Calculating MPT

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Instructions

1. Ask the client to take a deep breath and then to sustain the vowel sound ‘ah’ (as in the words art and part) for as long as possible at a comfortable pitch and loudness on one exhalation, without straining. Using a stopwatch, time (in seconds) how long the client can sustain the vowel. Record the time in the table below under duration of 1st ‘ah’.

2. Repeat Step 1 and record the time under duration of 2nd ‘ah’.

3. Repeat Step 1 and record the time under duration of 3rd ‘ah’.

4. The MPT is the longest duration ‘ah’ of the three attempts.

\[
\begin{align*}
\text{duration of 1st ‘ah’} & = \underline{\text{seconds}} \\
\text{duration of 2nd ‘ah’} & = \underline{\text{seconds}} \\
\text{duration of 3rd ‘ah’} & = \underline{\text{seconds}} \\
\text{MPT} = \text{longest duration ‘ah’} & = \underline{\text{seconds}}
\end{align*}
\]

Interpretation

<table>
<thead>
<tr>
<th>Norms for sustaining ‘ah’</th>
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</thead>
<tbody>
<tr>
<td>age range (years)</td>
</tr>
<tr>
<td>16;00 + (women)</td>
</tr>
<tr>
<td>16;00 + (men)</td>
</tr>
</tbody>
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MPT can differ markedly among people who are considered to have normally functioning vocal folds. In cases of vocal dysfunction/laryngeal pathology, however, the MPT is considerably reduced. Arguably, therefore, MPT is of most use when glottic efficiency is poor (an MPT of seven seconds or less).