

APPENDIX 1

Perceptions and Practices of Vocal Warm-Up Exercises among School Teachers–A Survey

Name:

Age/Gender:

Contact number:

E-mail:

Address:

Qualification

1) Which type of teaching setup are you working?*

- Government school
- Private school
- University level

2) Which group of children do you teach?*

- Kindergarten
- Primary
- Secondary
- Higher secondary
- University level

3) How many hours of teaching in a day?*

- 1 hour
- 2
- 3
- 4
- ≥5

4) Do you have break in between classes?*

- Yes
- No

5) How many years of teaching experience?*

- < 2 years
- 2-5 years
- 6-10 years
- > 10 years

6) Do you consume alcohol?

- Yes
- No

7) Do you smoke?

- Yes
- No

8) Do you frequently intake spicy foods?

- Yes
- No

9) How many hours of sleep do you have?

- Less than 6 hours
- 6-7 hours
- Greater than 7 hours

10) How many glasses of water do you drink in a day?

- Less than 1 litre
- 1-1.4 litre
- 1.5-1.9 litre
- Greater than 2 litre

11) Do you have ventilation in the classroom?

- Poor
- Fair
- Good

12) How do you describe the temperature in the classroom?

- Poor
- Fair
- Good

13) How do you describe the noise in the classroom?

- Negligible
- Medium
- High

14) Do you use a chalk-board during teaching?

- Always
- Frequently
- Sometimes
- Never

- 15) Have you experienced any voice problems during and after class hours?*
- Yes
 - No
 - Maybe
- 16) How frequently have you experienced any voice problem?
- Daily basis
 - weekly basis
 - Monthly once
 - Never
- 17) Do you frequently experience any of the following voice symptoms? Check all that apply?
- Strained
 - Vocal fatigue
 - Disturbances/voice change
 - Throat clearing and coughing while talking
 - Voice breaks while talking
 - Difficulty in being heard/reduced loudness
 - Effortful voice production
 - Throat tightness
 - Dry or scratchy voice
- 18) Which part of the day you feel your voice problem is more?
- Morning
 - Afternoon
 - Evening
- 19) Are you aware of any vocal hygiene practices?
- Yes
 - No
- 20) Do you know any warm up exercises for vocal behaviours?
- Yes
 - No
- 21) Do you practice any type of vocal hygiene programme?
- Yes
 - No
- 22) If yes which of the following:
- Warm up exercise
 - Diet modification
 - Conservative voice usage
 - Complete voice rest
- None of the above
 - All of the above
- 23) Do you feel it is important to follow vocal warm up exercises as a teachers?*
- Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - No opinion
- 24) What types of exercises do you do during warm-up session for your throat and voice (check all that apply)?*
- Breathing exercises
 - Postural alignment exercises
 - Stretching exercises for face/neck/shoulder muscles
 - Stretching exercises for other muscles (e.g., arms, legs)
 - Muscle relaxation exercises for face/neck/shoulder muscles
 - Muscle relaxation exercises for other muscles (e.g., arms, legs)
 - Mental relaxation/focus exercises (e.g., visualization, meditation)
 - General aerobic exercise (e.g., running, brisk walking)
 - Humming
- 26) I feel more mentally focused after I do vocal warm up exercises*
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree
- 27) I feel more confident about my voice after I warm-up*
- Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - No opinion
- 28) My voice feels tired after I warm up
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

29) My voice is more flexible after I warm up

- Strongly agree
- Agree
- Neutral/no opinion
- Disagree
- Strongly disagree

30) It is easier to sustain my voice after I warm up

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

31) I could hurt my voice if I don't warm up before teaching*

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

32) My voice is better and co-operative following vocal warm up exercises*

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

33) Do you use any type of amplification devices during teaching?*

- Yes
- No

34) Do you practice any other traditional treatment for voice problem?

- Yes
- No

If yes, specify

35) Do you practice any type of self-remedy?

- Yes
- No

If yes, specify