

Negative practice versus repetitive drill: A pilot randomised controlled trial of learning a voice motor skill

ACTRN12616001226493

Status	RECRUITING
Sponsor	University of Sydney
Enrollment	30 participants

Plain Language Summary

This study is comparing two different methods of practicing a vocal exercise to see which leads to better voice control. One method involves practicing the wrong way first (called negative practice) before doing it correctly, while the other simply repeats the correct way over and over. Researchers want to know if "practicing your mistakes" actually helps you improve faster.

You may be eligible if:

- You are a female between 18 and 60 years old
- You are a University of Sydney student
- You speak fluent English
- Your voice is slightly strained (mildly hyperfunctional) as assessed by a clinician
- You have no history of diagnosed voice disorders or prior voice training
- You have passed hearing and voice screening tests

You may NOT be eligible if:

- You are male
- You have had prior voice therapy, singing lessons, or drama training
- You have a diagnosed organic voice disorder
- You smoke or use corticosteroid medications
- You are over 60 years old

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (13)

- years old
- Female. This will reduce acoustic variability when analyzing outcome measures, and it is also because voice disorders affect females more than males (Roy, 2003).
- Fluent English speakers
- Unfamiliar with target vocal task – the OPT
- Mildly hyperfunctional voices. The term "mildly hyperfunctional" will refer to voices that fulfill the following diagnostic criteria: the participant's vocal quality when performing the Grandfather Passage, prolonged vowel /a/, and CAPE-V phrases must be rated as "mild" in all categories on the GRBAS and CAPE-V scales by two expert clinicians.

... and 8 more (see full listing online)

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001226493>

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