

## **Unhelpful Thoughts and Beliefs About Stuttering Scales (UTBAS I, II, III)**

*Iverach, L., Menzies, R., Jones, M., O'Brian, S., Packman, A., & Onslow, M. (2010). Further development and validation of the Unhelpful Thoughts and Beliefs About Stuttering (UTBAS) scales: relationship to anxiety and social phobia among adults who stutter. International Journal of Language and Communication Disorders. doi: 10.3109/13682822.2010.495369.*

Using the following scale, please read each item below and circle the number which most accurately describes you in terms of: (1) how frequently you have these thoughts, (2) how much you believe these thoughts, (3) how anxious these thoughts make you feel.																
1=never or not at all 2=rarely or a little 3=sometimes or somewhat 4=often or a lot 5=always or totally		How FREQUENTLY I have these thoughts					How much I BELIEVE these thoughts					How ANXIOUS these thoughts make me feel				
1	<i>People will doubt my ability because I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
2	<i>It's impossible to be really successful in life if you stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
3	<i>I won't be able to keep a job if I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
4	<i>It's all my fault - I should be able to control my stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
5	<i>I'm a weak person because I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
6	<i>No one will like me if I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
7	<i>I might stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
8	<i>People focus on every word I say</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
9	<i>I am incompetent</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
10	<i>No one could love a stutterer</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
11	<i>I will stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
12	<i>Everyone in the room will hear me stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
13	<i>I'm stupid</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
14	<i>People will think I'm stupid if I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
15	<i>I'll never be successful because of my stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

16	<i>I won't be able to answer their questions</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
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17	<i>I'm hopeless</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
18	<i>I'm of no use in the workplace</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
19	<i>People will think I'm incompetent because I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
20	<i>I'll block completely and won't be able to talk</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
21	<i>Everyone will think I'm an idiot</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
22	<i>I can't speak to people in positions of authority</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
23	<i>People will think I'm strange</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
24	<i>People will think I can't speak English</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
25	<i>No one would want to have a relationship with a stutterer</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
26	<i>I can't think clearly because I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
27	<i>I can't speak to aggressive people</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
28	<i>People will think that I have no opinions</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
29	<i>People will think I'm boring because I have nothing to say</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
30	<i>If I block, people will think I'm retarded</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
31	<i>I can't face these people</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
32	<i>People will wonder what's wrong with me if I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
33	<i>What will people think of me if they disagree with what I say?</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
34	<i>Most people view stutterers as less capable</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

35	<i>I don't want to go – people won't like me</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
	1=never or not at all 2=rarely or a little 3=sometimes or somewhat 4=often or a lot 5=always or totally	<i>How FREQUENTLY I have these thoughts</i>					<i>How much I BELIEVE these thoughts</i>					<i>How ANXIOUS these thoughts make me feel</i>				
36	<i>My pauses are too long – people will think I'm weird</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
37	<i>People won't like me because I won't be able to talk</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
38	<i>I can't convince people of anything I say because I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
39	<i>People will think I'm retarded if I stutter</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
40	<i>I'll block – I know I will</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
41	<i>I'll make a fool of myself</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
42	<i>People get tired of waiting for me to get my words out</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
43	<i>People shouldn't have to wait so long for me to speak</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
44	<i>I always embarrass the people I'm speaking to</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
45	<i>People think I have something to hide because my stutter sounds suspicious</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
46	<i>People will think that I'm worthless</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
47	<i>I'll embarrass myself</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
48	<i>I can't speak to people I find sexually attractive</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
49	<i>No one will understand what I'm trying to say</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
50	<i>What's the point of even trying to speak – it never comes out right</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
51	<i>I won't be able to say exactly what I want to say</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
52	<i>Everyone will think I'm simple or dumb because I avoid using difficult words</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
53	<i>I slow up everyone's conversation</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

54	<i>Everyone hates it when I start to speak</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
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55	<i>I can never speak on the phone</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
56	<i>I won't be able to ask for what I want</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
57	<i>The person on the other end of the phone will hang up on me</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
58	<i>People will laugh at me</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
59	<i>People will think I'm mute</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
60	<i>I'll never finish explaining my point - they'll misunderstand me</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
61	<i>The answering machine will turn off if I block - I won't be able to leave any message</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
62	<i>They'll think I'm a prank caller if I block</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
63	<i>I won't be able to say 'hello' when I pick up the phone</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
64	<i>People who stutter are stupid</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
65	<i>People who stutter are incompetent</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
66	<i>People who stutter are boring</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Thank you