

Supplemental Material S2. Breath holding sample script.

Pre-Training Assessment

"Hold your breath lightly for a few seconds and try to close your vocal folds, whatever that means to you. Ready? Go ahead." Repeat five times. "Of those five breath holds, how many do you think you successfully closed your vocal folds?"

Education

"Now take look at the screen. Here we are looking at your throat. Those white strips of tissue at the center of the screen are your vocal folds. They open like a 'V' when we breathe, and they come together when we use our voice, hold our breath, or swallow. That space below your vocal folds is your windpipe and that area around your vocal folds is your voice box. We do not want any foods or liquids to enter your voice box or go below your vocal folds when we swallow. Instead, we want it all to enter in that crease near the top of the screen. However, in your recent swallowing exam, we frequently saw foods and liquids go into your voice box and down the wrong pipe before you started your swallow. So, one thing we think might be helpful for you is to learn to hold your breath and close your vocal folds before you swallow, keep your vocal folds closed while you swallow, and cough immediately after you swallow before your vocal folds open to prevent foods and liquids from going down the pipe. Does that make sense? Ready? Let's try."

Biofeedback Training

"First let's start by learning to close our vocal folds when we hold our breath. Take a look at the screen. Now, hold your breath lightly and try to make your vocal folds close together." Cue patient to hold their breath. "Did you close your vocal folds completely together? Let's try again." Repeat as needed. "Did you close your vocal folds all the way and make them touch? What did you feel in your throat? Let's try again."

Removal of Biofeedback

"Now let's do the same thing, but this time, do not look at the monitor. Ready? Go ahead." "Did you close your vocal folds?" Wait for response, then share your feedback. "I agree. That time you closed your vocal folds all the way and kept them closed. Nice job. Let's try it again without looking. Ready? Go ahead." Repeat as needed.

Post-Training Assessment

"Great work today. We are all done with the practice. But let's end with a little test to see well you learned to do this. Do not look at the screen. Let's do five more sips of what we just practiced. Ready? Let's go."