

Critical Review: The Effects of Self-Imposed Time-Out from Speaking on Stuttering in Adolescents and Adults Who Stutter

Docker, J.

M.Cl.Sc SLP Candidate

University of Western Ontario: School of Communication Sciences and Disorders

This critical review examines the effects of *self-imposed time-out from speaking* on fluency in adolescents and adults who stutter. Study designs include: single subject, randomized clinical trials, case study and single group tests. Overall, current research demonstrates an increase in fluency when using self-imposed time-out. Although limited, outcomes are positive and this treatment should be considered as an option or adjunct to traditional approaches used in clinical practice. Recommendations for future research are provided.

Introduction

Stuttering is characterized by an abnormally high frequency and/or duration of stoppages in the forward flow of speech, typically consisting of repetitions, prolongations or blocks in airflow (Guitar, 2006). In addition to these core behaviours, secondary behaviours are often used to escape or avoid stuttering, such as eye blinking or body jerks. The third component is the feelings and attitudes coinciding with these behaviours. Each person who stutters displays a unique pattern of behaviour ranging from mild to severe often interfering occupationally and socially (Hewat et al., 2006). The exact cause of stuttering is unknown; however evidence suggests a genetic basis affecting the brain organization of speech and language with many

Data Collection

