**Introduction**

Many male-to-female (MtF) transgender individuals seek out psychotherapy or voice modification therapy to aid in their transition. They often seek voice modification therapy to help them modify their voice and in turn improve their quality of life (Hancock, Krissinger & Owen, 2011). Another therapy MtF transgender individuals seek is psychotherapy (Elder, 2015). Psychotherapy for the MtF transgender individual is likely to be based on a Transaffirmative model, which seeks to validate the client’s desire to live as their self-identified gender (Elder, 2015).

As a medically underserved population (Feldman & Bockting, 2003), the practicing speech-language pathologist needs to be informed of how to best serve MtF transgender individuals by referring them to a psychotherapist when necessary.

It is unclear if psychotherapy in conjunction with voice modification therapy will lead to a greater improvement of voice-related quality of life in MtF transgender individuals as compared to voice modification therapy alone.

**Case Scenario**

- I am a speech-language pathologist graduate student at the University of Nevada, Reno (UNR) and it is my dream to become a voice specialist and work in a private practice where the majority of people I see are voice clients. With the increase in MtF transgender voice clients, I anticipate delivering voice modification therapy to clients on my caseload.
- My best friend is transgender and although they attended psychotherapy, they expressed that their voice was one of the aspects of themselves that they would most like to change. I wonder if future clients would have these same feelings.
- I am concerned that although voice modification therapy and psychotherapy may be effective, this may not necessarily improve the MtF transgender individuals’ subsequent quality of life.
- I want to know if the combination of voice therapy and psychotherapy or voice therapy alone will lead to a significantly greater voice-related quality of life in order to best serve my future clients.

**PICO Question (Gillam & Gillam, 2008)**

In adult MtF transgender clients (P), does the combination of voice modification therapy and psychotherapy (C) lead to a significantly greater voice-related quality of life compared to clients who participate in voice modification therapy alone (O) as measured by the Transsexual Voice Questionnaire for Male-to-Female Transsexuals (MtF) (TVQ MtF-OP)?

**Methods**

**Search Terms:** efficacy, counseling, psychotherapy, quality of life, quality of life measure, transgender, transsexual, voice, voice disorder, voice therapy, voice treatment, self perception, self report, and self report measure

**Electronic Databases:** Academic Search Premier, ASHAWire, PsychINFO, PubMed, and Web of Science

**Rating System:**
- **Modified Critical Appraisal of Diagnostic Evidence Form** (CADE; Dollaghan, 2007) Modified
- **Critical Appraisal of Systematic Review or Meta-Analysis Form** (CASAM; Dollaghan, 2007) Modified
- **Binary rating scales with 10 appraisal points each**
- **A total of 10 articles were appraised**
  - **Strong Validity** (9 to 10 points), **Moderate Validity** (7 to 8 points), **Mild Validity** (5 to 6 points), **Not Valid** (<5)

**Reliability:** Interrater reliability of 90% or higher was achieved

**Articles:** 4 articles were chosen based on their appraisal scores and relevance to the PICO question

**References**


