An Acoustic-Perceptual Study of Vocal Tremor

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Summary: Background. Essential tremor of the voice (ETV) is an involuntary intention tremor of the vocal folds that causes fluctuations in fundamental frequency (f_0) and/or intensity leading to an unsteady voice. There is limited data on how different acoustic variables affect perception of severity of tremor.

Aim. The purpose of the study was to determine if systematic changes in f_0 , rate or modulation frequency (f_{f0m}), extent or depth of modulation (d_{f0m}), and signal-to-noise ratio (SNR) affect perception of severity of tremor.

Method. Vowel phonations of four speakers (two male and two female) with a clinical diagnosis of ETV were selected from the Kay Elemetrics Disordered Voice Database (Lincoln Park, NJ). A high fidelity speech vocoder (STRAIGHT; Kawahara, 1997) was used to synthesize the f_0 contour for each of these voices, which were varied in mean f_0 , f_{f0m} , and d_{f0m} . The f_0 contour was modified 30 Hz above and below the mean f_0 for each speaker. f_{f0m} ranged from 3 to 12 Hz in steps of 3 Hz. d_{f0m} ranged from 2 to 32 Hz in steps of 6 Hz. Six (three experts and three naïve) listeners rated the "severity" of tremor on a seven-point rating scale.

Results. Significant main effects and interactions were found between the study variables. Perceived severity of tremor increased with f_{f0m} and d_{f0m} . There was no systematic effect of SNR on perceived tremor severity.

Conclusion. The perception of severity for steady-state tremor results from a complex interaction of multiple acoustic cues with d_{f0m} acting as the primary acoustic cue.

Key Words: Essential tremor of the voice (ETV)–Perception–Speech synthesis–Modulation frequency (f_{f0m})–Modulation depth (d_{f0m}).

INTRODUCTION

Essential tremor is one of the most common movement disorders. Tremor has been defined as an "involuntary, approximately rhythmic and roughly sinusoidal movement."¹ It could be caused by a multitude of factors such as neurological disorders (eg, Parkinson's disease, multiple sclerosis), withdrawal from alcohol or addictive drugs, hereditary causes, or be of idiopathic origin. The upper extremities are usually most affected, but tremor can also occur in other body parts including the head, trunk, lower extremities, and the larynx.^{2–4} Essential tremor of the voice (ETV) is a "progressive intention tremor" of the vocal folds, which causes fluctuations in fundamental frequency (f_0) and/or intensity. The result of this disturbance is an unsteady voice.^{5–7} Tremor of other sites besides the larynx including the palate, back of the tongue, and pharynx may co-occur with vocal fold tremor and may have an impact on voice.4,8

Essential tremor of the voice has been treated pharmacologically by a number of agents such as antiepileptics (primidone), beta-blockers (propranolol), benzodiazepines (clonazepam, diazepam), and carbonic anhydrase inhibitors (methazolamide). Nevertheless, results from the above studies have concluded that patients with vocal tremor receive only a modest benefit with response rates ranging from 25% to 40%.^{9–14} Ever since botulinium toxin (BOTOX) was introduced as a therapeutic

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agent, it has become the primary treatment for ETV. BOTOX reduces the perceived effort to speak, and the rate and extent of tremor.^{15–17} BOTOX provides symptomatic relief and can be useful only when the tremor is primarily linked to the vocal folds because it is commonly injected into the thyroarytenoid muscle. Warrick et al⁵ showed that when tremor involved several anatomical sites, injections of BOTOX did not lead to uniform improvements on acoustic measures of voice. Success rates for vocal tremor treated with BOTOX have been only 50–65% on the basis of perceptual and acoustic measures.^{5,16} In addition to this relatively low success rate of BOTOX, side effects of breathiness and dysphagia have also been reported in the literature.^{5,17}

