<u>**Title**</u>**: ARE GLOTTAL ONSETS UNHEALTHY FOR THE VOICE?**

The health of onsets in the vocal mods Neutral, Curbing, Overdrive and Edge

<u>**Presenter(s):**</u>

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<u>**Abstract:**</u>

Introduction: Onsets or vocal attacks, and particularly, the glottal attack, have been discussed in voice literature in relation to vocal hygiene and health. Glottal onsets have been particularly discussed and have been deemed unhealthy for the vocal mechanism by some authors. This study investigates onsets in the 4 vocal models from the Complete Vocal Technique method, namely Neutral, Curbing, Overdrive, and Edge with High-Speed imaging of the larynx to investigate and evaluate the health implications of onset.

Method: 20 professional singers (10 male, and 10 female) were asked to sing a note in each of the 4 vocal modes, as well as a note in Neutral with air added to the voice. Each onset was recorded via high-speed imaging to investigate the vocal fold activity at the time of the note initiation.

Results: All singers could perform onsets in the 4 various modes, and with air added in Neutral, yielding 5 onsets in total: a note begun in neutral with air, a note begun in neutral without air, a note begun in Curbing, a note begun in Overdrive, and a note begun in Edge.

Conclusions: Investigating the footage from the onsets there is no evidence of any vocal harm done due to the various types of onsets. It would seem that an onset or attack is nothing more than the beginning of the sung note, and that the mode in which the note is sung can be identified as the corresponding onset. This indicates that 5 types of onsets can be identified a Neutral with air onset, a Neutral without air onset, a Curbing onset, an Overdrive onset, and an Edge onset.