***SUPPLEMENTAL MATERIAL***

Instructions for clinicians and readers to implement sidetone amplification:

The most effective method for practical application of sidetone amplification is to use devices or hardware that have this capability. In the consumer market, this is commonly referred to as zero- or low-latency live-microphone monitoring. Any solution using computer software rather than hardware might add unwanted latency or delay to the audio signal.

Here are some options using devices that provide live-monitoring solutions

1. Headsets provide live feedback of the signal captured by the microphone, including independent volume control. The ‘Turtle Beach Recon 200’ is an entry level example; however, there are many others in the consumer market. Instructions to use headsets:
   1. Connect the headset to your computer or mobile device.
   2. The headset will have two volume controls, one to control the gain of the microphone and another to control the volume level of your communication partner.
2. USB microphones can have live-monitoring capabilities. There are many brands and models offered on the market, for example the ‘Blue Yeti USB microphone’. USB microphones will provide improved sound quality over a headset solution but will capture more sound in your environment. Therefore, a quiet environment is recommended. Instructions to use microphones:
   1. Connect the microphone to your computer via a USB port.
   2. Connect your headphones (over-the-ear or in-ear) directly to the microphone.
3. External audio interfaces are a more advanced and flexible solution. This will significantly improve audio quality and will also allow you to connect an instrument or even two microphones at the same time. There are many audio interface brands and models available, for example, the ‘Scarlet solo studio 3rd generation’. Instructions to use external audio interfaces:
   1. Connect the audio interface to your computer and follow the user manual instructions to download and install drivers. Some of them are plug-and-play and you might not need to install drivers. Check the manual for exact guidelines.
   2. Connect your microphone (can be hand-held or head-mounted) to the XLR input on your audio interface.
   3. Connect your headphones to the output on your audio interface.
   4. Make sure the ‘direct-monitor’ option is on. This is usually a light or switch on the front of the device. Check the instruction manual for more details.

Note that for each of the provided options, you will need to adjust the microphone gain and overall output volume until you can hear a comfortable balance between your own voice and your communication partner’s voice. In the current study, gains of -9 dB and -3 dB relative to the microphone were tested; however specialized audiometric equipment is required to measure the exact microphone gain. Thus, we recommend testing various levels until you find a pleasant balance.