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## Transgender Gender-Affirming Speech and Voice Treatment TVC: When Does the Voice Change?

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# MICHAELA CAMERON

## (Communicative Disorders)

### Transgender Gender-Affirming Speech and Voice Treatment TVC: When Does the Voice Change?

*Sponsor: Leslie Mahler (Communicative Disorders)*

Background: Gender-affirming voice training treatment is a vital component of transgender care, but an understudied area for speech-language pathologists offering these speech services. Speech-language pathologists seeking to provide effective, evidence-based voice training for transgender clients need the knowledge that research can provide about which speech and voice characteristics are most important for achieving client goals.

Objective: This analytical research project was designed to determine when a client's voice naturally and consistently changed during six weeks of treatment. Identifying how voice changes are achieved will support the generalized validity and effectiveness of transgender affirming voice training.

Methods: Past literature article reviews were studied to identify key variables of gender-affirming voice training. Previous research methodology was used to analyze and interpret data from earlier case studies and determine the effectiveness of treatment. Adding on to the work of previous research, two transgender women (TVC301 & TVC304) were evaluated using PRAAT, an acoustic software program, to analyze frequency/ pitch of the voice and vocal intensity patterns through several speech and language tasks.

Results: Data collection and graph analyses of TVC304 showed that there was a steady change in the voice at a certain point during treatment. However, TVC301 showed data that could not prove a consistent voice change at a particular point throughout treatment. Conclusion: To advance on this project, future research studies ought to gather a greater number of participants over a longer time period to gain more knowledge on approximately when the voice changes throughout the process of gender-affirming voice treatment. This research opportunity enhances the scope of learning on a population of people who may be underserved and will further the research literature of transgender affirming voice treatment.