

Stuttering

- Definitions
- What is stuttering?
- What causes stuttering?
- Development of stuttering
- Factors which contribute to stuttering
- Identification and assessment of stuttering
- Treatment of stuttering

Stuttering and Fluency

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Definitions

- **Fluent speech**
 - Speech that is easy, rapid, rhythmical and evenly flowing.
- **Disfluent speech**
 - Marked by repetitions, interjections, pauses and revisions. Not all the uncommon.
- **Stuttering**
 - Abnormal number of disfluencies that are physically tense. Stuttering interferes with the ability to communicate and may lead to negative feelings of self.
- **Cluttering**
 - Common in young children. Often confused with stuttering.

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What is stuttering?

- **Primary stuttering behaviors**
 - Repetitions
 - Prolongations
 - Blocks
- **Secondary stuttering behaviors**
 - Counterproductive compensatory movements which can be as distracting as primary behaviors.
- Show video clip 13.1

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What causes stuttering?

- Stuttering is not ...
 - A nervous reaction
 - Parents over-correction of child's cluttering.
 - Psychological disorder
- Stuttering is caused by ...
 - When know, let me know. Although, it is thought to be a combination of internal factors (e.g., neurological and cognitive) and external conditions. May be a link to dopamine levels in brain.

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Development of stuttering

- Early stuttering
 - Cluttering is not uncommon. It does not become a problem until these behaviors become chronic.
- Genetic influences
 - Three to four times more common if a family member stutters.
- Environment
 - Stressful communication demands
 - General emotional stress. External and internal.
 - Demanding communication expectations.

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Identification and evaluation of stuttering

- Interview and case history
- Speech sample
- Screening for other disorders
- Feelings and attitudes

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Interview and case history

- Cultural influences
 - Communication demands vary across cultures. Stuttering tends to be more prevalent in societies with high communication demands.
- Genetic influences
 - Tends to be more common if relative stutters
- Course of the disorder
 - When did it first occur?
 - Has it gotten better or worse?
 - What situations does it become worse?
 - Should also interview parents, family members, significant others, etc.

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Speech sample

- Conversational speech
- Reading
- Attempt to determine . . .
 - Contexts where stuttering occurs
 - Nature of specific stuttering behaviors
 - Check out figure 13-1

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Screening for other disorders

- Hearing
- Cognitive
- Oral mechanism
- Voice quality
- Articulation and language

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Feelings and attitudes

- Often uses specific questionnaires to determine the extent to which negative attitudes and feelings contribute to stuttering behavior.
- Can be used to help determine best approach to stuttering.

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Treatment

- Stuttering modification
- Fluency shaping
- Speech Easy Device
- Working with parents of young children

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Stuttering modification

- A person changes the way they stutter.
- Insert table 13-4 (Van Riper's approach to stuttering modification)
- Insert video 13.3 and 13.4

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Fluency shaping

- Teaching a new way of speaking that is free of stuttering.
- May include . . .
 - Slower rates of speech
 - Relaxed breathing
 - Easy initiation of sounds
 - Smoother transitions between words

Electronic devices

- E.g., speech-easy device
 - Looks like a hearing aid
 - Uses phase shifting and delayed auditory feedback
 - 2/3 show significant improvement
 - Effect wears off in some people

Medications

- Possible link to dopamine levels in brain.
- Drugs that reduce dopamine can reduce stuttering by 25-60%.
 - Side effects (dizziness, sluggishness, drowsiness, anxiety)
 - Long term effects not known
- Drugs that increase stuttering (e.g., Ritalin) can cause “Tourette Syndrome” behaviors.

Working with parents of young children

- Parents are taught to ...
 - Increase factors which improve fluency
 - Stress free environment
 - Positive comments
 - Slower speech
 - Decrease factors which increase stuttering
 - Rapid rates of speech
 - Excessive questions
 - Pressure to respond rapidly
- Whenever possible parents should attend treatment sessions


