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Developing Effective Stuttering Intervention Programs: From Assessment to Treatment

Adults who Stutter

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Multi-dimensionality of the disorder

- Affective Reactions to
 - Sounds, words
 - Speech situations
- Behavioral
 - Speech disruption
 - Stuttering behaviors
 - Other types of disfluency
 - Coping behaviors
 - avoidance and escape
- Cognitive
 - belief about speaking ability and act of speaking
 - attitude towards speech

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- Observable speech dysfluencies may appear to be an essential element in labeling one a stutterer. However, the label does not apply unless the dysfluencies are accompanied by *feelings, attitudes, and other behaviors* characteristic of the stuttering syndrome (Cooper, 1999)

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- Affective
- Behavioral
- Cognitive

Determined

↓

treatment targets

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Treatment efficacy


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Behavior Assessment Battery (BAB)© (2003, 2007, 2010)

Gene J. Brutton & Martine Vanryckeghem

- Multi-Dimensional
- Evidence Based Approach
- Diagnostic and Therapeutic Decision Making



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- The nature of the *intrinsic features* of the problem faced by stutterers, often goes unattended during assessment and treatment (Conture, 2001; Manning, 1999)
- The definitive features of stuttering are *experiential* rather than observable (Perkins, 1990)

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Assessment needs to include an 'INSIDE' view

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BAB self-report measures provide a view from 'within'

- Covers *different dimensions* characteristic of the PWS
- Provides "*evidence-based*" test procedures that allow for
 - differential diagnosis
 - PWS
 - PWNS
 - Other dysfluency-associated disorders
 - determines *individualized* strategies and *tactics* of therapy
 - measures therapeutic *effectiveness*

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Assessment Procedure

- Fluency-specific Case History Form
- First diagnostic assessment session
 - administration of the BAB self-report tests
- Second assessment session
 - Speech-specific evaluation during reading and extemporaneous speech
 - Interview
 - Preliminary discussion of results

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BAB Self-report tests

- Serve to **generally profile** the distinctive extent to which Affect, Behavior and Cognition plays a role in the disorder that is stuttering
- Within profile** ABC assessment: specific items within each test pinpoint treatment targets

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BAB: Speech-specific self-report measures

- Speech-Situation Checklist
- Behavior Checklist
- BigCAT: Communication Attitude Test

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Speech Situation Checklist-ER©

- Assesses speech-specific negative emotional reaction (concern, worry, fear, anxiety)
 - To interpersonal speech *settings*
 - talking to someone you don't know
 - trying to make a good impression
 - To specific *sounds* and *words*
 - giving your name
 - reading an unchangeable passage aloud
 - saying a sound or word that has previously been troublesome

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Speech Situation Checklist - ER

11. talking with a sales person	1	2	3	4	5
13. being criticized	1	2	3	4	5
14. meeting someone for the first time	1	2	3	4	5
17. reading an unchangeable passage aloud	1	2	3	4	5
21. being interviewed for a job	1	2	3	4	5

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Speech Situation Checklist-SD©

- The client rates extent of *speech disruption* in the very *same* speech situations found in SSC-ER section
- SSD - SD section is responded to independent of responses to SSC-ER

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Speech Situation Checklist - SD

34. being asked to give your name	1 2 3 4 5
35. making introductions	1 2 3 4 5
36. being asked to give personal information	1 2 3 4 5
37. asking if a specific person is at home	1 2 3 4 5

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SSC-ER and –SD: Test interpretation

- For diagnostic purposes, **SSC total score** is compared to the norms of PWNS and PWS
- For therapeutic purposes, attention is given to **specific test items** of SSC-ER and –SD that elicit marked negative emotional reaction and/or speech disruption

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Behavior Checklist©

- Behavior Checklist provides information about the client's speech-associated *avoidance* and *escape* behaviors specific to words and situations
- List contains 95 behaviors that might be used prior to or during the act of speaking

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Behavior Checklist

18. purse your lips	1 2 3 4 5
33. avoid eye contact	1 2 3 4 5
37. take a deep breath before speaking	1 2 3 4 5
83. substitute one word for another	1 2 3 4 5
93. speak softly	1 2 3 4 5

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BCL: Test interpretation

- For diagnostic purposes, **BCL total score** is compared to the norms of PWNS and PWS
- For therapeutic purposes, attention is given to **BCL items**
 - Inventory the avoidance and escape responses client uses to cope with stuttering

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BigCAT©

- BigCAT (Brutten & Vanryckeghem, 2010)
 - Communication Attitude Test for Adults
 - Contains 35 items
- Investigates a client's *attitude* about speech and speech ability



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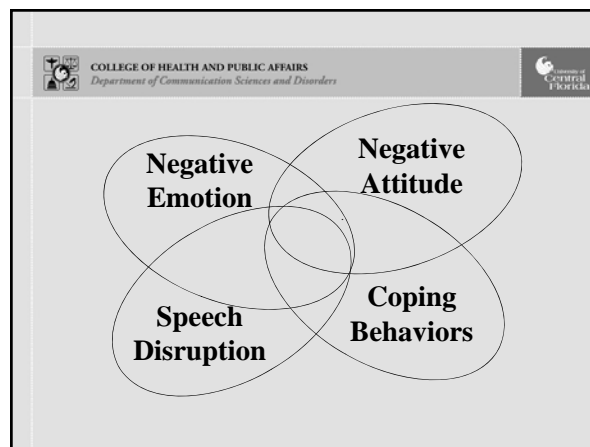
BigCAT©

1. There is something wrong with the way I speak.....TRUE.....FALSE
13. I have confidence in my speech ability..... TRUE.....FALSE
18. I speak well.....TRUE.....FALSE
27. My speech does not affect the way I interact with people.....TRUE.....FALSE
35. The way I speak troubles me.....TRUE...FALSE

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BigCAT: Test interpretation

- For diagnostic purposes, *BigCAT total score* is compared to the norms of PWNS and PWS
- For therapeutic purposes, attention is given to *specific test items* that elicit negative speech-associated beliefs



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BAB self-report tests



- *Within the profile*
 - Determine specific treatment targets