

Title

Successful Aging in Adults who Stutter: Physical and Mental Health Quality of Life

Primary Researcher

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The objectives of this survey-based study are: 1) to document perceptions of physical and mental health quality of life in aging adults who stutter, and 2) to identify predictors of good versus poor physical and mental health quality of life in aging adults who stutter. There are nearly three million adults in the United States (70 million adults worldwide) who live daily with persistent developmental stuttering. A growing body of evidence indicates that young adults who stutter are at increased risk for negative emotional, behavioral, and cognitive experiences including negative listener perceptions, heightened risk for social anxiety, restricted educational and career opportunities, and adversely impacted quality of life. In contrast, relatively little is known about quality of life in adults who stutter age 50 years and older. To begin to close that gap, experience with aging will be studied in adults who stutter from the perspective of resilience, the ability to maintain biological and psychological homeostasis under stress. Specifically, this study will document health-related quality of life in aging adults who stutter and identify predictors of successful aging in this talker group.

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