

# Self-Perception of Teachers Regarding a Preventive Action on Voice: Speech Therapy Guidance During the COVID-19 Pandemic

## SECTION 1

Dear Teacher,

We are the Voice Speech Therapy Research Laboratory (LIF Voz) at the School of Medicine, University of São Paulo (FMUSP). This questionnaire aims to understand the impact of two videos developed by LIF Voz, as perceived by teachers, containing guidance to prevent vocal problems related to teaching activities during the COVID-19 pandemic. The questions included here will be used for scientific research and to improve the preventive actions of LIF Voz. They are confidential, meaning your identity will not be disclosed, and your participation is entirely voluntary. Please read all items carefully, and if you have any questions, email us at lifvozfmsp@gmail.com.

Thank you for your collaboration!

\*Email: \_\_\_\_\_

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## SECTION 2

### Informed Consent Form

#### Question 2.1

I have been sufficiently informed about the study on "Self-Perception of Teachers Regarding Preventive Action on Voice: Speech Therapy Guidance during the COVID-19 Pandemic". Its objectives, procedures, potential discomforts, risks, and guarantees are clear to me. I voluntarily agree to participate in this study and receive a copy of this consent form via email. After reading the Informed Consent Form:

- Yes, I agree to the terms and ACCEPT participating in the study.
  - No, I DO NOT ACCEPT participating in the study.
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## SECTION 3

### Question 3.1

Did you watch the video "Teacher's Voice - Part 1"?

- Yes
- No

### Question 3.2

Did you watch the video "Teacher's Voice - Part 2"?

- Yes
  - No
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## SECTION 4

### Sociodemographic Data

#### Question 4.1

What is your date of birth?

\_\_\_\_\_ (dd/mm/yyyy)



## SECTION 6

### Question 6.1

After watching the videos, did you make any changes in voice-related habits?

- Yes
- No

### Question 6.2

If you answered YES to the previous question, what voice-related habit changes have you made?  
(Answer only if you answered YES to the previous question.)

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### Question 6.3

After watching the videos, did you make any changes in your work environment?

- Yes
- No

### Question 6.4

If you answered YES to the previous question, what changes in your work environment have you made?  
(Answer only if you answered YES to the previous question.)

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### Question 6.5

After watching the videos, have you used any different strategies in your teaching practice?

- Yes
- No

### Question 6.6

If you answered YES to the previous question, what new strategies have you used? (Answer only if you answered YES to the previous question.)

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### Question 6.7

After watching the videos, did you notice any changes in your voice and communication?

- Yes, for the better.
  - Yes, for the worse.
  - No, I did not notice any changes in my voice or communication.
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## SECTION 7

### Question 7.1

BEFORE watching the videos, I had little or no knowledge about voice production.

- Agree
- Partially agree
- Disagree

### Question 7.2

BEFORE watching the videos, I used to smoke.

- Agree
- Partially agree
- Disagree

**Question 7.3**

BEFORE watching the videos, I used to consume alcoholic beverages.

- Agree
- Partially agree
- Disagree

**Question 7.4**

BEFORE watching the videos, I had not considered the importance of sleep.

- Agree
- Partially agree
- Disagree

**Question 7.5**

BEFORE watching the videos, I did not take care of my general health.

- Agree
- Partially agree
- Disagree

**Question 7.6**

BEFORE watching the videos, I had not considered the importance of being relaxed and free from bodily tension during classes.

- Agree
- Partially agree
- Disagree

**Question 7.7**

BEFORE watching the videos, I taught in an environment unsuitable for teaching. (Examples: dust, noise, inadequate lighting, etc.)

- Agree
- Partially agree
- Disagree

**Question 7.8**

BEFORE watching the videos, I taught with improper body posture.

- Agree
- Partially agree
- Disagree

**Question 7.9**

BEFORE watching the videos, I drank less than 1.5 liters of water per day.

- Agree
- Partially agree
- Disagree

**Question 7.10**

BEFORE watching the videos, I had an inadequate diet.

- Agree
- Partially agree
- Disagree

**Question 7.11**

BEFORE watching the videos, I used to speak loudly.

- Agree
- Partially agree
- Disagree

**Question 7.12**

BEFORE watching the videos, I used to shout frequently.

- Agree
- Partially agree
- Disagree

**Question 7.13**

BEFORE watching the videos, I used to clear my throat frequently.

- Agree
- Partially agree
- Disagree

**Question 7.14**

BEFORE watching the videos, I practiced little or no physical activity.

