

Supplementary Table 1. Process of voice therapy

Stage and goal	Procedure
Stage 1	
Instructions to therapy participants & vocal hygiene	1-1. Present basics of voice production 1-2. Present basics of dysphonia 1-3. Discussion of the therapy approach 1-4. Inform about vocal misuses and abuse
Stage 2	
Trial voice therapy	2-1. Trial to indirect voice therapy : Masking, redirected phonation, head positioning
Stage 3	
Behavioral voice therapy	3-1. This stage conducted when stage 2 helped improve the patient's voice quality 3-1-1. Focus to body posture relaxation : Upper relaxation exercise, laryngeal massage, respiration training 3-1-2. Focus to efficient phonation : Lip trill, water resistant therapy 3-1-3. Focus to phonation to do various pitch : Pitch inflections, vocal function exercise 3-1-4. Focus to improving resonance ability & generalization : Humming, vocal focus, resonant voice therapy 3-2. This step added to 3-1 when stage 2 failed and was performed between 3-1-1 and 3-1-2 3-2-1. Focus to airflow release and breathy phonation : Airflow release (/u/ prolongation, Voiceless Lip trill) : Breathy phonation (/u/ prolongation, Voiceless to voiced fricatives)