A large number of experiments have been carried out to characterize the tremulous voice quantitatively. These studies have examined frequency modulation characteristics (rate and extent) and short-term f_0 variations such as jitter through either time domain representations^{18–22} or frequency domain representations.⁶ Tremor rate is defined as the rate of modulation occurring about the mean f_0 (hereafter, described as f_{f0m} or as modulation frequency). Results from the above-mentioned studies concluded that rate of f_0 modulation in patients with ETV varied between 2 and 12 Hz with high interspeaker variability. Tremor extent can be described by how large or small the modulations are relative to the mean f_0 . The extent of f_0 modulation or modulation depth (d_{f0m}) ranged from 0.5 to 2 semitones (STs).^{21,23}

Studies measuring f_{f0m} and d_{f0m} provide only a partial insight into vocal tremor, because these do not describe the perceptual significance of these acoustic features completely. A better understanding of acoustic-perceptual relationship of ETV is critical because majority of the clinical decisions are heavily influenced by their perceptual effects. For example, dosage levels of BOTOX injections are chosen based on perceived reduction of tremor severity. Yet, only few studies have systematically investigated the relationship between

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acoustic parameters and the perception of vocal tremor in pathologic voices.

One study that examined the effects of regularity of f_{f0m} and $d_{\rm f0m}$ on the perception of vocal tremor was done by Kreiman et al.²⁴ They used a custom-designed speech synthesizer to model voices with vocal tremor. This voice synthesizer was used to create sinusoidal and irregular modulations of vocal tremor. Vowel phonations were synthesized using different rate and extent parameters. Modulation frequency (f_{f0m}) was varied between 4 and 20 Hz. The d_{f0m} , computed as the average deviation in f_0 around the mean f_0 , was varied from 0.6 to 10.3 Hz. Listeners compared similarity between original stimuli and the synthesized versions on a 100-point visual analog scale. Their findings revealed that listeners judged the synthetic stimuli to be very similar to their original targets (sinusoidal model: 25.6 ± 26.3 ; irregular model: 24.1 ± 25.9). Listeners were insensitive to the precise details of the f_0 contour when severity of vocal tremor was mild. Significant interactive effects were found between f_{f0m} , d_{f0m} , and regularity on the perception of tremor severity. Differences in tremor rate were easiest to hear when the tremor was sinusoidal and of small amplitude. Listeners had more difficulty focusing on the tremor rate alone when the extent of tremor increased because the complexity of tremor pattern increased or when the tremor model was irregular. Results from this study suggested that the listeners were not sensitive to relatively small differences in amount of d_{f0m} . Hence, a systematic manipulation of f_{f0m} and d_{f0m} is needed to explain the perceptual findings.

Past experiments that explored the relationship between acoustic and perceptual measures of voice have often assumed a direct and linear relationship between the two. However, the relationship between a physical stimulus and its perceptual attribute is often nonlinear.^{25–27} Just as the perception of pitch, intensity, and quality of the voice are nonlinear functions of specific changes to the vocal acoustic signal,^{25–27} perceived change in tremor severity may also be cued by multiple acoustic changes (eg, the rate, extent, and regularity of modulation), interacting in a complex nonlinear manner.

To identify such relationships, the present study systematically manipulated f_0 , f_{f0m} , d_{f0m} , and signal-to-noise ratio (SNR) and evaluated their effects on the perception of tremor severity. In human listeners, amplitude modulated carrier signals can elicit a range of percepts including wobble ($f_{f0m} < 4$ Hz), vibrato (f_{f0m} between 4 and 7 Hz),^{21,23} tremor (f_{f0m} between 2 and 12 Hz),^{6,24} and roughness (f_{f0m} between 20 and 40 Hz).^{28–30} These studies have shown d_{f0m} to affect the perception of characteristics such as roughness.^{29–31} Such findings from the psychoacoustic literature form the basis for the following hypotheses:

- 1. The perceived severity of essential voice tremor would increase with an increase in d_{f0m} ,
- 2. The f_{f0m} that results in the greatest perceived severity of essential voice tremor will vary with the mean f_0 of that voice, and
- 3. There may be an interaction between severity of dysphonia (measured using SNR) and the perception of tremor sever-

ity. This interaction may result in greater perceived tremor severity for voices with greater dysphonia (low SNR).

