The main points of the questionnaire used for the study. Please note that these are the English equivalents to the Finnish terms used.

1. Age

2. Gender
   - Male
   - Female
   - Other

3. The number of working years

4. Are you
   - A full-time teacher in one school
   - A full-time teacher in two or more schools
   - A part-time teacher (less than 16 hours a week)
   - A short-term substitute (less than three months)

5. Primary profession
   - Class teacher
   - Subject teacher
   - Special education teacher

6. How often have you had the following vocal symptoms during the past year? (every day – every week – less often – never)
   a. Morning hoarseness
   b. The voice gets strained or tired
   c. The voice gets low or hoarse while talking
   d. Voice-breaks while talking
   e. Difficulty in being heard
   f. Throat clearing or coughing while talking
   g. Feel of pain, tension or a lump in the throat

7. Have you been bothered during the last three months by any of the following factors at your work place? (weekly – sometimes – not at all)
   a. Noise
   b. Stuffy “bad” air
8. Use of voice during leisure time. 0 meaning infrequent and 10 meaning very frequent use of voice. (Numerical rating scale from 0 to 10)

9. Voice-demanding hobbies
   a. Coaching
   b. Participating in sports
   c. Singing in a choir
   d. Other kinds of singing e.g. solo singing

10. Has your doctor stated that you have
    a. Asthma
    b. Allergic rhinitis
    c. Pollen allergy
    d. Atopic eczema
    e. Reflux disease
    f. Thyroid disease
    g. Vocal cord dysfunction (VCD)

11. Use of medication

12. Stress means a situation in which a person feels tense, restless, nervous or anxious or is unable to sleep at night because his/her mind is troubled all the time. Do you feel this kind of work-related stress? (not at all – little – somewhat – rather – very much)

13. Smoking. By smoking, we mean on average a single cigarette a day for at least one year. (never smoked – ex-smoker – current smoker)