sing varies day to day.	0	1	2	3	4
6. My voice "gives out" on me while I am singing.	0	1	2	3	4
7. My singing voice upsets me.	0	1	2	3	4
8. My singing problems make me not want to sing/perform.	0	1	2	3	4
9. I am embarrassed by my singing.	0	1	2	3	4
10. I am unable to use my "high voice."	0	1	2	3	4
11. I get nervous before I sing because of my singing problems.	0	1	2	3	4
12. My speaking voice is not normal	0	1	2	3	4
13. My throat is dry when I sing.	0	1	2	3	4
14. I've had to eliminate certain songs from my singing/performances.	0	1	2	3	4
15. I have no confidence in my singing voice.	0	1	2	3	4
16. My singing voice is never normal.	0	1	2	3	4
17. I have trouble making my voice do what I want it to.	0	1	2	3	4
18. I have to "push it" to produce my voice when singing.	0	1	2	3	4
19. I have trouble controlling the breathiness in my voice.	0	1	2	3	4
20. I have trouble controlling the raspiness in my voice.	0	1	2	3	4
21. I have trouble singing loudly.	0	1	2	3	4
22. I have difficulty staying on pitch when I sing.	0	1	2	3	4
23. I feel anxious about my singing.	0	1	2	3	4
24. My singing sounds forced.	0	1	2	3	4
25. My speaking voice is hoarse after I sing.	0	1	2	3	4
26. My voice quality is inconsistent.	0	1	2	3	4
27. My singing voice makes it difficult for the audience to hear me.	0	1	2	3	4
28. My singing makes me feel handicapped.	0	1	2	3	4
29. My singing voice tires easily.	0	1	2	3	4
30. I feel pain, tickling, or choking when I sing.	0	1	2	3	4
31. I am unsure of what will come out when I sing.	0	1	2	3	4
32. I feel something is missing in my life because of my inability to sing.	0	1	2	3	4
33. I am worried my singing problems will cause me to lose money.	0	1	2	3	4
34. I feel left out of the music scene because of my voice.	0	1	2	3	4
35. My singing makes me feel incompetent.	0	1	2	3	4
36. I have to cancel performances, singing engagements, rehearsals, or practices.	0	1	2	3	4

PLEASE ADD UP YOUR TOTAL _____