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**

- Record identified through database search (n=2475)
- Duplicates removed (n=1011)
- After title, abstract, full-text screening, studies selected (n=17)

**Findings**

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

**Common Vocal and non-vocal habits**

**Alcohol consumption**
- Faulty singing habits
- Alcohol intake
- Smoking
- Lack of warm-up
- Irregular eating habits

**Studies included in the review**