PI: Juhee Kim (jk18j@fsu.edu)
PhD Candidate at FSU

Exploring Potential Effectiveness of a Mindfulness App on Emotion Regulation, Speech Fluency, and Stigma Resistance Among People Who Stutter

PURPOSE

To examine the effectiveness of using a mindfulness app regarding emotion regulation, speech fluency, and stigma resistance among people who stutter.

ELIGIBILITY

- You must have a speech disorder characterized by repetition of sounds, syllables, or words, prolonging of sounds, and interruption in speech
- You must be 18 years or older living in the U.S.
- You must belong to one of the groups below:
    - Group 1 participants have been using a mindfulness app of their choice and practicing daily on their own without therapy for a minimum of 3 months.
    - Group 2 participants have never used any mindfulness app on their own and are not receiving therapy at the moment.

TASKS

- Online survey and/or
- A follow-up interview

COMPENSATION

You will receive a $15 Amazon gift card via email when you complete **both** the survey and interview.

HOW TO PARTICIPATE

Please indicate your interest by completing the consent form via **this link** or the **QR code** below.