



The Value of Speech-Language Pathology Services for Adults and Adolescents Who Stutter



Treatment by Speech-Language Pathologists (SLPs) Improves Functional Communication, Builds Confidence, and Reduces the Negative Impacts of Stuttering in Adults and Adolescents.



Improved Communication Efficiency

Following treatment by an SLP, 71%–77% of adults and adolescents who stutter are better understood in typical and high-stress situations,¹ with...

- An 11%–26% increase in spoken syllables per minute, maintained at 1- to 5-year follow-up.²⁻⁵
- A 13% improvement in language use and organization.⁶
- An 11%–20% increase in the effective use of intonation, speech rate, and volume for communication.⁶
- A 25%–31% increase in the effective use of gesture, body position, and eye contact for communication.⁶



Improved Confidence and Speech Satisfaction

Following treatment by an SLP, adults and adolescents who stutter report a 45%–60% increase in positive communication attitudes,^{2, 5} with...

- A 14%–26% increase in overall speaking confidence when speaking in public, in meetings, during group discussions, and when speaking to strangers.^{7, 8}
- A 58%–64% increase in speech satisfaction.^{9, 10}
- A 64%–66% increase in feelings of self-determination and self-efficacy.^{2, 11}
- Lasting improvements in communication attitudes, speech satisfaction, and self-efficacy at 1- to 2-year follow-up.^{2, 9}



Treatment Satisfaction

94%–100% of adults and adolescents who receive SLP treatment for stuttering would recommend it to others.^{8, 12}



Booster Sessions Reinforce Treatment Gains

75% of adolescents achieve and maintain essentially fluent speech for at least 2 years following a brief course of re-treatment by SLPs.¹³



Reduced Negative Impacts of Stuttering

Following treatment by an SLP, adults and adolescents who stutter report a 23%–34% reduction in the adverse impact of stuttering in their daily life,^{5, 6, 9-11} with...

- A 49%–57% reduction in self-reported anxiety symptoms.¹⁰
- A 58%–95% reduction in self-reported struggle in speaking, with lasting improvements at 2-year follow-up.^{2, 11, 14}
- A 66%–94% reduction in avoidance of stuttering, with lasting improvements at 2-year follow-up.^{2, 11, 14}



Reduced Stuttering Frequency and Severity

Following treatment by an SLP, adults and adolescents who stutter experience a 43%–64% reduction in overall stuttering severity,^{4, 5, 9, 10, 15, 16} with...

- A 54%–94% reduction in stuttering frequency, with lasting improvements at 1- to 5-year follow-up.^{2-4, 9-11, 15, 17-19}
- An 81%–94% reduction in stuttering frequency during unexpected phone calls with clinicians or strangers.¹⁹
- Generalization to untreated language for multilingual individuals.¹⁸

Multidisciplinary treatment with collaboration between SLPs and psychologists improves...



Depression Symptoms²⁰



Beliefs About Stuttering^{20, 21}



Social Anxiety, Phobia, and Distress^{20, 21}

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