



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.

duration of 1st 'ah'	=	<input type="text"/>	seconds
duration of 2nd 'ah'	=	<input type="text"/>	seconds
duration of 3rd 'ah'	=	<input type="text"/>	seconds
MPT = longest duration 'ah'	=	<input type="text"/>	seconds

Interpretation

Norms for sustaining 'ah'	
age range (years)	duration (seconds)
16;00 + (women)	15-25
16;00 + (men)	25-35

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).