

## VOICE CONSERVATION INDEX FOR CHILDREN<sup>1</sup>

Child's Initials \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date \_\_\_\_\_

Please circle the answer that is best.

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*
2. After cheering at a ballgame, I get hoarse.  
*All the time    Most of the time    Half the time    Once in a while    Never*
3. 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*
4. 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*
5. 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*
6. 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*
7. 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*
8. 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*
9. People tell me I talk too loudly.  
*All the time    Most of the time    Half the time    Once in a while    Never*
10. People tell me I never stop talking.  
*All the time    Most of the time    Half the time    Once in a while    Never*
11. I like to talk.  
*All the time    Most of the time    Half the time    Once in a while    Never*
12. I talk on the phone.  
*All the time    Most of the time    Half the time    Once in a while    Never*
13. 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*
14. I like to make car or other noises when I play.  
*All the time    Most of the time    Half the time    Once in a while    Never*
15. I like to sing.  
*All the time    Most of the time    Half the time    Once in a while    Never*
16. 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. "Vocal Abuse Behaviors in Young Children". Language, Speech, and Hearing Services in Schools. 1993: 24 (2), p. 83. Reprinted by ASHA with permission of authors.

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<sup>1</sup> Saniga and Carlin (1991)