METHOD

Speakers

Phonation samples from two male and two female speakers were selected from a large database of disordered voices (Kay Elemetrics Disordered Voice Database, Lincoln Park, NJ).³² The four speakers were diagnosed as having "ETV." Voice analysis software TF32 (Milenkovic, Madison, WI) was used to obtain the SNR values.³³ The SNR for the four speakers was used as a gross metric of dysphonia severity. and voices with high SNR were assumed to have relatively good voice quality, whereas those with low SNR were assumed to indicate dysphonia. Details about these speakers are provided in Table 1. The primary objective in this study was to test speakers who represented a wide range of f_0 and voice quality. This was achieved through careful selection of the four speakers with varying f_0 and SNRs. As the goal was to evaluate how tremor perception changes based on specific signal characteristics, the exact number of speakers was not deemed to be as critical as the range of characteristics under study.

Stimuli

A 1-second sample from temporal midpoint of the vowel phonation /a/ was extracted. Inclusion of longer segments increases the risk of voice quality variation within each stimulus and can complicate interpretation of results. Furthermore, there is little reason to believe that 1-second samples limit the perception of tremor in anyway as prior study on perception of vocal tremor had used 1-second samples for perceptual analysis.²⁴ An algorithm was designed in MATLAB (version 7.0; MathWorks, Natick, MA) to systematically manipulate the mean f_0 , f_{f0m} , and $d_{\rm f0m}$ of tremor, through the use of a high fidelity speech vocoder (STRAIGHT; Kawahara, 1997).³⁴ The f_{f0m} was varied from 3 to 12 Hz in steps of 3 Hz. The d_{f0m} was varied from 2 to 32 Hz in steps of 6 Hz. These ranges were chosen to create a continuum of stimuli, which ranged from low to high f_{f0m} and d_{f0m} , in accordance with the values reported in the literature.^{4,7,18,20,24} Each stimulus was further modified to scale the mean f_0 30 Hz above and below the natural f_0 for that speaker. Thus, a total of 288 stimuli (4 speakers \times 3 mean $f_0 \times$ 4 $f_{f0m} \times$ 6 $d_{\rm f0m}$) were created. Figure 1 depicts an example of variations

TABLE 1.	
Subject Characteristics	

Subject ID	Age (y)	Gender	Fundamental Frequency (Hz)	Signal-to- Noise Ratio (dB)
S01	76	М	157	20.3
S02	69	Μ	128	9.7
S03	78	F	212	20.5
S04	73	F	206	13.3

in f_{f0m} and d_{f0m} for a stimulus with mean f_0 of 128 Hz. All the stimuli were resampled to 24,414 Hz to match the hardware requirements of the equipment used for the perceptual test.

As perception of pitch is logarithmically related to the f_0 , the mean f_0 of all stimuli were converted to a ST scale using the formula given by Baken and Orlikoff.³⁵ These ST values were used for all subsequent statistical analyses.

$$ST = 39.86 \times \log 10 \left(\frac{f_0}{f_{0ref}} \right)$$
 (1)

For these calculations, the lowest f_0 among the four speakers (98 Hz) was selected as the reference frequency (f_{0ref}).

Listeners

Two speech-language pathologists and one ear, nose, and throat specialist (two females and one male, respectively) with a minimum of 20 years of experience in the diagnosis and rehabilitation of patients with voice disorders served as expert listeners. Three female undergraduate students from Department of Speech, Language, and Hearing Sciences served as naïve listeners in this study. The mean age of expert listeners was 47 years and the mean age of naïve listeners was 23 years. All the listeners were native speakers of American English and passed a hearing screening (air-conduction pure tone threshold below 20 dB hearing level or HL at 250, 500, 1000, 2000, and 4000 Hz) before the listening task.³⁶

Instrumentation

All the data acquisition procedures were controlled using the software, *Sykofizx* and the TDT System III hardware (Tucker-Davis Technologies, Inc., Alachua, FL). Stimuli were presented to the listeners in a single-walled sound booth using ER2 insert earphones (Etymotic Research, Inc., Elk Grove Village, IL). These earphones were chosen for their flat frequency response at the tympanic membrane. Stimuli were presented at 85 dB sound pressure level or SPL in the right ear to avoid potential effects of binaural interaction.

