THE LIDCOMBE PROGRAM: AN UPDATE ON THE RESEARCH

Sabine Van Eerdenbrugh, PhD
Thomas More University College, Antwerp, Belgium
Research Affiliate with ASRC, University of Sydney
International Lidcombe Program Trainers Consortium
THE LIDCOMBE PROGRAM
LIDCOMBE PROGRAM CONT’D

• Behavioural treatment

• Children younger than 6 years of age

• Aim = zero or near-zero levels of stuttering

• Stage 1 and Stage 2
Five key points:

1. Parent-based treatment
2. Child’s everyday environment
3. Verbal contingencies (verbal feedback)
4. Stuttering severity score
5. SLP guides the parent
THE LIDCOMBE PROGRAM CONT’D

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THE LIDCOMBE PROGRAM CONT’D

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& December 13th, 2016
Not in the Lidcombe Program:
- Cognitive therapy
- Speech restructuring
- Parent language modification
- Life style changes
INITIAL WAVES OF RESEARCH: 1) BEHAVIOURAL THERAPY

• First ‘efficacy’ trials\(^2, 3, 4\)

• Child anxiety and difference in parent attachment\(^5\)

• Children’s language before and after treatment with the LP\(^6, 7, 8\)
INITIAL WAVES OF RESEARCH: 2) MEASUREMENT

- Validity parent measurement scale\textsuperscript{9, 10, 11}

- Impact severity on treatment time Stage 1 & determining benchmark decrease severity\textsuperscript{12}
ONGOING WAVE OF RESEARCH: CLINICAL TRIALS

- Clinical trials, e.g. 13, 14, 15, 16, 17, 18, 19, 20, 21
  Australia, U.K., U.S.A., Germany, Iran, Sweden, The Netherlands

- Meta-analysis\textsuperscript{22}

- Reviews, e.g. 23, 24, 25, 26

- Stuttering guidelines The Netherlands\textsuperscript{27}
CURRENT WAVES OF RESEARCH: 1) WAYS OF DELIVERY

- Building further on ‘Equity of care’-research$^{28, 29, 30, 31}$
CURRENT WAVES OF RESEARCH: 1) WAYS OF DELIVERY

• Building further on ‘Equity of care’-research\textsuperscript{28, 29, 30, 31}

• Webcam\textsuperscript{32, 33, 34}
  (O’Brian, Smith, & Onslow, 2014; Bridgman, Block, & O'Brian, 2015; Bridgman, Onslow, O'Brian, Jones, & Block, 2016 - in press)
WEBCAM LP\textsuperscript{34}

- Phase III RCT; 49 children; N=25 webcam, N=24 FTF
- Measures:
  - N sessions / SLP hours to Stage 2,
  - %SS before and 9 & 18 months post,
  - stuttering severity scores,
  - questionnaire.
- Efficacious alternative to face-to-face treatment
- 71% of cohort reached 18 months at time of writing PhD.
Figure 2

Percent syllables stuttered pretreatment and 9 and 18 months post-randomization for both groups.
Advantages

• Convenient - comfort
• Family-friendly
• No burden (no travelling)
• Increased continuity
• Easy communication with parent
• Easier to identify child’s interests
Disadvantages

- Technical difficulties
- Less polite (cancelling, being late)
- Shorter sessions
- Child less compliant
- Boundaries not clear
- Not prepared for session
- Less flexibility - more demanding
- Unnecessary presence of others
CURRENT WAVES OF RESEARCH: 1) WAYS OF DELIVERY

• Building further on ‘Equity of care’ - research\textsuperscript{28, 29, 30, 31}

• Webcam\textsuperscript{32, 33, 34}

• Group\textsuperscript{35}
  (Arnott, Onslow, O’Brian, Packman, Jones, & Block, 2014)
GROUP LP\textsuperscript{35}

- RCT
- 54 children, N = 27 group, N = 27 FTF
- 4 parent-child dyads; rolling group model
- Measurement:
  - N sessions / SLP hours to Stage 2,
  - \%SS before, 9 & 18 months post,
  - stuttering severity scores,
  - exit questionnaire.
- Efficacious alternative to face-to-face treatment
GROUP LP

Figure 2. Kaplan-Meier plot of number of SLP hours to Stage 2 by treatment arm.
Figure 5. Mean percent syllables stuttered at prerandomization and 9 and 18 months postrandomization for both treatment arms. Error bars represent standard deviation.
CURRENT WAVES OF RESEARCH: 1) WAYS OF DELIVERY

- Building further on ‘Equity of care’-research
- Webcam
- Group
- Internet-based\(^\text{36}\)
  (Van Eerdenbrugh, Packman, Onslow, O’Brien, Menzies, & Erickson, *In progress*)
INTERNET LIDCOMBE PROGRAM

Watch the video and answer the question
CURRENT WAVES OF RESEARCH: 2) LP IN PRACTICE

- Verbal contingencies\(^{37, 38, 39}\)
  (Harrison, Onslow, & Menzies, 2004; Donaghy, Harrison, O’Brian, Menzies, Onslow, Packman, Jones, in press; Swift, Jones, O’Brian, Onslow, Packman & Menzies, in press)

- Parents\(^{40, 41}\)

- Translation research/treatment fidelity\(^{42, 43}\)
UPDATE: CHANGES TO LP

- %SS\textsuperscript{44}

- 0 - 9 on scale
  (consortium decision, Orlando, November 2014)

- Terminology
  Structured = Verbal Contingencies during Practice Sessions
  Unstructured = Verbal Contingencies during Natural Conversations
  (consortium decision, Orlando, November 2014)
OTHER LP RESEARCH

RESTART randomised trial (comparison of LP with DCM) 21, 44, 45
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sabine.vaneerdenbrugh@thomasmore.be