Supplementary material for Rumbach, A. et al. (2015). Voice problems in the fitness industry: Factors associated with chronic hoarseness. International Journal of Speech-Language Pathology, 17, 441–450.

Supplementary Material

Select questions from the original questionnaire (Rumbach, 2013a) relevant to this manuscript

1. Please state your age _____
2. Gender Male Female
4. Do you smoke? Yes No
5. Do you take any medication regularly? Yes No
6. Do you have any allergies? Yes No
7. Do you drink alcohol regularly? Yes No
8. Do you drink caffeinated drinks (e.g., soft drink, coffee, tea, energy drinks) regularly?
Yes No
9. How many glasses of water do you drink per day?
1-2 3-4 5-6 7-8 9+
10. On average, how many hours of sleep do you get each evening?
5 hours or less 6-7 hours 8 hours 9-10 hours More than 10 hours
11. Is group fitness instructing your primary occupation? Yes No
If no, what is your primary occupation? _____
12. How many different types of group fitness classes/programs do you instruct?
One Two Three Four Five or more
13. How long have you been working as a group fitness instructor?
Less than 1 year 1-2 years 3-4 years 5 + years
- If greater than 5 years, please specify the number of years you have been working in the industry: _____
14. What is the average number of days you instruct per week?
1 day per week

2 days per week

3 days per week

4 days per week

5 days per week

6 days per week

Everyday

15. What is the average number of classes you instruct per week?

1-2 classes

3-4 classes

5-6 classes

7-8 classes

9-10 classes

10 + classes

If you teach more than 10 classes per week, how many do you teach?

16. What is the average number of classes you instruct per day?

1 class

2 classes

3 classes

4 + classes

26. Do you consistently use a microphone whilst teaching? Yes No**32. How loud would you rate your instructing voice? This includes how loud you think you speak when your voice is being amplified by a microphone.**

Softer than normal speaking voice

Normal speaking voice

Louder than normal speaking voice

Much louder than normal speaking voice (moving towards shouting/screaming on some occasions)

33. Do you drink water whilst instructing? Yes No**35. Do you experience colds/flu often?** Yes No

If yes, how many times per year? _____

36. Do you ever continue to instruct when you have a cold/flu? Yes No**37. Do you experience a sore throat often?** Yes No**38. Do you ever instruct when you have a sore throat?** Yes No

If yes, can you specify why? _____

39. Do you ever partially lose your voice/sound hoarse whilst you are instructing? Yes No**40. Do you ever partially lose your voice/sound hoarse immediately after instructing?** Yes No

50. Please select all of the voice properties that you feel apply to you from the list below and whether they have lasted in excess of three weeks:

	Lastest >3 weeks
Hoarseness	
Breathiness	
Tired voice	
Weak voice	
Strained voice	
Difficulty with low notes	
Difficulty with high notes	
Voice/pitch breaks	
Low speaking voice	
High speaking voice	
Limited singing range	
Loudness decay (voice becomes quieter at the end of a sentence, or as a conversation progresses)	
Other, please specify _____	