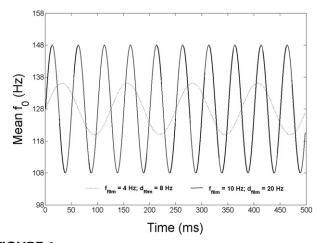


FIGURE 1. A graphic representation of f_{f0m} and d_{f0m} variations for a stimulus with mean f_0 of 128 Hz.

Procedure

Listeners rated the severity of tremor for each stimulus on a seven-point rating scale (1 = no tremor, 7 = severe tremor) using a custom-designed interface. Shrivastav et al³⁷ showed that interlistener variability in rating scale data was minimized when multiple ratings of a stimulus were averaged and standardized. Hence, multiple ratings were obtained from each listener and averaged to compute a single score for each stimulus. Each stimulus was presented a total of five times in random order for a total of 1440 test stimuli. Given the large number of stimuli, listeners were required to take several short breaks during the listening task to avoid fatigue and maintain their attention. Testing took approximately 2 hours for each listener. Testing was completed in a single test session.

Statistical analyses

All the statistical procedures were carried out using *SPSS* version 18.0 (SPSS Inc., Chicago, IL). An independent sample *t* test was performed to compare the perceived tremor severity scores between the two listener groups (naïve and experts). To determine the effects of f_0 , f_{f0m} , d_{f0m} , and SNR on perception of tremor severity, a four-way analysis of variance (ANOVA) with post hoc comparisons using Boniferroni's correction was used. Mean f_0 , f_{f0m} , d_{f0m} , and SNR were the independent variables in the present study. The average tremor severity judgment obtained from all listeners served as the dependent variable. In addition, a multiple linear regression analysis was performed to develop a model with the three predictor variables of tremor severity. Different regression functions were derived to fit the perceptual data and explain the relationship between the independent variables and perceived tremor severity.

RESULTS

Reliability analysis

Interjudge reliability was defined as the degree of consistency between average ratings of tremor severity between listeners for all the stimuli. Intrajudge reliability was defined as the degree of consistency within listeners between the five trials of tremor severity rating for all the stimuli. Results from intraclass correlation coefficient revealed that reliability between listeners was 0.7 and reliability within listeners was 0.9. These high correlations revealed that listeners made consistent judgments of tremor severity.

Group differences

Table 2 depicts the mean perceived tremor severity scores for both listener groups (naïve and experts). An independent sample *t* test revealed that there was a significant difference (t (2878) = 2.332, P = 0.02) between the two listener groups in mean tremor severity ratings. Naïve listeners rated the voices to have greater tremor severity than expert listeners. However, the magnitude of difference was found to be very small with a mean difference of 0.12. This difference represents only 2.27% of the total range of responses obtained from listeners. As the purpose of this study was investigation of trends

TABLE 2. Mean and SD Scores for Naïve and Expert Listeners						
Listener Type	Ν	Mean Severity	SD			
Naive	1440	4.4884	1.53275			
Expert	1440	4.3648	1.30196			
Abbreviation: SD, standard deviation.						

(ie, how one variable is affected by another), we combined data across the two groups for ANOVA testing.

Main effects

Significant main effect was found for mean f_0 (*F*(11, 2592) = 92.77, P < 0.001) as illustrated in Figure 2. Voices with low f_0 were perceived to have greater tremor severity compared with those with higher f_0 . Significant main effects were also found for f_{f0m} (*F*(3, 2592) = 74.18, *P* < 0.001) and d_{f0m} (*F*(5, (2592) = 694.26, P < 0.001) as illustrated in Figures 3 and 4, respectively. On average, higher modulation frequencies were judged to have greater tremor severity when compared to lower modulation frequencies (Figure 3). Figure 4 shows that the perceived tremor severity increases with an increase in $d_{\rm f0m}$, but this relationship appears to be nonlinear with the greatest change in tremor severity occurring for d_{f0m} below 20 Hz. There was also a significant main effect of SNR (F(57), 518 = 272.01, P < 0.001 as illustrated in Figure 5. SNR values for the synthetic stimuli ranged from 7.0 to 21.0. However, this effect was not systematic.

