

**Materials Utilized for “Trauma, Attachment, Emotions, and Voice Care: Exploratory Research”**

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**Experiences in Close Relationships-Revised (ECR-R).**<sup>1</sup> A 36-item questionnaire that assesses attachment styles in adulthood. It is designed for individual differences about attachment-related anxiety (i.e., insecure vs. secure about their partner's availability and responsiveness) and attachment-related avoidance (i.e., comfortable vs. uncomfortable being close to others). The Cronbach alpha rating is .93 for the anxious attachment scale and .95 for the avoidant scale.

**The Childhood Trauma Questionnaire Short Form (CTQ-SF).**<sup>2</sup> A 28-item self-report scale constructed to assess different kinds of abuse and neglect in childhood and adolescence. The CTQ-SF incorporates five subscales, three estimating abuse (Emotional, Physical, and Sexual) and two estimating neglect (Emotional and Physical). Each subscale contains five items. Additionally, there is a three-item Minimization/Denial subscale to check for response bias, specifically, the minimization of abuse experiences.

**The State -Trait Anxiety Inventory.**<sup>3</sup> A 40-item self-report measure of trait and state anxiety. For this study, we only used the trait anxiety measure (20 items). Items are rated from “Almost Never” to “Almost Always.”

**The Test of Self-Conscious Affect version 3 (TOSCA-3).**<sup>4</sup> This test contains 16 scenarios that assess the likelihood of responding with guilt and shame responses from 1 “not likely” to 5 “very likely.” Reliability coefficients for the TOSCA-3 range between .60 and .8053–54. The TOSCA

also includes measures of pride, emotional detachment and externalization of blame.

**The Voice Handicap Index (VHI).**<sup>5</sup> A 30 item self-report questionnaire measuring a patient's perception of the impact their voice disorder has on their life. The measure is broken up into three categories of functional, physical, and emotional impact and rated on a 5-point Likert-type scale ranging from 0-never to 4-always. Items include "I tend to avoid groups of people because of my voice," "I run out of air when I talk," and "People seem irritated with my voice."

**Voice-Related quality of life (V-RQOL):**<sup>6</sup> A 10-item self-report measure of voice-related quality of life. Items are rated on a 5-point Likert-type scale ranging from "1-None, not a problem," to "5-Problem is as 'bad as it can be'." Items include, "I have trouble speaking loudly or being heard in noisy situations" and "I sometimes get depressed (because of my voice)."

Because the Voice Handicap Index (VHI-30) and Voice Related Quality of Life measures (V-RQOL) were not administered to voice patients, we changed "voice disorder" to "voice" in specific items. The rest of the scales remained as constructed and validated in the literature.

### **Examples of Some of the Symptoms We Inquired About<sup>7</sup>:**

Question: "Do you sometimes experience or have experienced one or more of these voice symptoms?" (choices: Past, Present, Never):

- Hoarseness (coarse or scratchy sound).
- Fatigue (voice tires or changes quality after speaking or singing for a short period of time).
- Loss of range.

- Breathiness.
- Tickling of choking sensation while speaking or singing.
- Pain in throat while singing or speaking.

## NOTES

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<sup>1</sup> Chris R Fraley, Neils G. Waller, and Kelly A. Brennan, "An Item Response Theory Analysis of Self-Report Measures of Adult Attachment," *Journal of Personality and Social Psychology* 78, no. 2 (2000): 350–365.

<sup>2</sup> David P Bernstein, Judith A Stein, Michael D Newcomb, Edward Walker, David Pogge, Taruna Ahluvalia, John Stokes, Leonard Handelsman, Martha Medrano, David Desmond, and William Zule, "Development and Validation of a Brief Screening Version of the Childhood Trauma Questionnaire," *Child Abuse & Neglect* 27, no. 2 (February 2003): 169–190.

<sup>3</sup> Charles D. Spielberger, Richard L. Gorsuch, R. Lushene, Gerard A. Jacobs, P.R. Vagg, *Manual for the State-Trait Anxiety Inventory* (Palo Alto: Consulting Psychologists Press, 1983).

<sup>4</sup> June P. Tangney, Rhonda L. Dearing, P.E. Wagner, and R.H. Gramzow, "The Test of Self-Conscious Affect 3 (TOSCA3)," (Fairfax: George Mason University, 2000).

<sup>5</sup> Barbara H. Jacobson, Alex Johnson, Cynthia Grywalski, Alice Silbergleit, Gary Jacobson, Michael S. Benninger, and Craig W. Newman, "The Voice Handicap Index (VHI) Development and Validation," *American Journal of Speech-Language Pathology* 6, no. 3 (May 1997): 66–70.

<sup>6</sup> Norman D. Hogikyan and Girish Sethuraman, "Validation of an Instrument to Measure Voice-Related Quality of Life (V-RQOL)," *Journal of Voice* 13, no. 4 (December 1999): 557–569.

<sup>7</sup> Robert T. Sataloff, *Professional Voice: The Science and Art of Clinical Care* (New York, NY: Raven Press, 1991). Sataloff, "Professional Singers: The Science and Art of Clinical Care," *American Journal of Otolaryngology* 2, no. 3 (August 1981): 251–266.