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# Musikphysiologie und Musikermedizin in anderen Publikationen

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## Englischsprachige Abstracts

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### Association Between the Development of Pediatric Voice Disorders and Singing in Children's Choir

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**Abstract:** IMPORTANCE: Pediatric vocal fold pathology is important because having a healthy voice free from disorders is crucial in a child's emotional and educational development.

OBJECTIVE: To determine whether there is an association between singing in a children's choir and the development of voice disorders.

DESIGN, SETTING, AND PARTICIPANTS: Prospective cohort study of children (aged 8 to 14 years) singers selected from local children's choirs and nonsingers selected from local schools evaluated at Clarós Otorhinolaryngology Clinic in Barcelona, Spain, from October 2016 through April 2018.

EXPOSURES: Singing for a mean time of 7.5 hours per week for 2.5 years.

MAIN OUTCOMES AND MEASURES: The primary outcome of the study was the prevalence of voice disorders measured using videostroboscopy. The obtained values were analyzed statistically and used to compare the characteristics of the children and the frequency of voice disorders between the groups.

RESULTS: Of 1495 enrolled children (745 male [49.8%]; median age, 9.3 years [range, 8–14 years]), 752 were singers and 743 were nonsingers. No differences in baseline characteristics were observed between the groups. Voice disorders were more frequent in the nonsinging group than in the singing group (32.4 vs 15.6%; difference, 16.8%; 95% CI, 12.3%–21.4%). Of 12 voice disorders considered in this study, all 12 were more frequent in the nonsinging group. Functional voice disorders were more frequent in the nonsinging group than in the singing group (20.2% vs 9.4%; difference, 10.8%; 95% CI, 7.2%–14.3%), as were organic voice disorders (12.2% vs 6.1%; difference, 6.1%; 95% CI, 2.6%–9.6%).

CONCLUSIONS AND RELEVANCE: Voice disorders were less common among children in the cohort who sing in choirs, possibly because of voice training and the commonly observed habit of attending regular ear, nose, and throat examination. Voice disorders may be prevented in nonsinging children if the same solicitude for voice is observed.

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