

Being open about stuttering: What are the effects?

Rationale and aims

Previous research suggests that public disclosure or affirmation of stuttering may be associated with certain psychological benefits, as well as reducing public stigma. However, there is limited understanding about the effects of affirmation and disclosure from the perspective of the person who stutters. The aim of this study is to better understand the advantages and disadvantages of publically disclosing and affirming stuttering, understand the process of going from concealment to disclosure, and understand how disclosure may be best utilized to decrease public stigma about stuttering. Importantly, these questions will be answered by asking people who stutter themselves, specifically individuals who are active in stuttering self-help and advocacy groups.

Methods

The investigators will be interviewing around 15 adults who stutter who are active in self-help and advocacy groups for stuttering. These participants would self-report that they publically disclose their stuttering and affirm their identities as individuals who stutter. Semi-structured interviews lasting approximately 60-90 minutes would be conducted. The investigators would later analyze the data with a qualitative approach. Interviews may be conducted at a location of the participants choosing. Participants would receive \$25 Amazon gift cards for their time participating in the study.

Benefits

Results from this study would help to gain a deeper understanding of the disclosure process for adults who stutter. Ultimately, we believe these results would help improve advocacy campaigns and stigma reduction techniques for people who stutter.

If you are interested in participating in this study please contact:

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