

The Internet Lidcombe Program

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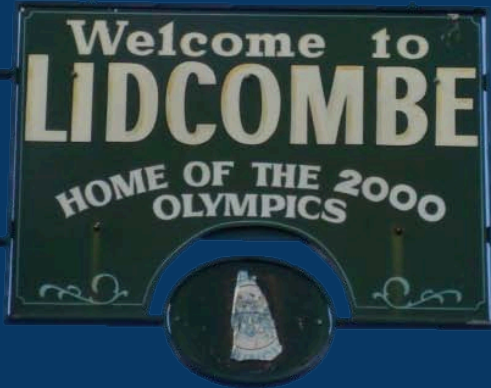
*The University of Sydney,
The Australian Stuttering Research Centre*



This presentation

1. Lidcombe Program
2. Development and testing of Internet Lidcombe Program
3. Clinical implications

LIDCOMBE Program



Lidcombe Program key points ^{1, 2}

1. Parent-based treatment
2. Child's everyday environment
3. Verbal contingencies (verbal feedback)
4. Stuttering severity rating
5. Speech-language therapist guides the parent

Lidcombe Program evidence base

- Odds ratio 7.5 for preschoolers ³
- Shown to be safe ^{4, 5} and efficacious e.g. ^{6, 7, 8}
- Also in everyday practice ⁹

But ... not always accessible ^{10, 11}

Lidcombe Program access



Australia and Europe area comparison

Australia's area: 7.7 million sq km

Europe's area (shown): 3.5 million sq km

Darwin to Perth 4396 km • Perth to Adelaide 2707 km • Adelaide to Melbourne 726 km
Melbourne to Sydney 887 km • Sydney to Brisbane 972 km • Brisbane to Cairns 1748 km



Lidcombe Program access

- Distance (remote living) ¹⁰
- Workplace/time restrictions speech-language therapists ¹¹

Hence, Internet Lidcombe Program

Standalone, Internet-based intervention

In speech-language therapy:

- not standalone

- not for complete treatment

Standalone, Internet-based intervention

For preschool aged children with ASD: Wainer & Ingersoll, 2013 ¹²

For adults who stutter, focused on treatment of social anxiety: Helgadottir et al., 2011 ¹³

For adults who stutter, focused on treatment of stuttering: Erickson et al., 2012 ¹⁴

Internet Lidcombe Program

HOME

USER LOGIN



Lidcombe Program

A Program for Young Children who Stutter



User Login



Please enter your username and password.

Username:

Password:

[Forgot your password?](#)
[System Requirements](#)



