

## **Knowledge and Needs of Final Year Theology Students on Voice and Vocal Hygiene**

### **A. Demographic Information**

**1. What is your age?**

- 19 - 22 years
- 23 - 26 years
- 27 - 30 years
- 30 - 40 years
- 41 years and older

**2. Please indicate your gender:**

- Male
- Female
- Other: \_\_\_\_\_

**3. Marital status**

- Married
- Single
- Engaged
- Divorced
- Other: \_\_\_\_\_

**4. Church denomination**

- Dutch Reformed Church
- Catholic Church
- Baptist Church
- Zion Christian Churches
- Non- denominational
- Other: \_\_\_\_\_

**5. Have you ever received voice therapy?**

- Yes
- No
- If yes, in what year? \_\_\_\_\_

**6. Why did you receive voice therapy?**

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### **B. Education / Training / Needs**

**1. Do you wish to pursue a career as a preacher?**

- Yes
- No

2. **Have you ever received formal or informal education or training in voice use and vocal hygiene?** *[Vocal hygiene refers to behavioral changes that can be employed to reduce the occurrence of voice problems (Owens & Farinella, 2018)]*
- Yes
  - No
  - Unsure
3. **If yes, was it:**
- as part of your academic degree program
  - external to your degree
  - a semester module
  - an informal seminar
  - a lecture series
  - voice therapy
  - Not applicable
4. **In which academic year did you receive your voice training?**
- First year
  - Second year
  - Third year
  - Not applicable
5. **Did you find this training to be beneficial?**
- Yes
  - No
  - Not applicable
7. **Please motivate your answer above:**
- 
- 
- 
- 
- 
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8. **Do you think it is important for preachers to have good knowledge about voice use and vocal hygiene?**
- Yes
  - No
9. **Do you think preachers are at a higher risk for the development of voice problems due to the daily demands on their voices?**
- Yes
  - No
10. **Do you think that education and training in voice production and vocal hygiene should be included in the curriculum of theology students?**
- Yes
  - No

**11. Why do you think education and training in voice production and vocal hygiene should be included?**

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**12. Do you think that voice training should be delivered either:**

- Formally
- Informally
- Both

### C. Knowledge About Voice and Vocal Hygiene

**1. Factors that I think may influence voice quality:**

Please select the appropriate box to indicate what influence you think each of the following has on your voice (please select the option that you feel is most appropriate).

*e.g., shopping*

## Positive

### No influence

## Negative

- My emotional state / mood
- My weight
- Frequent coughing
- Drinking alcohol
- Being relaxed
- Loud singing
- Sucking fruit sweets or chewing gum
- Eating spicy food
- Smoking
- Drinking coffee, tea, or soda
- Swimming
- Whispering
- Shouting
- Resting my tired voice
- Warming up my voice before talking
- Using an amplifier or microphone
- Walking
- Throat clearing
- Steam inhalation
- Drinking warm soup
- Not talking when my voice is sore
- Sucking medicated throat tablets (e.g., Strepsils)
- A noisy environment
- Speaking gently
- Breathing through my nose
- Plants in the office/ home
- Good posture

- Eating chocolate
- Ear infections or hearing problems
- Stress or anxiety
- Talking when my voice is tired

#### **D. Voice Use**

- 1. How many hours of the day do you currently use your voice?**
  - Less than 2 hours
  - 2 - 4 hours
  - 4 - 6 hours
  - 6 - 8 hours
  - More than 8 hours
- 2. How many hours of the day do you use your voice for academic purposes?**
  - Less than 2 hours
  - 2 - 4 hours
  - 4 - 6 hours
  - 6 - 8 hours
  - More than 8 hours
- 3. How many hours of the day do you use your voice for social purposes?**
  - Less than 2 hours
  - 2 - 4 hours
  - 4 - 6 hours
  - 6 - 8 hours
  - More than 8 hours
- 4. Which part of the day do you use your voice the most?**
  - Mornings
  - Mid-day
  - Evenings
  - All of the above
- 5. Do you have to raise your voice to speak during a class presentation to ensure that you are clearly heard?**
  - Yes
  - No
- 6. Does your voice feel tired at the end of the day?**
  - Yes
  - No
- 7. Do you have a sore throat at the end of the day?**
  - Yes
  - No
- 8. How often does hoarseness or other vocal problems affect your social duties?**
  - Never

- Sometimes
- Almost Always
- Always

**9. How often does your voice feel tired?**

- Everyday
- Once a week
- More than once a week
- Once a month
- More than once a month
- Very rarely