- Agree
- Partially agree
- Disagree

**Question 7.15**

BEFORE watching the videos, I had little or no time to rest my voice.

- Agree
- Partially agree
- Disagree

**Question 7.16**

BEFORE watching the videos, I paid little or no attention to my voice.

- Agree
- Partially agree
- Disagree

**Question 7.17**

BEFORE watching the videos, I used few resources other than my voice in teaching practice.

(Examples: gestures, facial expressions, body language, slides, images, mind maps, keywords, etc.)

- Agree
- Partially agree
- Disagree

**Question 7.18**

BEFORE watching the videos, I did not know which professional(s) to seek if I needed help with my voice.

- Agree
- Partially agree
- Disagree

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**SECTION 8****Question 8.1**

AFTER watching the videos, I understood better how voice production works.

- Agree
- Partially agree
- Disagree

**Question 8.2**

AFTER watching the videos, I tried to reduce smoking. (If you did not have this habit before watching the videos, select "Does not apply.")

- Agree
- Partially agree
- Disagree
- Does not apply

**Question 8.3**

AFTER watching the videos, I tried to reduce alcohol consumption. (If you did not have this habit before watching the videos, select "Does not apply.")

- Agree
- Partially agree
- Disagree
- Does not apply

**Question 8.4**

AFTER watching the videos, I understood the importance of quality sleep and sought strategies to sleep better.

- Agree
- Partially agree
- Disagree

**Question 8.5**

AFTER watching the videos, I started taking better care of my overall health.

- Agree
- Partially agree
- Disagree

**Question 8.6**

AFTER watching the videos, I sought to relax and avoid bodily tension during classes.

- Agree
- Partially agree
- Disagree

**Question 8.7**

AFTER watching the videos, I tried to adjust my work environment to teaching. (Examples: reducing dust, improving lighting, strategies to reduce noise and improve sound quality, etc. Include conversations with colleagues or superiors to adjust the work environment AFTER guidance from the videos.)

- Agree
- Partially agree
- Disagree

**Question 8.8**

AFTER watching the videos, I began monitoring myself more and adjusting my posture during classes.

- Agree
- Partially agree
- Disagree

**Question 8.9**

AFTER watching the videos, I started drinking more water.

- Agree
- Partially agree
- Disagree

**Question 8.10**

AFTER watching the videos, I started having a more adequate diet.

- Agree
- Partially agree
- Disagree

**Question 8.11**

AFTER watching the videos, I avoid speaking loudly.

- Agree
- Partially agree
- Disagree

**Question 8.12**

AFTER watching the videos, I avoid shouting.

- Agree
- Partially agree
- Disagree

**Question 8.13**

AFTER watching the videos, I avoid clearing my throat.

- Agree
- Partially agree
- Disagree

**Question 8.14**

AFTER watching the videos, I started engaging in more physical activity.

- Agree
- Partially agree
- Disagree

**Question 8.15**

AFTER watching the videos, I started dedicating time to resting my voice.

- Agree
- Partially agree
- Disagree

**Question 8.16**

AFTER watching the videos, I use more resources than just my voice in my teaching practice.(Examples: gestures, facial expressions, body language, slides, images, mind maps, keywords, etc.)

- Agree
- Partially agree
- Disagree

**Question 8.17**

AFTER watching the videos, I sought different strategies to avoid straining my voice while wearing a mask.

- Agree
- Partially agree
- Disagree

**Question 8.18**

AFTER watching the videos, I pay more attention to my voice and communication during classes.

- Agree
- Partially agree
- Disagree

**Question 8.19**

AFTER watching the videos, I ask my students more often if they can hear me well during classes.

- Agree
- Partially agree
- Disagree

**Question 8.20**

AFTER watching the videos, I know which professional(s) to seek if I need help with my voice.

- Agree
  - Partially agree
  - Disagree
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**SECTION 9****Additional information****Question 9.1**

Which of these forms do you consider more viable to access guidance? (Check all that apply.)

- Written guidance by email
- Written guidance in printed materials
- Video guidance on YouTube
- Individual in-person guidance
- Group in-person guidance
- Synchronous online individual guidance (via video call)
- Synchronous online group guidance (via video call)

**Question 9.2**

Regarding the "Teacher's Voice" part 1 and/or part 2 videos, did you feel they lacked anything that you would like to see addressed in an instructional video?

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**SECTION 10**

Thank you very much for your participation! If you have any questions or suggestions, please send an email to [lifvoz@usp.br](mailto:lifvoz@usp.br)