

Appendix A

PROMIS[®] Scale v1.2 – Global Health**Global Health****Please respond to each question or statement by marking one box per row.**

		Excellent	Very good	Good	Fair	Poor
Global01	In general, would you say your health is:	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global02	In general, would you say your quality of life is:	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global03	In general, how would you rate your physical health?	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global04	In general, how would you rate your mental health, including your mood and your ability to think?	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global05	In general, how would you rate your satisfaction with your social activities and relationships?	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global09r	In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.).....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global06	To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

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In the past 7 days...

		Never	Rarely	Sometimes	Often	Always						
Global10r	How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?	<div><input type="checkbox"/> 5</div>	<div><input type="checkbox"/> 4</div>	<div><input type="checkbox"/> 3</div>	<div><input type="checkbox"/> 2</div>	<div><input type="checkbox"/> 1</div>						
		None	Mild	Moderate	Severe	Very severe						
Global108r	How would you rate your fatigue on average?	<div><input type="checkbox"/> 5</div>	<div><input type="checkbox"/> 4</div>	<div><input type="checkbox"/> 3</div>	<div><input type="checkbox"/> 2</div>	<div><input type="checkbox"/> 1</div>						
Global107r	How would you rate your pain on average?	<div><input type="checkbox"/> 0 No pain</div>	<div><input type="checkbox"/> 1</div>	<div><input type="checkbox"/> 2</div>	<div><input type="checkbox"/> 3</div>	<div><input type="checkbox"/> 4</div>	<div><input type="checkbox"/> 5</div>	<div><input type="checkbox"/> 6</div>	<div><input type="checkbox"/> 7</div>	<div><input type="checkbox"/> 8</div>	<div><input type="checkbox"/> 9</div>	<div><input type="checkbox"/> 10 Worst pain imaginable</div>

Investigators VSCobotPNo. The PROMIS(R) Instrument Development and Psychometric Evaluation Scientific Standards. unpublished document. www.nihpromis.org/science/methodology. Published 2012.

Appendix B

Voice Related Quality of Life (V-RQOL)

Name: _____ Date: _____

We are trying to learn more about how a voice problem can interfere with your daily activities. On this paper, you will find a list of possible voice-related problems. Please answer all questions based upon what your voice has been like over the past 2 weeks. There are no “right” or “wrong” answers.

Considering both how severe the problem is when you get it, and how frequently it happens, please rate each item below on how “bad” it is (that is, the amount of each problem you have). Use the following scale for rating the amount of the problem.

- 1 = None, not a problem
- 2 = A small amount
- 3 = A moderate (medium) problem
- 4 = A lot
- 5 = Problem is “as bad as it can be”

Because of my voice:	How much of a problem is this?				
1. I have trouble speaking loudly or being heard in noisy situations.	1	2	3	4	5
2. I run out of air and need to take frequent breaths when talking.	1	2	3	4	5
3. I sometimes do not know what will come out when I begin speaking.	1	2	3	4	5
4. I am sometimes anxious or frustrated (because of my voice).	1	2	3	4	5
5. I sometimes get depressed (because of my voice).	1	2	3	4	5
6. I have trouble using the telephone (because of my voice).	1	2	3	4	5
7. I have trouble doing my job or practicing my profession (because of my voice).	1	2	3	4	5
8. I avoid going out socially (because of my voice).	1	2	3	4	5
9. I have to repeat myself to be understood.	1	2	3	4	5
10. I have become less outgoing (because of my voice).	1	2	3	4	5

The overall quality of my voice during the last two weeks has been (please circle):

Poor Fair Good Very Good Excellent

Hogikyan ND, Sethuraman G. Validation of an instrument to measure voice-related quality of life (V-RQOL). Journal of Voice. 1999. 13:557-569.

Appendix C

Eating Assessment Tool – EAT-10

To what extent are the following scenarios problematic for you?

Circle the appropriate response	0 = No problem 4 = Severe problem				
1. My swallowing problem has caused me to lose weight.	0	1	2	3	4
2. My swallowing problem interferes with my ability to go out for meals.	0	1	2	3	4
3. Swallowing liquids takes extra effort.	0	1	2	3	4
4. Swallowing solids takes extra effort.	0	1	2	3	4
5. Swallowing pills takes extra effort.	0	1	2	3	4
6. Swallowing is painful.	0	1	2	3	4
7. The pleasure of eating is affected by my swallowing.	0	1	2	3	4
8. When I swallow food sticks in my throat.	0	1	2	3	4
9. I cough when I eat.	0	1	2	3	4
10. Swallowing is stressful.	0	1	2	3	4
Total EAT-10:					

Belafsky PC, Mouadeb DA, Rees CJ, et al. Validity and reliability of the Eating Assessment Tool (EAT-10). *Ann Otol Rhinol Laryngol*. 2008;117(12):919-924.

