Appendix I

QUESTIONNAIRE

This questionnaire is aimed at collecting information on voice fatigue symptoms among teachers. The information provided by you will be kept confidential and will aid in planning strategies to prevent voice problems. We appreciate your time and interest in contributing to this study.

Professional Background:

a) Teaching responsibilities (e.g., subjects taught)

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

b) Circle the classes that you teach: I, II, III, IV, V, VI, or VII standard

c) Teaching experience __________ years

d) Average No. of students in class? __________

Voice use:

a) How many hours a day do you teach? __________

b) How many hours a week do you teach? (approx.) __________

c) Do you work as a sports coach?
   How many hours a day? __________

d) Other types of work requiring voice use? (e.g., singing)
   If yes, specify __________ No. of hours a day? __________

Please underline appropriate:

  e) In your family, any one has voice problem? Yes/No
     If yes, who has the problem? __________ & what problem? __________

  f) Do you take part in sports where you are required to shout?
     Often         Occasionally        Seldom        Never

  g) Do you watch or go to sports competition where you are required to shout?
     Often         Occasionally        Seldom        Never

  h) Do you smoke?
     i.  20 or more/day          v.  Have given up smoking..
     ii. 10 to 20/day
     iii. <10 per day            vi.  How long ago?
     iv. Occasionally
     v.  Yes/No
i) Do you take tuition after school/class hours (including week ends)?
   Often       Occasionally       Seldom       Never

j) Coffee:
   How many cups of coffee do you drink each day, approximately? _________

k) Do you take medicines for high blood pressure?
   Often       Occasionally       Seldom       Never

l) Do you take medicines for high blood sugar (diabetes)?
   Often       Occasionally       Seldom       Never

m) Do you suffer from allergies?
   Often       Occasionally       Seldom       Never

n) Do you suffer from asthma?
   Often       Occasionally       Seldom       Never

o) Do you suffer from hearing loss?
   Often       Occasionally       Seldom       Never

p) Do you suffer from gastro-esophageal reflux disorder (GERD)?
   Often       Occasionally       Seldom       Never

q) Have you been to a ENT specialist because of voice problem?
   i. How often in your career an ENT specialist _________
   ii. Did you take medical treatment? _________
   iii. Did you take treatment from Speech pathologist? _______

r) Background noise in classrooms? No noise       Mild       Moderate       High level

s) Do you have difficulty in making yourself heard in class?
   Often       Occasionally       Seldom       Never

Voice fatigue

Instructions: Please read the statements presented below. Circle one number to correspond with each statement, indicating how frequently you experience the situation described.

Keys:
1 = Less than once a year or never
2 = A couple of times a year or occasionally
3 = About once a month or quite often
4 = Almost every week or very often
1. My voice gets tired after a long period of talking.
   1 2 3 4

2. My voice is hoarse/rough without infection/disease/sickness
   1 2 3 4

3. I feel lump and/or mucus in the throat.
   1 2 3 4

4. When I talk a lot, my throat hurts/pains.
   1 2 3 4

5. My voice does not have good quality in situations where much talking is needed.
   1 2 3 4

6. My voice does not penetrate noise/audible in presence of noise.
   1 2 3 4

7. I have voice breaks when talking.
   1 2 3 4

8. I have had aphonia (complete loss of voice) without infection/disease/sickness.
   1 2 3 4

9. I take sick leaves due to voice problems.
   1 2 3 4

10. When do you suffer from these symptoms (questions from 1-9).
    1. In the evening
    2. In the morning
    3. During the weekends
    4. While teaching
5. During the summer
6. During winter
7. Nil

Name of the teacher: ___________  Age and Gender: ___________
Contact (mobile) number: ___________  School: ___________
Are you interested to participate in Phase II of this study? Yes/No
Become A Participant

SEEKING TEACHERS FOR RESEARCH STUDY

Why is my voice so tired?
Want to free from vocal injury?
Know the safety criteria & free from voice problem?

Would you like to know your vocal folds are at-risk for vocal injury due to continuous prolonged speaking/teaching? Do you or someone you know with voice tiredness or voice problems? We are seeking male & female primary school teachers to participate in this study.

Purpose of the study: To measure the cumulative vocal fold vibration on a-week duration while working

Who can participate? Primary school teachers with minimum of five years of teaching experience with or without voice problem.

What is involved? Voice/speech recording will be done throughout the working hours (morning to evening) for 5 consecutive days by a digital light-weighted audio recorder.

Interested in participating?

To participate in the study, Please contact by phone or Email.

Phone number: +91 9886342654 (Rajasudhakar.R)
E-mail: rajasudhakar82@yahoo.co.in

Contact Details

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(If you know others who might be interested, please pass the word)
Appendix II

All India Institute of Speech & Hearing,
Manasagangothri, Mysore-570006.

