CBT TREATMENT FOR ADULTS WHO STUTTER

What is the program about?

We have developed a Cognitive Behaviour Therapy (CBT) program which addresses the social anxiety associated with stuttering and are currently evaluating its effectiveness with adults who stutter. If you have clients who you feel would benefit from our program, they will have the opportunity for either internet-based CBT treatment or traditional face-to-face CBT treatment with a psychologist.

What does the study involve?

Before treatment commences, participants will be required to attend an assessment and complete a range of questionnaires. Two 10-minute audio recordings of their speech over the phone will also be required. The same assessment tasks will be repeated on two subsequent occasions six and twelve months after commencing treatment to determine their progress.

After initial assessment, they will be randomly allocated to either an internet-based CBT treatment or a face-to-face CBT treatment. Both treatments are conceptually the same and cover the same material, working through a series of graded tasks that have been designed by a clinical psychologist to help reduce speech-related anxiety. Participants in the face-to-face treatment will attend the clinic once a week for about an hour for 12 weeks with a clinical psychologist. The last couple of these sessions will be slightly longer to allow for specific assignments to be carried out. Participants in the internet treatment do not attend the clinic but will be given a password to access the program on-line on their home computer in their own time. The program will be accessible for a period of 5 months.

What if I require further information?

If you have any questions about this study, or if you would like further information, please contact the Australian Stuttering Research Centre on (02) 9351 9061 or asrc@sydney.edu.au.