Appendix D

**Communicative Participation Item
Bank**

The following questions describe a variety of situations in which you might need to speak to others. For each question, please mark how much your condition interferes with your participation in that situation. By "condition" we mean ALL issues that may affect how you communicate in these situations including speech conditions, any other health conditions, or features of the environment. If your speech varies, think about an AVERAGE day for your speech - not your best or your worst days.

	Not at all	A little	Quite a bit	Very much
1 Does your condition interfere with... ...talking with people you know?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Does your condition interfere with... ...having a conversation in a noisy place?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Does your condition interfere with... ...making a phone call to get information?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Does your condition interfere with... ...communicating in a small group of people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 Does your condition interfere with... ...talking with a clerk in a store about a problem with a bill or purchase?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 Does your condition interfere with... ...saying something to get someone's attention?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 Does your condition interfere with... ...having a long conversation with someone you know about a book, movie, show, or sports event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 Does your condition interfere with... ...communicating when you need to say something quickly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 Does your condition interfere with... ...making new acquaintances?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Does your condition interfere with... ...giving personal advice to help a family member or friend?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little	Quite a bit	Very much

CPIB - Final 46 Items

	Not at all	A little	Quite a bit	Very much
11 Does your condition interfere with... ...getting your point across when you are upset?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 Does your condition interfere with... ...communicating at home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13 Does your condition interfere with... ...greeting someone you know at a social gathering?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14 Does your condition interfere with... ...having a conversation about a serious topic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15 Does your condition interfere with... ...trying to persuade a friend or family member to see a different point of view?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16 Does your condition interfere with... ...making a witty or funny comment in a conversation?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17 Does your condition interfere with... ...talking with people you do NOT know?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18 Does your condition interfere with... ...having a conversation while riding in a car?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19 Does your condition interfere with... ...talking to a store clerk who is in a hurry?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20 Does your condition interfere with... ...talking with important people in your life about your wishes regarding long-term planning?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21 Does your condition interfere with... ...bringing up a new topic in casual conversations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22 Does your condition interfere with... ...expressing thanks or appreciation?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little	Quite a bit	Very much

	Not at all	A little	Quite a bit	Very much
23 Does your condition interfere with... ...making comments to family or friends about a TV show or movie you are watching together?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24 Does your condition interfere with... ...sharing personal feelings with people who are close to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25 Does your condition interfere with... ...communicating when you are out in your community (e.g. errands; appointments)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26 Does your condition interfere with... ...getting your turn in a fast-moving conversation?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27 Does your condition interfere with... ...taking a phone message?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28 Does your condition interfere with... ...talking with family or friends about something you are planning to do with them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29 Does your condition interfere with... ...making small talk?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30 Does your condition interfere with... ...giving someone DETAILED information?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31 Does your condition interfere with... ...asking questions in a conversation?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32 Does your condition interfere with... ...comforting a friend or family member?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33 Does your condition interfere with... ...communicating at social gatherings where you know most of the people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34 Does your condition interfere with... ...negotiating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little	Quite a bit	Very much

	Not at all	A little	Quite a bit	Very much
35 Does your condition interfere with... ...ordering a meal in a restaurant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36 Does your condition interfere with... ...communicating with others when and where you choose?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37 Does your condition interfere with... ...starting a conversation with someone you know?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38 Does your condition interfere with... ...sharing your opinion with family and friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39 Does your condition interfere with... ...visiting with others in a public place (e.g. park, restaurant, sports activity)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40 Does your condition interfere with... ...talking about an emotional issue with family or friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41 Does your condition interfere with... ...communicating in a large group of people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42 Does your condition interfere with... ...answering questions from a doctor or health care provider who you know?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43 <i>Would</i> your condition interfere with... ...communicating during an emergency?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44 <i>Would</i> your condition interfere with... ...giving directions to someone who is lost and has asked you for help?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45 <i>Would</i> your condition interfere with... ...asking for help from a stranger?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46 <i>Would</i> your condition interfere... ...if you were with someone you knew and needed to ask them for help right away?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all	A little	Quite a bit	Very much

Baylor C, Yorkston K, Eadie T, Kim J, Chung H, Amtmann D. The Communicative Participation Item Bank (CPIB): item bank calibration and development of a disorder-generic short form. *Journal of speech, language, and hearing research* : JSLHR. 2013;56(4):1190-1208.

Appendix E

Global Assessment Scale (GAS)

Overall, how is your health today compared to when you first developed symptoms of vocal cord paralysis?						
Completely Disabled	Much Worse	Slightly Worse	About the Same	Slightly Better	Much Better	Completely Recovered
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>