AIISH Doctoral Program: Voicing periods in daily and weekly
speech of primary school teachers: Occupational voice
measurements (time dose)

Informed consent

I have understood that the thesis aims to measure the amount of voice usage by primary
school teachers. For this, my speech/voice will be audio-recorded throughout the
working hours for five days and will be used for further objective analysis. This study
will provide the amount of cumulative vocal fold vibration at work on a single work-day
and weekly as well in primary school teachers. I am interested in participating in the
study and give my oral/written consent.

Date: ___________________________ Signature of the participant.
Place: ___________________________ (Name: ___________________________)

Address: ___________________________

Contact number: ___________________________

(Safeguarding privacy: The whole speech/voice sample recorded will be kept confidentially by
the experimenter. It will not be revealed to any third party for any other purposes. Also, the
recorded speech/voice sample will not be used by the experimenter for any other purposes other
than the aim mentioned in the study. The content and meaning of the speech (personnel or
classroom situation) will not be analyzed by the experimenter. Only the voicing duration of your
speech sample will be analyzed by the experimenter using software).
Appendix III

DAILY LOG SHEET

NAME: 
School: 
Age: 

Please provide your teaching schedule so that the recorded voice can be accurately analyzed / interpreted.

<table>
<thead>
<tr>
<th>SI. No.</th>
<th>Timings</th>
<th>Class</th>
<th>Subjects</th>
<th>Activity details</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>e.g. 3(^{rd}) / 4(^{th}) standard</td>
<td>e.g. English/Science</td>
<td>e.g. Taught lessons/attended meeting/games coaching</td>
</tr>
<tr>
<td>1.</td>
<td>9.10 – 9.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>9.50 – 10.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>10.30 – 11.10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>11.10 – 11.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>11.50 – 12.30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>12.30 – 1.10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>1.10 – 1.45</td>
<td></td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>1.45 – 2.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>2.25 – 3.05</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>3.05 – 3.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Were you sick today? Yes / No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Any other</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Please check the indicator light (red color) in the recorder glows during recording throughout the day and don’t disturb the recorder during its recording.
Appendix IV

Research on Voice problems in Teachers (Guide for teachers)

Thank you for participating in the study entitled ‘Voice problems in Teachers’. The goal of the study is to collect accurate information on how, as a teacher, you use your voice in the classroom. Your voice will be recorded for one complete working day. It will not unnecessarily disrupt your normal daily activities.

A device is selected which enables you to teach, talk, move, breath and sing just like you would do without the digital audio tape (DAT) recorder. For collecting good voice sample, it is essential that you operate the DAT device exactly as you have been instructed i.e., battery check-up, recording button has to be kept in ‘on’ position etc., (see figure 1). You have to wear the device around the neck for 7 hours from 9 a.m to 4.00 p.m. It is also essential that you do the regular periodic verification tests - four times a day.

In addition to collecting data from DAT recorder (from 9 a.m – 4.00 p.m), you need to phonate vowel /a/ twice a day, i.e.,
- Before the first class (at starting of the day)
- After the last class (at the end of the day)

How to engage your students, fellow teachers and school administrators in your participation in this study??

Because of the continuous presence of DAT recorder all along the day on your body would put some demands on you. It may prompt a few stares and comments from the students and fellow teachers. How can you get them on your side to help you gather this important information?? Explain the importance of the study to the profession of teaching to your colleagues, students and administrators.

If we discover why teachers experience vocal fatigue or tiredness, then we can begin to find ways to help teachers prevent vocal fatigue. We may ultimately be able to reduce the dropout of good teachers from the teaching profession. We may also be able to help teachers to use their voice effectively in the classroom.

You will also have to fill a daily log sheet throughout the day about your vocal activity or voice usage in the classroom. This needs to be filled at the end of every class.

The usage of the digital audio tape (DAT) recorder is explained in detail herewith. I advise you to handle it gently and do not damage the gadget.
Figure 1: Digital audio-tape recorder.

Summary of steps……

(1) Filling up the questionnaire at 9.00 am
(2) Wearing the device (DAT recorder) around the neck and press the recording button
(3) Recording of phonation task before the first class – (Phonation of vowels /a/)
(4) Recording of phonation task after the last class (at the end of the day) - (Phonation of vowels /a/).

For further questions please contact:
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AIISH, Mysore-6.
Mobile No.: 9886342654

*Safeguarding privacy:*

The whole speech sample recorded will be kept confidentially by the experimenter. The recorded speech sample will not be revealed to any third party for any other purposes. Also, the recorded speech sample will not be used by the experimenter for any other purposes other than the aim mentioned in the study. The content and meaning of the speech (personnel or classroom situation) will not be analyzed by the experimenter. Only the voicing duration of your speech sample will be analyzed by the experimenter using software. The speech sample will be listened by the experimenter using a headphone. For reliability and validity of the measurements, the guide may randomly listen to part of the speech samples with the experimenter.