

Supplemental Material S1. Baseline voice-related symptoms, risk factors, vocal abuse, vocal load and lifestyle habits in the IVT-I, IVT-G, and TVT groups.

	Group	Occurrence				<i>p</i> value
		Daily	Weekly	Monthly	Never	
Voice-related symptoms						
Hoarseness	IVT-I	3	5	7	0	.360
	IVT-G	4	2	8	1	
	TVT	6	6	4	0	
Aphonia	IVT-I	0	1	4	10	.503
	IVT-G	0	0	2	13	
	TVT	0	0	5	11	
Vocal fatigue	IVT-I	5	2	6	2	.252
	IVT-G	1	1	7	6	
	TVT	6	3	4	3	
Shortness of breath while speaking	IVT-I	1	3	3	8	.827
	IVT-G	1	1	3	10	
	TVT	3	2	4	7	
Changes in habitual pitch	IVT-I	4	2	4	5	.222
	IVT-G	0	2	3	10	
	TVT	5	1	4	6	
Reduced pitch range	IVT-I	3	3	4	5	.248
	IVT-G	2	3	4	6	
	TVT	9	1	3	3	
Globus sensation	IVT-I	2	5	2	6	.204
	IVT-G	1	0	4	10	
	TVT	2	3	5	6	
Sore throat	IVT-I	1	4	8	2	.821
	IVT-G	0	2	9	4	
	TVT	1	5	7	3	
Dry throat	IVT-I	1	8	4	2	.426
	IVT-G	5	4	3	3	
	TVT	4	5	6	1	
Tight throat	IVT-I	3	3	4	5	.636
	IVT-G	1	1	4	9	
	TVT	3	4	3	6	
Tickling throat	IVT-I	2	2	5	6	.406
	IVT-G	1	2	7	5	
	TVT	2	7	4	3	

Burning throat	IVT-I	1	2	5	7	.441
	IVT-G	3	3	2	7	
	TVT	0	5	5	6	
Risk factors						
Reflux	IVT-I	1	1	6	7	.983
	IVT-G	1	1	4	9	
	TVT	1	1	4	10	
Allergies	IVT-I	2	0	3	10	.725
	IVT-G	1	0	5	9	
	TVT	2	0	2	12	
Upper respiratory tract infections	IVT-I	1	1	7	6	.853
	IVT-G	0	1	6	8	
	TVT	1	0	9	6	
Contact with irritating substances (paint, glue etc.)	IVT-I	0	2	4	9	.687
	IVT-G	0	0	3	12	
	TVT	0	1	3	12	
Stress	IVT-I	2	3	9	1	.873
	IVT-G	3	5	5	2	
	TVT	4	4	7	1	
Vocal abuse						
Coughing	IVT-I	4	1	6	4	.753
	IVT-G	2	4	5	4	
	TVT	2	3	8	3	
Throat clearing	IVT-I	4	2	6	3	.250
	IVT-G	5	2	1	7	
	TVT	3	4	6	3	
Whispering	IVT-I	1	4	9	1	.351
	IVT-G	3	4	4	4	
	TVT	3	7	4	2	
Screaming or yelling	IVT-I	3	2	7	3	.139
	IVT-G	0	4	10	1	
	TVT	0	5	6	5	
Imitating voices or sounds	IVT-I	1	2	3	9	> .999
	IVT-G	1	3	2	9	
	TVT	0	3	3	10	
Hard glottal onset	IVT-I	4	4	1	6	.158
	IVT-G	3	0	6	6	
	TVT	3	4	5	4	

Singing or acting without technique	IVT-I	1	2	2	10	.890
	IVT-G	2	2	3	8	
	TVT	0	3	4	9	
Vocal load						
Speaking at inappropriate loudness	IVT-I	4	3	3	5	.898
	IVT-G	2	4	5	4	
	TVT	3	6	3	4	
Speaking at heightened pitch	IVT-I	2	2	3	8	.737
	IVT-G	0	1	2	12	
	TVT	1	3	2	10	
Strained phonation	IVT-I	3	4	4	4	.219
	IVT-G	1	2	3	9	
	TVT	6	4	1	5	
Speaking for a large audience	IVT-I	2	3	2	8	.553
	IVT-G	0	2	1	12	
	TVT	3	2	3	8	
Speaking in large spaces	IVT-I	2	2	1	10	.424
	IVT-G	0	2	5	8	
	TVT	3	1	3	9	
Speaking in air-conditioned rooms	IVT-I	3	0	3	9	.570
	IVT-G	0	1	4	10	
	TVT	2	2	4	8	
Speaking in rooms with insufficient humidity	IVT-I	3	1	3	8	.891
	IVT-G	2	1	2	10	
	TVT	4	0	4	8	
Speaking for a long period of time without vocal rest	IVT-I	4	1	1	9	.408
	IVT-G	1	3	4	7	
	TVT	4	4	2	6	
Hobbies with high vocal load	IVT-I	1	4	0	10	.198
	IVT-G	0	7	2	6	
	TVT	0	4	4	8	
Professional voice use	IVT-I	3	0	0	12	.163
	IVT-G	0	0	0	15	
	TVT	4	0	0	12	
Lifestyle habits						
Eating late and heavy food	IVT-I	5	1	5	4	.335
	IVT-G	1	2	6	6	
	TVT	1	1	10	4	
Alcohol use	IVT-I	1	7	5	2	

	IVT-G	1	5	6	3	.850
	TVT	0	8	7	1	
Smoking	IVT-I	0	0	0	10	not computable (constant)
	IVT-G	0	0	0	10	
	TVT	0	0	0	10	
Coffee or tea	IVT-I	9	2	0	4	.277
	IVT-G	4	4	2	5	
	TVT	7	6	0	3	
Soft drinks, carbonated drinks	IVT-I	4	5	3	3	.603
	IVT-G	3	6	1	5	
	TVT	5	8	2	1	
Going out	IVT-I	0	7	7	1	.916
	IVT-G	0	9	5	1	
	TVT	0	7	8	1	
Sleep deprivation	IVT-I	1	8	6	0	.766
	IVT-G	1	6	7	1	
	TVT	1	4	10	1	

Note. IVT-I = individual intense voice therapy; IVT-G = group intense voice therapy; TVT = traditional voice therapy.