

SES-VMTW

Response Scale

0% = Cannot do
50% = Moderately certain I can do
100% = Highly certain I can do

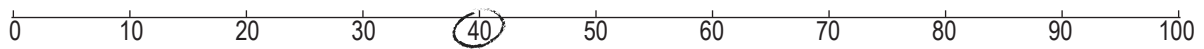
Name: _____

Date: _____

On each scale from 0-100%, please rate how certain you are that you can do the tasks listed below.

Circle your response based on the scale provided above.

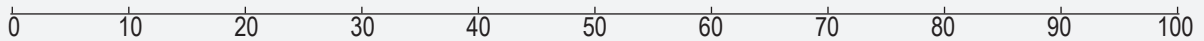
For example if you are about 40% certain that you can do the task you would circle the number 40% as follows:



1 I can change my voice



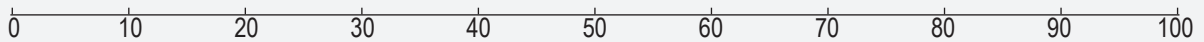
2 I can raise the pitch of my voice



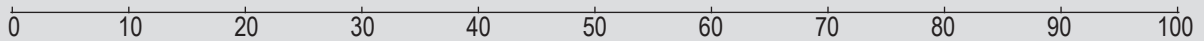
3 I can vary the pitch of my voice more than usual



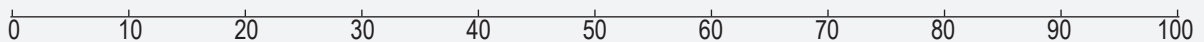
4 I can speak with a softer voice



5 I can distinguish between different people's voices



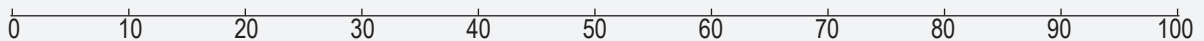
6 I can hear when someone else's voice changes



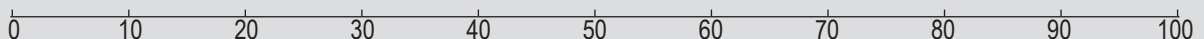
7 I can hear when my own voice changes



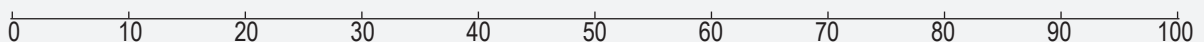
8 I can practice my voice exercises outside of the voice clinic



9 I can organise someone to help me practice my voice exercises when needed



10 I can organise a quiet place to practice my voice exercises



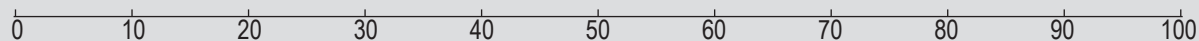
11 I can organise uninterrupted times to practice my voice exercises



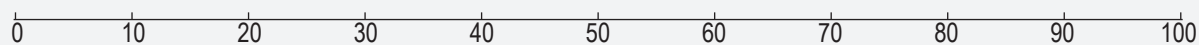
Please continue on next page:

I can practice my voice exercises in these situations:

12a When I'm feeling tired or unwell



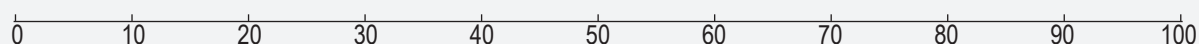
12b When I have other important tasks to do



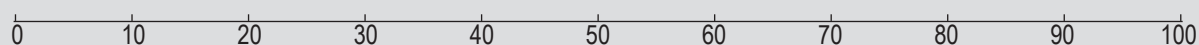
12c When I'm stressed or under pressure



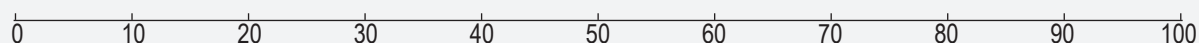
12d When I don't have anyone to help or support me to practice



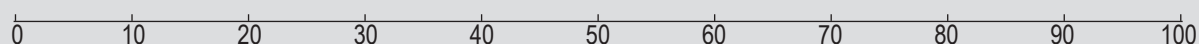
12e When I'm worried about many things in my life



12f When I'm worried about how my voice sounds



12g When I'm not reaching my voice change goals



12h When I think other people misgender me because of my voice

