

# **The Influence of Emotional Regulation Practices on the Experience of Stuttering in Adults**

Julia Hollister, PhD, CCC-SLP, BCFS  
*Loma Linda University*

## **AIM**

This study aims to explore the connections between the emotional regulation styles of Cognitive Reappraisals and Emotional Suppression and communication participation, locus of control, perceived stuttering severity, and adverse experiences of stuttering.

## **RATIONALE**

Research evidence suggests that adults who engage in the regulatory strategy of Cognitive Reappraisals (CR) experienced significantly lower adverse impact from stuttering than adults who engage CR less frequently. Decreasing the adverse impact of stuttering is a core goal for wholistic stuttering therapy. Identifying the regulation strategy that a PWS uses and identifying alternative regulation skills would give the PWS an opportunity to consider the other possible solutions and help mitigate the adverse impact and struggle of stuttering. Although individual studies have linked ER strategy and stuttering impact, there have been no studies to date that examine the connection between ER strategy and the perceived experience of stuttering, including avoidance, perceived control and perceived severity.

Primary Investigator: [Dr. Julia Hollister](#)