

Speaking fluently OR

Speaking without concern about stuttering?

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STUTTERING is a complex speech disorder that typically arises in early childhood and **persists into adulthood for approximately 25% of cases**.¹

As speech pathologists navigate evolving societal views and potential conflicts between speech restructuring treatments and psychological interventions, how can we best meet the needs of the stuttering community?

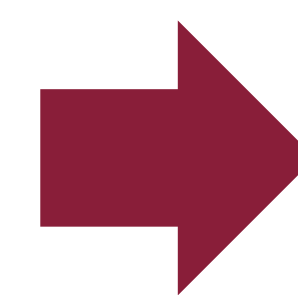
This study listened to those with lived experience of stuttering.



INTRODUCTION

- Approximately 1% of the world stutters²
- Stuttering is described as a disruption in the flow of speech²
- The cause of stuttering is unknown
- Strong links between stuttering and social anxiety²
- Speech restructuring treatment goals and psychological interventions may work against each other.³

STUTTERING THERAPY = FLUENCY GOALS



- A move towards the acceptance of the diverse ways in which people talk⁴
- Neurological and genetic links^{5,6}
- Some have described stuttering as a neurodevelopmental difference⁷
- **STUTTERING PRIDE**

Link to references and contact details →



METHODOLOGY

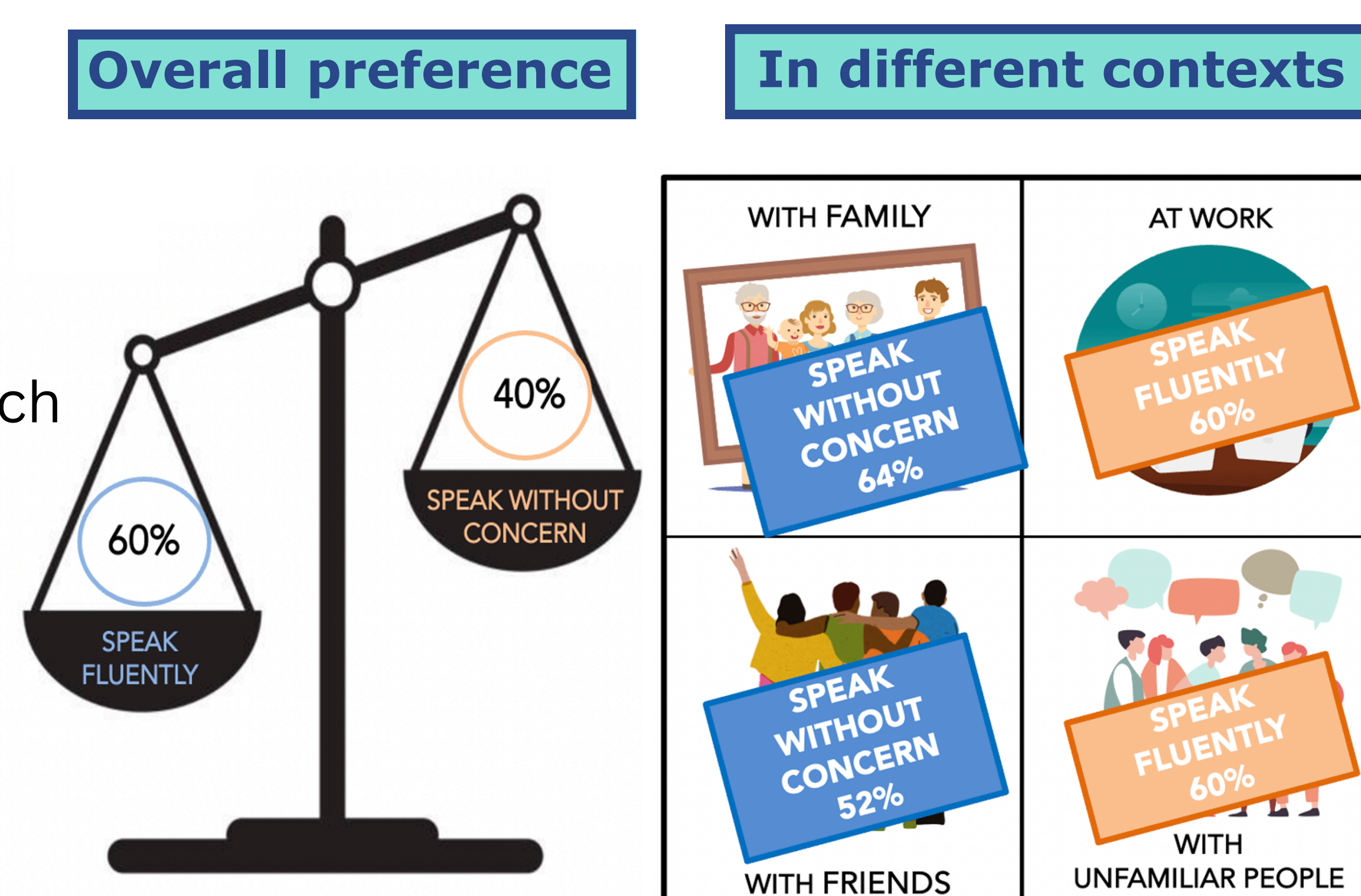


- **Cross-sectional international online survey** based on "What do people who stutter want -- Fluency or Freedom? (Venkatagiri, 2009)
- Survey questions about demographics, past experiences with services, preferences for future services, and questions adapted from the 'Fluency or Freedom' survey⁸
- In 2023, **adults who stutter** were recruited indirectly via email and social media posts to international stuttering organisations and support groups.

RESULTS

- 44 out of the **52 participants** had accessed services to address their stutter in their lifetime
- A combination of **SPEECH PATHOLOGY + PSYCHOLOGY + SUPPORT GROUPS** was the **most popular** combination of services accessed by participants (**34.1%**)
- **74.1%** were **satisfied** with the speech pathology services they received
- **70%** of respondents indicated a desire to access **two or more services in the future**
- **56%** would like to seek **speech pathology** services in the future.

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CONCLUSION

- This study found an overwhelming trend of **individuality**
- Clients may want **fluency** in some settings and prefer **not to focus on their speech** in others.
- Preferences for future services indicated a desire for a **holistic team** approach to stuttering management
- Professionals are encouraged to offer support **tailored to individuals**, addressing the **management of stuttering** and/or fostering **self-acceptance** of stuttering.
- Creating a space for adults who stutter to **speak freely**, without concern about stuttering, is crucial.