



Within the last MONTH, how did the following problems affect you?						
(0 = No problem, 5 = Severe problem)	0	1	2	3	4	5
1. Hoarseness or a problem with your voice						
2. Clearing your throat						
3. Excess throat mucous or postnasal drip						
4. Difficulty swallowing food, liquid or pills						
5. Coughing after you ate or after lying down						
6. Breathing difficulties or choking episodes						
7. Troublesome or annoying cough						
8. Sensations of something sticking in your throat or a lump in your throat						
9. Heartburn, chest pain, indigestion, or stomach acid coming up						

15) **Do you have allergy problems?** Yes / No Indicate with X's how often you have had each of these:

**Never Rarely Sometimes Often Very Often**

Sneezing: \_\_\_\_\_

Itchy eyes: \_\_\_\_\_

Runny nose: \_\_\_\_\_

16) **Have you ever had allergy testing?** Yes No 17) **Have you ever had allergy shots?** Yes No

18) **How many cups of caffeinated beverages (coffee, tea, cola) do you drink per day?** \_\_\_\_\_

19) **How often do you eat chocolate?** Never Rarely Sometimes Often Very Often

20) **How many 8 oz glasses of water do you drink per day?** \_\_\_\_\_

21) **Please answer the following below based on what your voice has been like over the past 2 weeks.**

**There are no right or wrong answers. Use the following scale for rating each statement:**

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?

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

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

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

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

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

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

g. I have trouble doing my job or practicing my profession (because of my voice). 1 2 3 4 5

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

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

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

24) Any other comments? \_\_\_\_\_

Reviewed with patient on this date: \_\_\_\_\_ M.D.