## Appendix X: Voice Conservation Index Self-Rating

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| --- |
| **Student’s Name:** *Enter Name* **Age:** *Enter Student’s Age*  **Date:** *Click to Select a Date* |

(*Please check the answer that is best for each statement.*)

1. When I get a cold, my voice gets hoarse.

All the time Most of the time Half the time Once in a while Never

1. After cheering at a ballgame, I get hoarse.

All the time Most of the time Half the time Once in a while Never

1. When I’m in a noisy situation, I stop talking because I think I won’t be heard.

All the time Most of the time Half the time Once in a while Never

1. When I’m in a noisy situation, I speak very loudly.

All the time Most of the time Half the time Once in a while Never

1. When I’m at home or at school, I spend a lot of time talking every day.

All the time Most of the time Half the time Once in a while Never

1. I like to talk to people who are far away from me.

All the time Most of the time Half the time Once in a while Never

1. When I play outside with my friends, I yell a lot.

All the time Most of the time Half the time Once in a while Never

1. I lose my voice when I don’t have a cold.

All the time Most of the time Half the time Once in a while Never

1. People tell me I talk too loudly.

All the time Most of the time Half the time Once in a while Never

1. People tell me I never stop talking.

All the time Most of the time Half the time Once in a while Never

1. I like to talk.

All the time Most of the time Half the time Once in a while Never

1. I talk on the phone.

All the time Most of the time Half the time Once in a while Never

1. At home, I talk to people who are in another room.

All the time Most of the time Half the time Once in a while Never

1. I like to make car sounds or other noises when I play.

All the time Most of the time Half the time Once in a while Never

1. I like to sing.

All the time Most of the time Half the time Once in a while Never

1. People don’t listen to me unless I talk loudly.

All the time Most of the time Half the time Once in a while Never

*Source: Saniga, R.D. and Carlin, M.F. (1993) “Vocal abuse behaviors in young children”. Language, Speech, and Hearing Services in Schools, 24 (2), p.* 83.