Interaction effects

Interaction 1: Mean $f_0 vs f_{f0m}$. A significant interaction was observed between mean f_0 and f_{f0m} (*F*(33, 2592) = 1.88, *P* < 0.001) as illustrated in the first row of plots in Figure 6. Per-

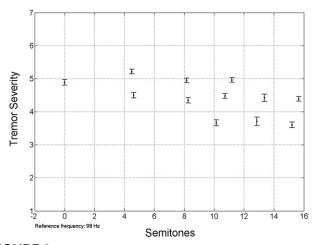


FIGURE 2. Perceived tremor severity plotted against the mean f_0 in semitone scale with the reference frequency of 98 Hz. Symbols indicate the perceived tremor severity averaged across listeners and bars indicate standard error of the mean (SEM).

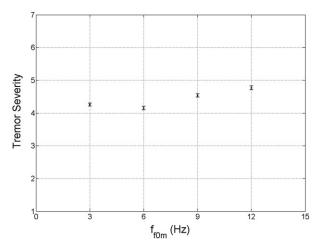


FIGURE 3. Effect of f_{f0m} on perceived tremor severity. Symbols indicate the perceived tremor severity averaged across listeners and bars indicate standard error of the mean (SEM).

ceived severity of tremor decreased with an increase in mean f_0 for stimuli that have low fundamental frequencies (approximately 180 Hz and below). However, it was only a small decrease (±0.5) in mean tremor severity ratings. At all mean f_0 , f_{f0m} of 12 Hz was perceived to have greater tremor severity.

Interaction 2: Mean f_0 vs d_{f0m} . A significant interaction was also found between mean f_0 and d_{f0m} (F(55, 2592) =1.82, P < 0.001) as illustrated in the second row of plots in Figure 6. Similar to the f_0 - f_{f0m} interaction, perceived severity of tremor decreased with an increase in mean f_0 for stimuli that have low fundamental frequencies (approximately 180 Hz and below). For all mean f_0 , d_{f0m} of 2 Hz was perceived to have the least tremor severity and d_{f0m} of 32 Hz was perceived to have the greatest tremor severity.

Interaction 3: f_{f0m} vs d_{f0m} . A final significant interaction was found between f_{f0m} and d_{f0m} (*F*(15, 2592) = 6.60,

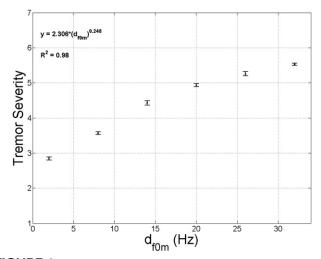


FIGURE 4. Effect of d_{f0m} on perceived tremor severity. Symbols indicate the perceived tremor severity averaged across listeners and bars indicate standard error of the mean (SEM).

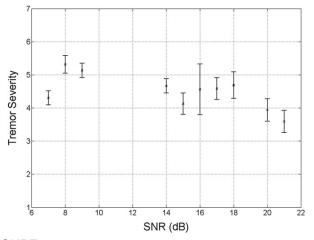


FIGURE 5. Effect of SNR on perceived tremor severity. Symbols indicate the perceived tremor severity averaged across listeners and bars indicate standard error of the mean (SEM). The SEM for an SNR of 16 dB was large because of a small number of samples (N).

P < 0.001). The mean tremor severity scores increased with $d_{\rm f0m}$ for all modulation frequencies. Although all $f_{\rm f0m}$ elicited the same mean tremor severity at low $d_{\rm f0m}$, stimuli with $d_{\rm f0m}$ s above 8 Hz show greater change in tremor severity for higher modulation frequencies. This is illustrated in Figure 7. In other words, the effects of $f_{\rm f0m}$ became more evident only for $d_{\rm f0m}$

greater than 8 Hz. Below this d_{f0m} , all f_{f0m} appear to affect tremor severity equally.

