# Teacher voice survey

#### 1. Name

#### 2. e-mail

# 3. Street address \*

#### 4. Telephone number

# **BACKGROUND DATA**

#### 5. Age \*

- 18 29 years
- 30 39 years
- 40 49 years
- 🔵 50 59 years
- 🔵 60 68 years

#### 6. Gender \*

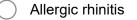
) Female

$\sim$	
	Male
	INIAIC

Other

#### 7. Have you been diagnosed with following diseases?

Chronic pulmonary disease (astma, COPD)



Reflux disease

# 8. Have you had previously pharyngeal or laryngeal surgery, except tonsillotomy or adenotomy?

- 🔵 No
- Yes
- 🔵 I don't know

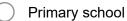
#### 9. If you responsed yes, which operation?

#### 10. Do you smoke?

#### (at least one cigarette a day for at least one year) \*

- I have never been smoking
- I have ceased smoking and I have been non-smoker for at least one year
- I am still smoking **or** I have been non-smoker less than one year ago

#### 11. At what school level do you mainly teach? \*



) Secondary school

) Senior high school

#### 12. Are you CURRENTLY teaching in distance or regular teaching? \*

- Distance teaching
- Regular teaching
- Both

### 13. Occupation \*

- Class teacher
- Subject teacher

#### 14. Follow-up question for subject teachers: Main subject to be taught?

- Finnish and languages
- Humanities and natural sciences
- Mathematical subjects
- Art and physical education

#### 15. How many years have you been a teacher? Calculate the current year for one year. \*

# 16. In which province do you work? \*

Ahvenanmaa	Keski-Suomi	Pohjois-Savo
Etelä-Karjala	Kymenlaakso	Päijät-Häme
Etelä-Pohjanmaa	🔵 Lappi	Satakunta
Etelä-Savo	O Pirkanmaa	🔵 Uusimaa

$\bigcirc$	Kainuu	$\bigcirc$	Pohjanmaa	$\bigcirc$	Varsinais-Suomi
$\bigcirc$	Kanta-Häme	$\bigcirc$	Pohjois-Karjala		
$\bigcirc$	Keski-Pohjanmaa	$\bigcirc$	Pohjois-Pohjanmaa		

# The following will be asked about the situation BEFORE the distance learning session.

17. How many lessons (45 min) on average did you speak during the work day before distance learning period? \*

0 1-2 3-4 5-6

7 or more

# 18. Did you experience any vocal problems before distance teaching? \*

🔵 No

Weekly

Rarely

- Not at all
- 🔵 I do not know

These are statements that many people have used to describe their voices and the effects of their voices on their

lives. Choose the response that indicates how frequently you have the same experience.

Evaluate your voice how it wasbefore the distance learning session.

# 19. My voice makes it difficult for people to hear me. \*

- 🔵 Never
- Almost never
- Sometimes
- Almost always
- ) Always

20. People have difficulty understanding me in a noisy room. \*

- O Never
- Almost never
- Sometimes
- Almost always
- ) Always

# 21. I am less outgoing because of my voice problem. \*

- Never
- Almost never
- ) Sometimes
- Almost always
- Always

# 22. I feel left out of conversation because of my voice. \*

- Never
- Almost never



- Almost always
- 🔵 Always

#### 23. My voice problem causes me to lose income. \*

- O Never
- Almost never
- Sometimes
- Almost always
- Always

#### 24. I feel as though I have to strain to produce voice. \*

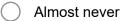
- O Never
- Almost never
- Sometimes
- Almost always
- Always

# 25. The sound of my voice varies throughout the day. \*

- Never
- Almost never
- Sometimes
- Almost always
- ) Always

### 26. My voice problem upsets me. \*

Never

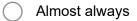


- ) Sometimes
- Almost always

#### 27. My voice makes me feel handicapped. \*

Never

- Almost never
- Sometimes



Always

# 28. People ask, "What's wrong with your voice?".



- Almost never
- Sometimes
- Almost always
- ) Always

# 29. Assess whether the following factors disturbed you at school? \*

	Not at all	Only little	Somehow	Rather much	Very much
Noise	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Technical challenges	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Poor indoor air quality	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Poor working ergonomics (e.g. worktop)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

