

Vocal and non-vocal habits among singers – Systematic review



Dhanshree R Gunjawate*, Sai Aishwarya Ramani, Rohit Ravi

Department of Audiology & Speech Language Pathology, Kasturba Medical College, Mangalore, Manipal Academy of Higher Education, Karnataka, India

Introduction

Different singing styles:

- Western Classical, Opera, Contemporary, Folk, Indian classical, Pop, Rock

Demands on singing voice

- Singing demands and sophistication on the phonatory system
- Each style is different & has unique demands on the phonatory system

Vocal health depends on vocal, non-vocal & lifestyle habits

Need of the study

- Singers → ‘vocal athletes’
- Interesting to note the different vocal and non-vocal habits of singers across different genres
- Counselling & voice management for singers places a lot of importance on individualized vocal hygiene program
- Understanding the vocal complaints, vocal & non-vocal habits is important for better counselling & improved clinical services

Aim

The present systematic review was carried out to explore vocal complaints, vocal and non-vocal habits among singers.

Methods

- Guidelines

Preferred Reporting Items for Systematic Reviews and Meta-analyses statement (PRISMA)

- Population

Singers (above 18 years of age)

- Outcomes

Vocal complaints, Vocal and non-vocal habits

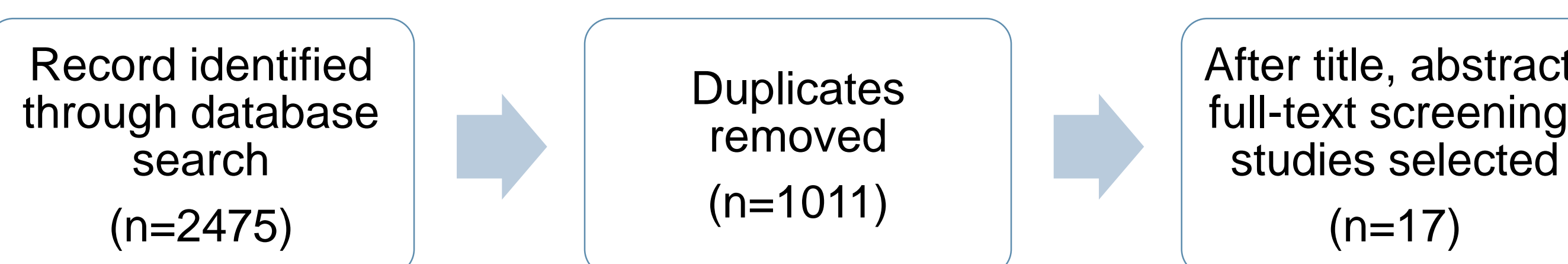
- Electronic databases

PubMed, Cumulative Index to Nursing and Allied Health Literature, Scopus, ProQuest & Cochrane

- Any study design except case studies, editorials, letters to editors, reviews, and interventional studies

- Title, abstract and full-text screening followed by data extraction

PRISMA Chart



Findings

Vocal complaints

- vocal fatigue
- change in voice
- inability to sing higher notes
- reduced pitch range
- strangled voice
- throat stiffness
- poor respiratory-phonatory co-ordination

Common Vocal and non-vocal habits



Studies included in the review

- Arunachalam R, Boominathan P, Mahalingam S. Clinical voice analysis of Carnatic singers. *J Voice*. 2014;28(1):128 e1-128 e9.
- Baird BJ, Mokhtari TE, Sung CK, et al. A Preliminary Study of Vocal Health Among Collegiate A Cappella Singers. *J Voice*. 2018. 34(3).e1-11
- Braun-janzen C, Manitoba LZ. Singers' Interest and Knowledge Levels of Vocal Function and Dysfunction: Survey Findings. *J Voice*. 2009;23(4):470-483.
- Cizek E, Kelly P, Kress K. Factors Affecting Healthful Eating Among Touring Popular Musicians and Singers. *Med Probl Perform Art*. 2016;31(2):63-68.
- Devadas U, Hegde M, Maruthy S. Prevalence and risk factors of self-reported voice problems among Yakshagana artists. *J Voice*. 2019;33(1):124 e35-e47.
- Devadas U, Kumar PC, Maruthy S. Prevalence of and Risk Factors for Self-Reported Voice Problems Among Carnatic Singers. *J Voice*. 2019.
- Donahue EN, Leborgne WD, Brehm SB, et al. Reported Vocal Habits of First-Year Undergraduate Musical Theater Majors in a Preprofessional Training Program: A 10-Year Retrospective Study. *J Voice*. 2014;28(3):316-323.
- Erickson ML. A Study of Vocal Demands and Vocal Health. *J Voice*. 2012;26(5):664.e7-664.e23.
- García MG, López JM, Lara ME. Voice Habits and Behaviors: Voice Care Among Flamenco Singers. *J Voice*. 2017;31(2):246.e11-246.e19.
- Gunjawate DR. A Pilot Survey of Warm-Up Practices and Perceptions Among Indian Classical Singers. *J Voice*. 2020. 34(1):156.e15-156.e18.
- Gunjawate DR, Aithal VU, Devadas U, et al. Evaluation of Singing Vocal Health in Yakshagana Singers. *J Voice*. 2017;31(2):253.e13-253.e16.
- Neto L, Meyer D. A Joyful Noise: The Vocal Health of Worship Leaders and Contemporary Christian Singers. *J Voice*. 2012;(Ccm).
- Phylard DJ, Oates J, Greenwood KM. Self-reported voice problems among three groups of professional singers. *J Voice*. 1999;13(4):602-611.
- Sapir S, Mathers-Schmidt B, Larson GW. Singers' and non-singers' vocal health, vocal behaviours and attitudes towards voice and singing: indirect findings from a questionnaire. *Eur J Disord Commun*. 1996;31(2):193-209.
- Cammarota G, Masala G, Cianci R, et al. Reflux Symptoms in Professional Opera Choristers. *Gastroenterology*. 2007;132:890-898. doi:10.1053/j.gastro.2007.01.047
- Tepe ES, Deutsch ES, Sampson Q, et al. A Pilot Survey of Vocal Health in Young Singers. *J Voice*. 2002;16(2):244-250.