Regression analysis

Multiple linear regression analysis was carried out to relate all independent variables (mean f_0 , f_{f0m} , d_{f0m}) to the perceived tremor severity. The equation based on the unstandardized coefficient of the regression for the entire data set is:

$$y = 3.652 - 0.007f_0 + 0.063f_{f0m} + 0.091d_{f0m}$$
(2)

The overall variance accounted for perceived tremor severity amounted to 49.3%.

In addition, there was a clear nonlinear relationship between $d_{\rm f0m}$ and perceived tremor severity. Therefore, a nonlinear regression analysis was conducted to determine the best fit function to explain how $d_{\rm f0m}$ may be related to perceived tremor severity. The goodness of fit as shown in Figure 4 was obtained using a power function:

$$y = 2.306 * (d_{\rm f0m})^{0.248} \tag{3}$$

This equation shows the effect of d_{f0m} on perceived tremor severity when averaged across all mean f_0 and f_{f0m} . The proportion of variance obtained using a power function ($R^2 = 0.98$) improved compared with the linear fit.

To explain the interaction between f_{f0m} and d_{f0m} as shown in Figure 7, a power function was used to fit the perceptual data

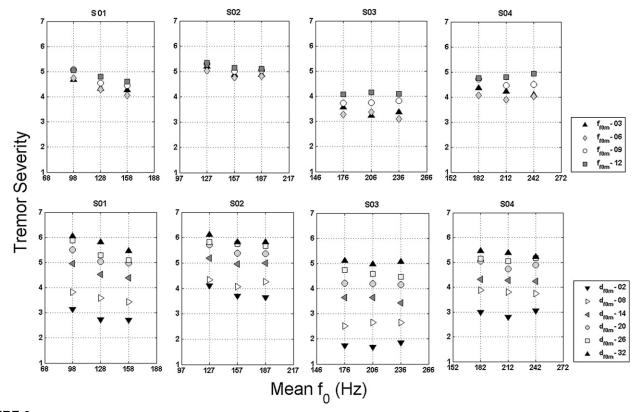


FIGURE 6. The tremor severity judgments are shown as a function of mean f_0 (in Hz) for each of the four speakers. The top row indicates interaction between mean f_0 and f_{f0m} and the bottom row indicates interaction between mean f_0 and d_{f0m} .

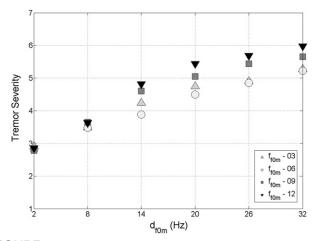


FIGURE 7. The tremor severity judgments are shown as a function of d_{f0m} (in Hz) for the different f_{f0m} values.

with different powers representing the various f_{f0m} ($\beta = 0.239$: 3 Hz; $\beta = 0.247$: 6 Hz; $\beta = 0.288$: 9 Hz; $\beta = 0.303$: 12 Hz).

$$y = 2.119 * \left(d_{\rm f0m}\right)^{P:\,0.239 - 0.303} \tag{4}$$

DISCUSSION

Essential tremor of the voice can be considered as the laryngeal manifestation of essential tremor. ETV refers to the periodic contraction of antagonistic adductor-abductor and/or superior-inferior laryngeal muscles in an alternating or synchronous fashion. Symptoms are progressive and potentially disabling. Although a number of medications have been used to treat tremor in the past, BOTOX has been the primary choice of treatment.^{5,15–17} Extensive research has been carried out on the acoustic characteristics of vocal tremor. However, clinical judgments of voice disorders by patients and therapists rely heavily on the perception of tremor in voice. Till date, only Kreiman et al²⁴ have attempted to relate acoustics to perception; however, the range of modulation parameters tested in this study failed to produce significant perceptual changes.