\*

# 30. Did the acoustic conditions at school suit your work? \*

🔵 Yes

) No

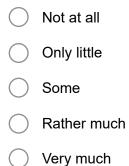
) I do not know

#### 31. Did you use a voice amplifier at school? \*

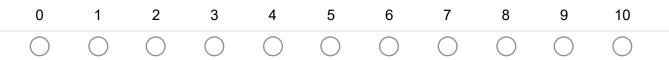
$\bigcirc$	No		
$\bigcirc$	Yes		

Stress refers to a situation where a person feels tense, restless, nervous or anxious or having difficulty sleeping when things are constantly bothering the mind.

#### 32. Did you experience this kind of stress at school? \*



33. Assume that your ability to work has got 10 points at best. What score would you give your ability to work at school? 0 means you would not have been able to work at all. \*



# The following will be asked about the situation DURING the distance learning session.

34. How many lessons (45 min) on average did you speak during the work day during distance learning period? \*

01-2

3 - 4

- 5-6
- 7 or more

35. Did you experience any vocal problems during distance teaching? \*

- 🔵 No
- Weekly
- Rarely
- Not at all
- 🔵 I do not know

36. If you responsed yes, how often did you experience vocal problems?

- Daily
- Weekly
- Rarely

These are statements that many people have used to describe their voices and the effects of their voices on their

lives. Choose the response that indicates how frequently you have the same experience.

Evaluate your voice how it wasduring the distance learning session.

# 37. My voice makes it difficult for people to hear me. \*

- Never
- Almost never
- Sometimes
- Almost always
- Always

#### 38. People have difficulty understanding me in a noisy room. \*

- Never
- Almost never
- Sometimes
- Almost always
- ) Always

#### 39. I am less outgoing because of my voice problem. \*

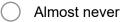
- O Never
- Almost never
- Sometimes
- Almost alwys
- Always

#### 40. I feel left out of conversation because of my voice. \*

- Never
- Almost never
- Sometimes
- Almost always
- Always

# 41. My voice problem causes me to lose income. \*

Never

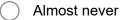


- ) Sometimes
- Almost always

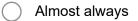
Always

#### 42. I feel as though I have to strain to produce voice. \*

Never



Sometimes



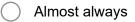
Always

# 43. The sound of my voice varies throughout the day. \*

- Never
- Almost never
- Sometimes
- Almost always
- Always

### 44. My voice problem upsets me. \*

- Never
- Almost never
- Sometimes



Always

# 45. My voice makes me feel handicapped. \*

- Never
- ) Almost never

) Sometimes

Almost always

Always

#### 46. People ask, "What's wrong with your voice?".



#### 47. Assess whether the following factors disturbed you during distance learning session? \*

	Not at all	Only little	Somehow	Rather much	Very much
Noise	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Technical challenges	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Poor indoor air quality	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Poor working ergonomics (e.g. worktop)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

\*

#### 48. Did the acoustic conditions during distance teaching suit your work? \*

- 🔵 Yes
- 🔵 No
- ) I do not know

# 49. Did you use any of the following accessory during distance learning? \*

- Earphones + microphone (headset)
- ) Separate microphone

Separate earphones

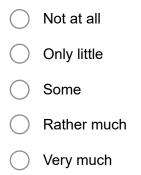
- Office speakerphone
- None of above

## 50. If you used headset, which type? (click on the picture)

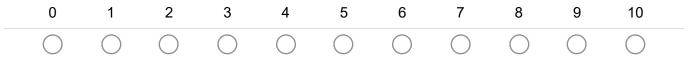


Stress refers to a situation where a person feels tense, restless, nervous or anxious or having difficulty sleeping when things are constantly bothering the mind.

#### 51. Did you feel this kind of stress during distance teaching? \*



52. Assume that your ability to work has got 10 points at best. What score would you give your ability to work during distance teaching? 0 means you would not have been able to work at all. \*



- More work in regular teaching
- More work in distance teaching
- Just as much work in both
- I do not know

Thank you for your responses!

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