Name: ____________________________________________________________
Date: ______________________________________________________________________

Based on your actual experience of living as a female, please tick the response that fits you best.

1. People have difficulty hearing me in a noisy room. 

2. I feel anxious when I know I have to use my voice. 

3. My voice makes me feel less feminine than I would like. 

4. The pitch of my speaking voice is too low. 

5. The pitch of my voice is unreliable. 

6. My voice gets in the way of me living as a woman. 

7. I avoid using the phone because of my voice. 

8. I’m tense when talking with others because of my voice. 

9. My voice gets croaky, hoarse or husky when I try to speak in a female voice. 

10. My voice makes it hard for me to be identified as a woman. 

11. When I speak the pitch of my voice does not vary enough. 

12. I feel uncomfortable talking to friends, neighbours and relatives because of my voice. 

13. I avoid speaking in public because of my voice. 

14. My voice sounds artificial. 

15. I have to concentrate to make my voice sound the way I want it to sound. 

16. I feel frustrated with trying to change my voice. 

17. My voice difficulties restrict my social life. 

18. When I am not paying attention my pitch goes down. 

19. When I laugh I sound like a man. 

20. My voice doesn’t match my physical appearance. 

21. I use a great deal of effort to produce my voice. 

22. My voice gets tired quickly. 

23. My voice restricts the sort of work I do. 

24. I feel my voice does not reflect the "true me". 

25. I am less outgoing because of my voice. 

26. I feel self-conscious about how strangers perceive my voice. 

27. My voice "gives out" in the middle of speaking. 

28. It distresses me when I’m perceived as a man because of my voice. 

29. The pitch range of my speaking voice is restricted. 

30. I feel discriminated against because of my voice. 

Please provide an overall rating of your voice:

Currently, my voice is:

☐ Very female
☐ Somewhat female
☐ Gender neutral
☐ Somewhat male
☐ Very male

My ideal voice would sound:

☐ Very female
☐ Somewhat female
☐ Gender neutral
☐ Somewhat male
☐ Very male

Rating Scale
1 = never or rarely
2 = sometimes
3 = often
4 = usually or always