

EFFECT OF TWO ISOLATED VOCAL FACILITATING TECHNIQUES CHANT TALK AND PITCH INFLECTIONS ON THE PHONATION OF FEMALE SPEECH-LANGUAGE PATHOLOGY STUDENTS: A PILOT STUDY

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Objective. The purpose of this study was to determine the effect of the isolated vocal facilitating techniques Chant Talk and Pitch Inflections on the phonation of healthy female speech-language pathology (SLP) students.

Methods. A multigroup pretest-posttest design was used. Forty healthy female SLP students with a mean age of 18.7 years were randomly assigned into 3 groups: a Chant Talk group (practicing Chant Talk across 18 weeks), a Pitch Inflections group (practicing Pitch Inflections across 18 weeks), and a control group (practicing no facilitating techniques). To compare vocal measures before and after this time span, an identical objective voice assessment protocol (aerodynamic measurement, acoustic analysis, voice range profile, and Dysphonia Severity Index) was performed in the 3 groups.

Results. Both Chant Talk and Pitch Inflections groups resulted in a significant decrease of the acoustic measure noise to-harmonics ratio compared with the control group. The Chant Talk group resulted in a significant increase in the acoustic measure fundamental frequency compared with the control group.

Conclusions. The results of this pilot study suggest that the facilitating techniques Chant Talk and Pitch Inflections may improve the objective measure of breathiness (noise-to-harmonics ratio) in healthy female SLP students.