**10. How often does hoarseness or other vocal problems affect your academic duties?**

- Never
- Sometimes
- Almost Always
- Always

**11. How often does your voice sound hoarse and rough?**

- Never
- Sometimes
- Almost Always
- Always

**12. How often do you experience voice loss?**

- Never
- Sometimes
- Almost Always
- Always

**13. Do you smoke?**

- Yes
- No

**14. If you smoke, how much do you smoke?**

- Socially (occasionally)
- Less than 3 cigarettes a day
- 3 - 5 cigarettes per day
- 5 - 8 cigarettes per day
- More than 8 cigarettes a day

**15. Please rate your consumption of the following on a daily basis?**

*0 = Occasionally    1 = Less than 3 glasses a day    2 = Three to 5 glasses a day  
3 = more than 5 glasses a day*

- |   |   |   |   |   |
|---|---|---|---|---|
| • Carbonated Drinks                                 | 0 | 1 | 2 | 3 |
| • Caffeinated Drinks (coffee, Coca-Cola, tea, etc.) | 0 | 1 | 2 | 3 |
| • Water   | 0 | 1 | 2 | 3 |

• Alcohol	0	1	2	3
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**16. Please rate your voice use during the following activities:**

*0 = Never      1 = Sometimes      2 = Almost Always      3 = Always*

• I warm-up my voice before I present to the class	0	1	2	3
• I cool my voice down after I present to the class	0	1	2	3
• I rest my voice after talking for a prolonged time	0	1	2	3

**17. How often do you experience the following?**

*0 = Never      1 = Sometimes      2 = Almost Always      3 = Always*

• Hoarse voice	0	1	2	3
• Loss of voice	0	1	2	3
• Breaking of voice	0	1	2	3
• Low pitched voice	0	1	2	3
• Phlegm	0	1	2	3
• Dry cough	0	1	2	3
• Cough with mucus (wet cough)	0	1	2	3
• Pain in the throat when speaking	0	1	2	3
• Pain in the throat when swallowing	0	1	2	3
• Mucus/phlegm in the throat	0	1	2	3
• Dry throat	0	1	2	3
• Strained voice	0	1	2	3

**18. For each of the following behaviors, please rate the frequency with which they occur:**

*1 = never      2 = infrequently      3 = occasionally      4 = frequently  
5 = always*

• Athletic activities involving yelling	1	2	3	4	5
• Mouth breathing	1	2	3	4	5
• Calling others from a distance	1	2	3	4	5
• Crying	1	2	3	4	5
• Use of dairy products	1	2	3	4	5
• Exposure to environmental irritants	1	2	3	4	5
• Grunting during exercising or lifting	1	2	3	4	5
• Laughing excessively loud	1	2	3	4	5
• Singing	1	2	3	4	5
• Talking loudly during respiratory infections	1	2	3	4	5
• Talking for extended periods of time	1	2	3	4	5
• Talking in noisy environments	1	2	3	4	5
• Telephone use	1	2	3	4	5
• Yelling or screaming	1	2	3	4	5

## 19. Vocal Fatigue Index – Version 2 (VFI-2)

These are some symptoms usually associated with voice problems. Choose the response that indicates how frequently you experience the same symptoms

0 = Never      1 = Almost Never      2 = Sometimes      3 = Almost Always  
4 = Always

### Part 1:

1. I do not feel like talking after a period of voice use	1	2	3	4
2. My voice feels tired when I talk more	1	2	3	4
3. I experience increased sense of effort with talking	1	2	3	4
4. My voice gets hoarse with voice use	1	2	3	4
5. It feels like work to use my voice	1	2	3	4
6. I tend to generally limit my talking after a period of voice use	1	2	3	4
7. I avoid social situations when I know I have to talk more	1	2	3	4
8. I feel I cannot talk to my family after a work/school day	1	2	3	4
9. It is effortful to produce my voice with voice use	1	2	3	4
10. I find it difficult to project my voice with voice use	1	2	3	4
11. My voice feels weak after a period of voice use	1	2	3	4

### Part 2:

12. I experience pain the neck at the end of day with voice use	1	2	3	4
13. I experience throat pain at the end of the day with voice use	1	2	3	4
14. My voice feels sore when I talk more	1	2	3	4
15. My throat aches with voice use	1	2	3	4
16. I experience discomfort in my neck with voice use	1	2	3	4

### Part 3:

17. My voice feels better after I have rested	1	2	3	4
18. The effort to produce my voice decreases with rest	1	2	3	4
19. The hoarseness of my voice gets better with rest	1	2	3	4

**Thank you for participating in this research study and for completing the survey.**

*If you feel that you might have a voice problem, please contact the University of Pretoria's Department of Speech-Language Pathology and Audiology for a consultation.*

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