

Short Term Effect of 'SemiOccluded Vocal Tract Exercises' on the Actor's Voice

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Topic	SOVTE
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Presentation Preference	<p>Background : Actors are a group of voice professionals with high vocal demands. Previous studies have shown that semioccluded vocal tract exercises (SOVTE) consisting of reducing the diameter of the vocal tract at the level of the tongue and lips can lead to a more effective and efficient vocal output, which possibly remains after the exercise. However these studies mainly addressed the teaching or singing voice, or the dysphonic voice.</p> <p>Aim of the study : To investigate the immediate and short-term effect on actor's voices of a vocal warm-up with a SOVTE-protocol.</p>
Abstract text	<p>Material and methods :</p> <p>27 professional actors without voice complaints (16 mals; 11 females)</p> <p>4 recordings (R1, R2, R3, R4) while reading a selected short passage of Hamlet with acting voice. R2 is 1 day after R1. R1 and R2 form the baseline. The exercise session (10' SOVTE : LaxVox; straw; lip trills; tongue trills and humming) occurs after R2. R3 is made immediately after the exercise session. Then the actors perform a show, and R4 is made after the show.</p> <p>Perceptual rating of R1, R2, R3 and R4 by 5 blinded voice experts.</p> <p>Exhaustive acoustic analysis of R1, R2, R3 and R4, including LTAS and voice dynamics.</p> <p>Multidimensional self-evaluation voice protocol : comfort of voicing, sonorousness, expressivity, pleasantness, clarity and power.</p> <p>Results :</p> <p>Perceptual ratings : no significant differences across R1 - R2 - R3</p>

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- R4

Acoustics : no significant differences across R1 - R2 - R3 - R4
Self-evaluation : significant improvement globally and for the parameters comfort, sonorousness and clarity.

Conclusion:

Actors / actresses experience SOVTE as a meaningful warm-up for the voice. No objective effects could be demonstrated.