**Voice-Related Quality of Life (V-RQOL) Measure**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We are trying to learn more about how a voice problem can interfere with your day-to-day activities. On this paper, you will find a list of possible voice-related problems. Please answer all questions based upon what your voice has been like over the past **two weeks.** There are no “right” or “wrong” answers.

Considering both how severe the problem is when you get it, and how frequently it happens, please rate each item below on how “bad” it is (that is, the **amount** of each problem that you have). Use the following scale for rating the **amount** if the problem:

**1 = None, not a problem**

**2 = A small amount**

**3 = A moderate (medium) amount**

**4 = A lot**

**5 = Problem is as “bad as it can be”**

**Because of my voice, How much of a problem is this?**

1. I have trouble speaking loudly or being heard in noisy situations. 1 2 3 4 5

2. I run out of air and need to take frequent breaths when talking. 1 2 3 4 5

3. I sometimes do not know what will come out when I begin speaking. 1 2 3 4 5

4. I am sometimes anxious or frustrated (because of my voice). 1 2 3 4 5

5. I sometimes get depressed (because of my voice). 1 2 3 4 5

6. I have trouble using the telephone (because of my voice). 1 2 3 4 5

7. I have trouble with my profession or at my job (because of my voice). 1 2 3 4 5

8. I avoid going out socially (because of my voice). 1 2 3 4 5

9. I have to repeat myself to be understood. 1 2 3 4 5

10. I have become less outgoing (because of my voice). 1 2 3 4 5

**REFERENCE:**

Hogikyan N, Sethuraman G. Validation of an instrument to measure voice-related quality of life (V-RQOL). *Journal of Voice*. 1999;13:557-69.

Calculate scaled QOL score:

1. Add each number circled to obtain raw score (range from 10-50).
2. Multiply raw score by 2.5
3. Subtract this amount from 125.
4. Scaled QOL score should be in the range from 0-100, with the following interpretation:

|  |
| --- |
| **100 (excellent)** |
| **75 (fair to good)** |
| **50 (poor to fair)** |
| **25 (poor)** |
| **0 (worst possible)** |