

Stuttering Research and Medical Updates
 Thursday, July 9, 2020, 4:30-6p Eastern
 Slides for presentation by J. Scott Yaruss

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J Scott Yaruss, PhD, CCC-SLP, BCS-F

- Michigan State University
 - Professor and Director of PhD Programs
 - BA, Linguistics and Psychology, University of California Berkeley
 - MS, PhD, Speech-Language Pathology, Syracuse University
 - Former member of the board of directors, National Stuttering Association
- Research Interests
 - Increasing understanding of the lived experiences of people who stutter / Documenting the impact of stuttering on people's lives
 - Exploring how individual differences relate to treatment experiences
 - Evaluating treatment efficacy; improving treatment to reduce adverse impact
 - Measuring the variability of stuttering, comparing real-world experiences to laboratory and clinical measures, and developing new ways to evaluate stuttering
- Lab Website: <https://stutteringlab.msu.edu>. Email: jsy@msu.edu

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A Phenomenological Analysis of the Experience of Stuttering
 Both Yaruss and J. Tichenor

Recovery and Relapse: Perspectives From J. Tichenor
 Both E. Tich

Repetitive Neg Temperament, an In Adults W...
 Both Yaruss and J. Tichenor

Stuttering as Defined by Adults Who Stutter
 Both E. Tichenor and J. Scott Yaruss

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What is stuttering, anyway?

- Most definitions of stuttering are based on the perceptions of *listeners*
 - The specific observable behaviors that clinicians, parents, and others hear or see
 - E.g., repetitions, prolongations, blocks, and so-called “secondary” characteristics
- **This is not how many people who stutter report experiencing stuttering**
 - Many people who stutter reflect on the internal feeling that goes with moments of stuttering – a sensation of being “stuck” or “unable” to move forward
- This sensation is not reflected in current definitions or classifications, and this has implications for research and clinical work
 - Classification of severity based on what a clinician/researcher can see *in the moment*
 - Determination of therapy success based on observable features

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Defining Stuttering in Terms of Adverse Impact

- In 2004, **Bob Quesal** and I described the experience of adverse impact in stuttering based on the World Health Organization's *International Classification of Functioning, Disability, and Health (ICF)*
- This model describes how the impact of stuttering (i.e., limitations in daily activities and restrictions in participation) involves an interaction between the *impairment, personal and environmental factors, and daily life experiences*
- This work forms the foundation for the **OASES**

Robert W. Quesal, PhD, CCC-SLP, Professor Emeritus, Western Illinois University

Yaruss & Quesal, 2004

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Stuttering as Defined by People Who Stutter

- We asked 430 adults who stutter what they experience during the moment of stuttering
- They uniformly reported that stuttering involves more than just observable disfluencies
 - They emphasized the importance of the sensation of feeling “stuck”
- So, *we changed our definition!* (Tichenor & Yaruss, 2019) and we hope that others will change how they think about stuttering, too!

Update to the ICF by Yaruss, 1998; Yaruss & Quesal 2004

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The NSA Makes a Difference

- Much of this work was conducted with the help of the NSA Research Committee for recruitment
 - We are grateful to Drs. Lee Reeves and Tony Caruso for starting the NSARC years ago
 - We are grateful to the NSA Board of Directors for continuing to support the NSARC
 - We are grateful to Dr. Kathy Scaler-Scott for chairing the NSARC and helping us with the review of these many projects
- Some of you may have participated in these studies
 - We are, above all, grateful to YOU!
- Please consider participating in our ongoing studies about the experiences of people who stutter

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<https://StutteringLab.MSU.edu>

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Some of our ongoing studies at: <https://StutteringLab.MSU.edu>

- Self-perceptions and self-awareness related to stuttering
 - with Dr. Shelley Brundage from George Washington University
- Experience of suicidal thoughts amongst people who stutter
 - with Rod Gabel from SUNY Binghamton & Scott Palasik from Univ. of Akron
- Temperament and how it relates to therapy experiences
- Social Isolation and Stuttering
 - with Katie Gore from SpeechIRL & Scott Palasik from Univ. of Akron
- Stuttering Severity: *what is it? how should we measure it?*
- *And many more to come!*

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And, that's *not* all...

- PhD student **Caryn Herring** is studying desensitization in stuttering therapy: what methods work, if they do?
 - This work involves biophysiological measures and virtual reality!
- MA student **Angelica Wozniak** is examining whether societal attitudes toward stuttering are related to impact of stuttering and self-stigma
- MA student **Danielle Zukowski** is examining how SLPs decide whether, when, and how to treat children who stutter in groups
- And...I have a few projects of my own going on, as well...

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Variability of Stuttering

- Everyone knows that **stuttering varies**.
 - Few studies document it and *very few studies that take it into account*
- **What we don't know is...**
 - How widespread variability is (probably *very*)
 - If everyone experiences the same degree of variability (probably *no*)
 - What causes some people to experience more or less variability than others (?)
 - How variability is related to adverse impact (?)
 - What causes variability to vary over time (probably *experiences*, but which ones?)
 - Basically, everything else about variability!

Constantino et al., 2016

Chris Constantino, PhD
Assistant Professor
Florida State Univ.

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Variability of Stuttering

- **This is a problem!** Virtually every study that has ever been done on stuttering has been based on within-clinic or within-laboratory speech samples, even though we know that those samples are not representative of the real world!
 - I want to change that!
- **Starting July 1**, I am conducting an NIH-supported study examining variations in observable and self-perceived stuttering behaviors in the real-world
 - The goal is to evaluate whether existing measures are sufficient (probably *they aren't*) and to develop new ways of measuring stuttering that are:
 - Reliable, valid, and reflective of variability in the real world
 - Based on the *speaker's experience* not just the *listener's perceptions*
- I was planning on starting recruitment at the NSA conference (Here we are!)
 - **Please contact info@StutteringLab.MSU.edu or jsy@msu.edu to learn more!**

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