Developing the Internet Lidcombe Program

Step 1: Designing basic structure

Step 2: Conducting preparatory study

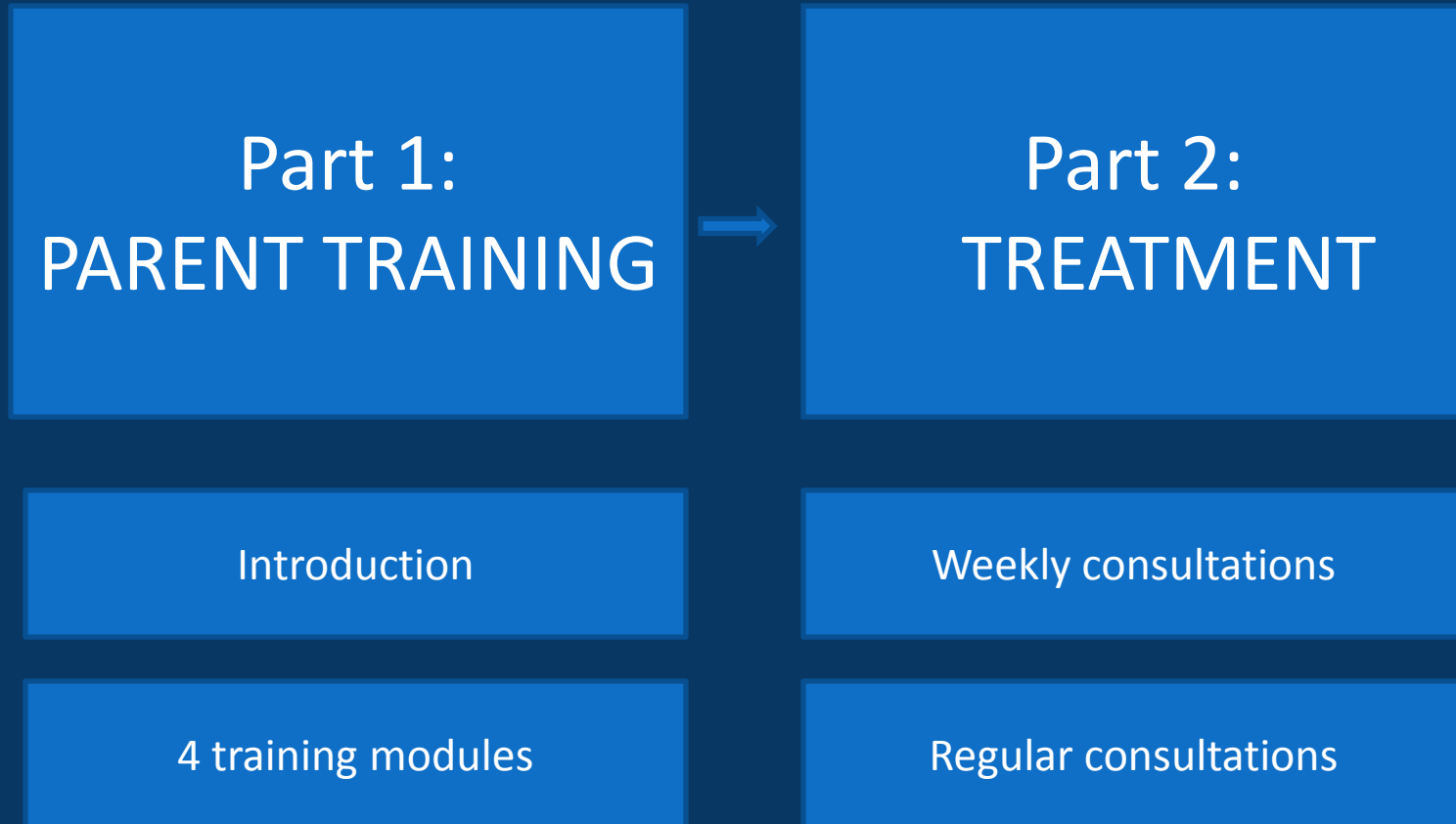
Step 3: Developing Part 1 (Parent Training)

Step 4: Testing Part 1

Step 5: Developing Part 2 (Treatment)

Step 6: Testing entire program (Parts 1 & 2)

Step 1 – Designing basic structure



Step 2 – Preparatory study

- Identify treatment problems
- Develop problem-solving approaches
- Results:
 - to drive content
 - to individualise problem-solving

Step 3 – Developing Part 1

Introduction – background information

Training modules:

1. Recognising stuttering
2. Rating stuttering severity
3. Organising treatment conversations
4. Giving verbal contingencies

Step 3 – Developing Part 1

Interactive

Videos

Part 1:
PARENT TRAINING

Feelings are
acknowledged

Step 3 – Developing Part 1

PRINT

PROGRAM MAP

LOGOUT



THE UNIVERSITY OF
SYDNEY

INTRODUCTION

- Welcome
- Set-Up of the Program
- About the Lidcombe Program
- Aim of the Program
- FAQ
- Some Basic Advice
- Deciding When to Start
- Information You Need
- Print Package
- Action Plan
- Introduction Completed

Welcome



0:45



Continue >

VIEW PROGRESS

Step 4 – Testing Part 1

6 parents completed Parent Training

Outcomes:

