

Title:

The Impact of Stuttering Treatment Method, Frequency, and Duration on the Self-Stigma of Individuals who Stutter as Assessed by The Self-Stigma of Stuttering Scale (4S) (Boyle, 2013)

Specific aims and rationale:

Boyle (2013) devised a scale, the Self-Stigma of Stuttering Scale (4S), to assess the self stigma of adults who stutter. Boyle (2013) found the 4S to be a valid measure of self stigma in individuals who stutter. He mentioned that future research could assess self-stigma in different treatment experiences and support group involvement. Future research can also assess 4S changes across treatment implementation.

While Boyle (2013) found his scale to be a valid measure of self-stigma in individuals who stutter, there is still much to explore using his scale. Since the scale is only a year old it still needs to be tested on individuals in diverse treatment programs to determine the difference of self-stigma in varying treatment experiences. Once the 4S has been tested in a variety of situations, it can be more reliably incorporated into therapy situations and can also be implemented as a pre-post test to assess self-stigma reduction of the course of treatment. The proposed research project will include demographic questions and Boyle's 4S. Obtaining information about treatment history and self-stigma will illustrate which treatment methods/frequencies are related to the least amount of self-stigma. This can assist SLPs in determining the most effective treatment method to not only increase fluency, but to decrease self-stigma as well.

By accomplishing this study I hope to illustrate how different types (i.e. stuttering modification vs. fluency shaping) and frequencies (i.e. 1 time a week, 30 min session vs. 2 times a week, 1 hour session) of stuttering treatment impact the self-stigma of individuals who stutter.