

Title: Day-to-Day Experiences of CWS During a 3-Week Intensive Treatment.

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Day-to-day experiences in the literature:

Research into treatment outcome in stuttering focusses mainly either on changes of overt symptoms of the disorder, or on qualitative changes in affective behaviour or in quality of life.

Diverse experiences of people who stutter during the treatment intervention and in their lives in general can influence treatment outcome (Yaruss, 2004).

So far no work about this in stuttering, but in the area of stress research.

Stress-related symptoms are influenced by (a) major life-events and (b) minor events and fluctuation.

Changes in daily events are better predictors of stress level, psychological distress and negative affect, than major life events (Bolger et al., 1989; Kanner et al., 1981; Wagner et al., 1988).

Hypothesis:

Minor daily events influence how a CWS perceives his or her speech the subsequent day.

Participants

19 participants. 9.0 to 17.7 years ($M=13.10$ years, $SD=2.8$ years). 13 boys, 6 girls. All participated in an intensive 3-week treatment and completed a new questionnaire (Daily Questionnaire) on 19 consecutive days.

The Daily Questionnaire

Specifically developed for this study.

Pencil & paper test

25 items on a 6-point Likert scale

Possible raw scores: 25–150, higher scores indicating more negative feelings towards stuttering today than the day before.

Extracted Factors

The following four factors were extracted:

1. Impact of others
2. My speaking abilities in general
3. Emotions
4. Specific speaking situations

Related factors

Factor 1, 2 and 3 on the current day each showed a significant correlation to itself on the previous day.

Impact of others (Factor 1) and Emotions (Factor 3) on the previous day showed a significant relation to how a child perceived their own speaking abilities on the current day (Factor 2).

The correlation between the impact of others on the previous day to how the child perceived their speaking abilities on the following day was significant over a two-day period. The autocorrelation between the factor emotions was also significant over a two-day period.

Discussion

The Hypothesis was supported.

A positive reaction towards the speech of a CWS carries over to the following day and enhances perception of their own speech in a positive way. This was also true for a two-day period.

Feeling better about himself or herself on the previous day had a positive effect on perception of their own speech on the current day.

Notes

References:

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- Wagner, B. M., Compas, B. E., & Howell, D. C. 1988, "Daily and Major Life Events - A Test of An Integrative Model of Psychosocial Stress", *American Journal of Community Psychology*, vol. 16, no. 2, pp. 189-205.
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