This study sought to explore how variations in f_0 , f_{f0m} , d_{f0m} , and SNR may affect the perceived tremor severity through systematic manipulation of these independent variables. The findings from the present study confirmed the first hypothesis and suggested that perceived severity of tremor increases with an increase in d_{f0m} . Also, interaction effects (f_{f0m} vs d_{f0m}) become evident after 8 Hz. These results are based on categorical scaling of tremor severity. In contrast, Kreiman et al²⁴ performed a discrimination experiment, which suggested that listeners are not sensitive to small differences in tremor amplitude. So, there may be a threshold that must be reached in order for listeners to discern significant differences in d_{f0m} . Hence, the results of the present study cannot be directly compared with Kreiman et al²⁴ owing to the difference in goals and experimental procedures.

Perceived tremor severity decreased with an increase in mean f_0 at low frequencies only. From Figure 6, it can be observed that perceived mean severity ratings decreased only for mean f_0 values in S01 and S02, where f_0 ranged from 98 to 158 Hz

and 127 to 187 Hz, respectively. However, the magnitude of decrease in mean tremor severity ratings was small (±0.5 units). The interactive effects between mean f_0 and f_{f0m} are evident only for higher mean f_0 values (S03 and S04), thus supporting hypothesis #2.

The results of the present study are in agreement with psychoacoustic studies that have shown $d_{\rm f0m}$ as one of the primary parameters influencing the voice quality "roughness." Perceptual mechanisms underlying vocal tremor and roughness may be similar however roughness occurs at higher modulation frequencies (~20–40 Hz).^{29,30}

Contrary to our third hypothesis, no systematic effect of SNR on perceived tremor severity was observed. Although it is possible that SNR does not directly influence the perceived severity of tremor, these results are constrained by the limited number of stimuli and range of SNR evaluated in this experiment. Furthermore, it is possible that SNR covaried with other factors (eg, spectral slope, vowel formants, formant bandwidths), which indirectly affected the perception of tremor. Perceptual relevance of these acoustic features warrants further investigation.

The present study investigated rate (f_{f0m}) and extent of f_0 modulations (d_{f0m}) in patients with vocal tremor. Previous research has shown that changes in f_0 modulations can also give rise to modulations in amplitude of a signal.³⁸ As the frequency of a specific harmonic changes; its distance to the closest formant varies resulting in a change in amplitude. Such interactions were not explicitly evaluated in the current experiment but should be directly explored in another study. As amplitude modulation appears to have the greatest influence on perception of tremor, further investigation of the effects of BOTOX on modulation amplitude need to be explored.

A possible utility of the research described here is to generate a predictive function that gives clinicians and researchers the tools to understand how various treatment approaches might affect perceptual outcomes for individual patients. Successful development of such tools requires a series of perceptual experiments, followed by the development of necessary models or predictive functions. However, the use of a rating scale tasks to gauge changes in perception limits such efforts at this time. This is because rating scale data is biased by several extraneous factors, such as range effects, frequency effects, and bow effects. These factors make the resulting data stimulusset dependent, and make it difficult to compare findings across experiments, stimuli, or listeners (eg, see Shrivastav et al,³⁷ 2005 and Patel et al,³⁹ 2010, for more about these issues). To address these issues, perceptual experiments on vocal tremor may also benefit from using different psychophysical tasks, such as the matching task described by Patel et al (2010) for voice quality judgments.³⁹ Unfortunately, limitations with rating scale data prevent formal modeling of the acoustic-toperceptual relationships and the nonlinear nature of these findings should be considered as preliminary at this time.

CONCLUSIONS

The perception of tremor severity for steady-state tremor results from a complex interaction of multiple acoustic cues with d_{f0m}

acting as the primary acoustic cue. Other variables have a smaller effect on perceived severity of tremor. This research has implications in assessment and medical or behavioral management of vocal tremor. Regarding assessment, ability to detect voice tremor will depend primarily on d_{f0m} that may affect the degree to which tremor can be perceived in the voice.

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