

Final Version of the Interoception in Voice Scale

Please read the sentences below and select your answer. There is no right or wrong.

		Never	Occasionally	Sometimes	Often	Always
1	I notice if my voice changes with different emotions	0	1	2	3	4
2	I notice how my voice changes when I speak in different situations	0	1	2	3	4
3	I can tell I am angry by the sound of my voice	0	1	2	3	4
4	I can tell if I am happy by the sound of my voice	0	1	2	3	4
5	I can tell I am stressed/anxious by the sound of my voice	0	1	2	3	4
6	I notice when my voice sounds husky	0	1	2	3	4
7	I notice when my voice sounds rough	0	1	2	3	4
8	I notice when my voice sounds breathy	0	1	2	3	4
9	I notice when my voice sounds weak	0	1	2	3	4
10	I notice when my voice feels strained	0	1	2	3	4
11	I get worried if I feel pain/discomfort in my throat	0	1	2	3	4
12	When my voice feels uncomfortable, it dominates my attention	0	1	2	3	4
13	I get upset when I feel pain/discomfort in my throat	0	1	2	3	4
14	I worry about my throat when it feels uncomfortable	0	1	2	3	4
15	I notice my posture when I am talking	0	1	2	3	4
16	I listen for clues from my voice to let me know what emotion I am feeling	0	1	2	3	4
17	I notice changes in my breathing over the day	0	1	2	3	4
18	I can continue to pay attention to my voice even when there is a lot happening around	0	1	2	3	4
19	I can pay attention to my voice even when my mind is racing	0	1	2	3	4

Note. Items 1-5 = Emotional voice awareness (EA), Items 6-10 = Physical voice awareness (PA), Items 11-14 = Voice-related concern (VC), Items 15-19 = Voice-related Attention (VA);

Scale: 0 = Never, 4 = Always

Scoring instructions: Compute the average score for the items on each scale.

Emotional voice awareness (EA): awareness of emotional modulation in one's voice

(Item 1 ___ + Item 2 ___ + Item 3 ___ + Item 4 ___ + Item 5 ___) ÷ 5 = ___

1. **Physical voice awareness (PA):** awareness of acoustic and physiological properties of the voice

(Item 6 ___ + Item 7 ___ + Item 8 ___ + Item 9 ___ + Item 10 ___) ÷ 5 = ___

2. **Voice-related concern (VC):** tendency to experience worry or emotional reactions in response to vocal discomfort or throat sensations

(Item 11 ___ + Item 12 ___ + Item 13 ___ + Item 14 ___) ÷ 4 = ___

3. **Voice-related attention (VA):** capacity to monitor voice-related cues such as posture, breathing, and vocal signals during communication

(Item 15 ___ + Item 16 ___ + Item 17 ___ + Item 18 ___ + Item 19 ___) ÷ 5 = ___



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