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# FACTORS THAT CAN AFFECT THE VOICE:

## **FACTORS:**

- Hearing loss
- Hyper-extended jaw
- Allergies
- Reflux
- Deviated septum
- Post nasal drip
- Medications
- Surgery
- Frequent colds
- Others

## **ABUSIVE PRACTICES:**

- Throat clearing
- Excessive talking
- Screaming
- Coughing
- Competing with background noise
- Grunting
- Singing
- Others
- Crying
- Strained laughing
- Impersonations
- Smoking
- Yodeling
- Bulimia
- Cheering

## **LIFESTYLE/ ENVIRONMENT ISSUES:**

- Noisy environment
- Choir/singing
- Poor eating habits
- Aggressive arguing
- Family communication style
- Others
- Sports
- Poor sleep patterns
- Dramatics
- Stress
- Air pollution

## **INTERPERSONAL BEHAVIORS**

- Talking too much
- Not seeking feedback
- Depression
- Competing for attention
- Ignoring feedback
- Poor self esteem
- Aggressive behavior
- Others

**Children's Memorial Hospital (1999-2011). Voice Handout. Retrieved from  
[www.childrensmemorial.org/documents/VoiceHandout.pdf](http://www.childrensmemorial.org/documents/VoiceHandout.pdf)**

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