

Supplementary materials

Modified Borg CR-10 scale for vocal effort (used after both reading and speaking tasks)

Directions: Please circle the number that corresponds to the amount of vocal effort you felt it took you to produce your voice during the previous task.

<i>Severity</i>	<i>Scale</i>
<i>No vocal effort at all</i>	<i>0</i>
<i>Very very slight vocal effort (Just noticeable)</i>	<i>0.5</i>
<i>Very slight vocal effort</i>	<i>1</i>
<i>Slight vocal effort</i>	<i>2</i>
<i>Moderate vocal effort</i>	<i>3</i>
<i>Somewhat severe vocal effort</i>	<i>4</i>
<i>Severe vocal effort</i>	<i>5</i>
	<i>6</i>
<i>Very severe vocal effort</i>	<i>7</i>
	<i>8</i>
<i>Very very severe vocal effort (Almost maximum)</i>	<i>9</i>
<i>Maximum vocal effort</i>	<i>10</i>

Modified Borg CR-10 scale for mental/vocal effort

(used after both reading and speaking tasks)

Directions: Please rate the degree of mental effort you felt you exerted during the preceding task.

<i>Severity</i>	<i>Scale</i>
<i>Nothing at all</i>	<i>0</i>
<i>Very very weak (Just noticeable)</i>	<i>0.5</i>
<i>Very weak</i>	<i>1</i>
<i>Weak</i>	<i>2</i>
<i>Moderate</i>	<i>3</i>
<i>Somewhat strong</i>	<i>4</i>
<i>Strong</i>	<i>5</i>
	<i>6</i>
<i>Very strong</i>	<i>7</i>
	<i>8</i>
<i>Very, very strong</i>	<i>9</i>
<i>Maximum</i>	<i>10</i>

Instructions on vocal effort

I just wanted to define a concept that will come up a little later in the experiment that you are participating in today. Vocal effort refers to the amount of physical effort you feel it takes to produce or make a voice. If you have to work hard to produce voice (perhaps with more breath or straining or pushing to create your voice) then vocal effort would be higher. If it feels easy to produce your voice (with little strain or breath exertion), vocal effort would be low. Do you understand this concept or have any questions about it?