- Knowledge
- Skills
- Usage
- Experiences

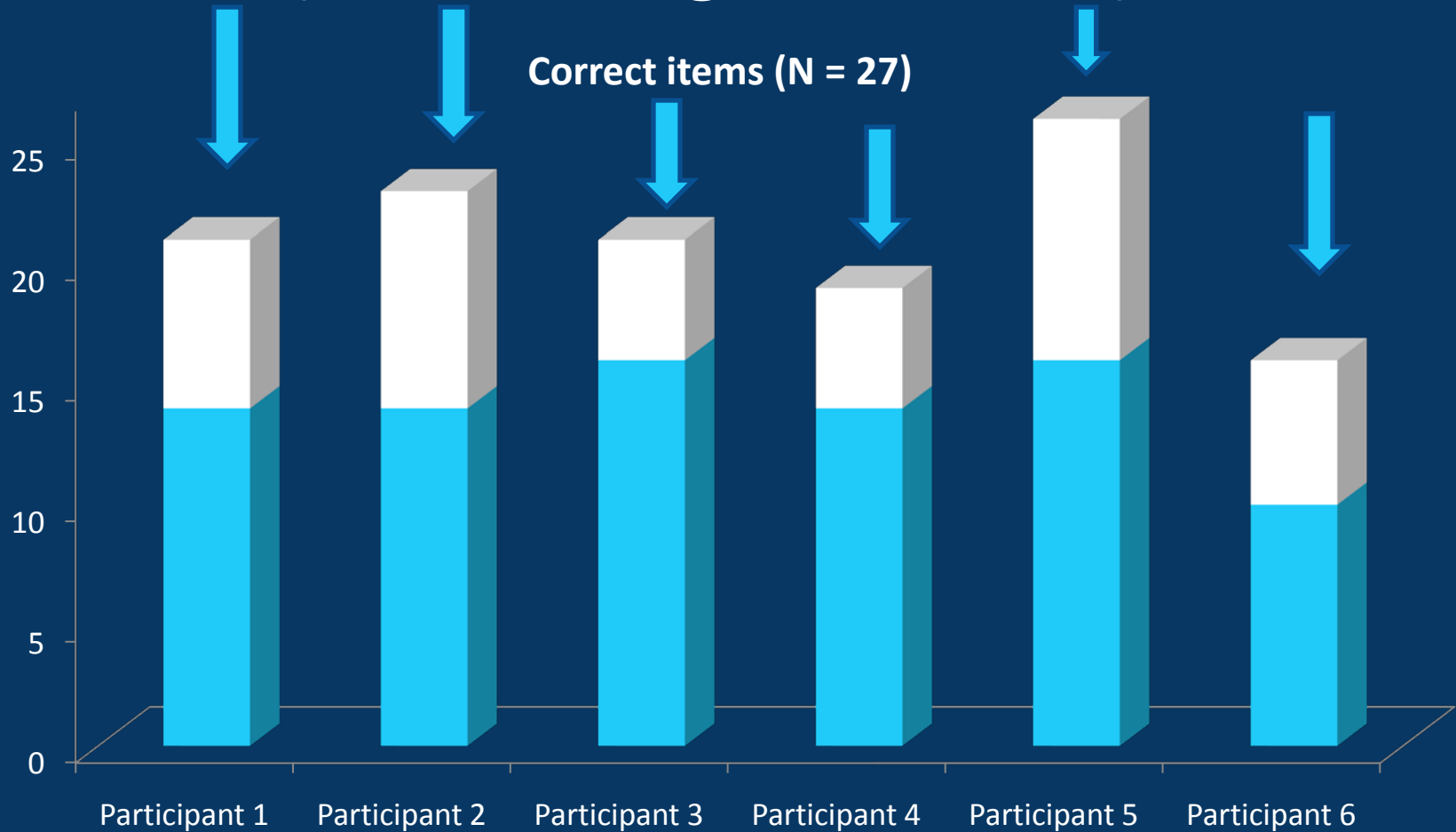
Step 4 – Testing Part 1

(Knowledge: method)

- 17 multiple choice questions
 - Ten about stuttering and Lidcombe Program
 - Seven based on watching video
- One or more correct items per question
- Total N = 27

Step 4 – Testing Part 1

(Knowledge: results)



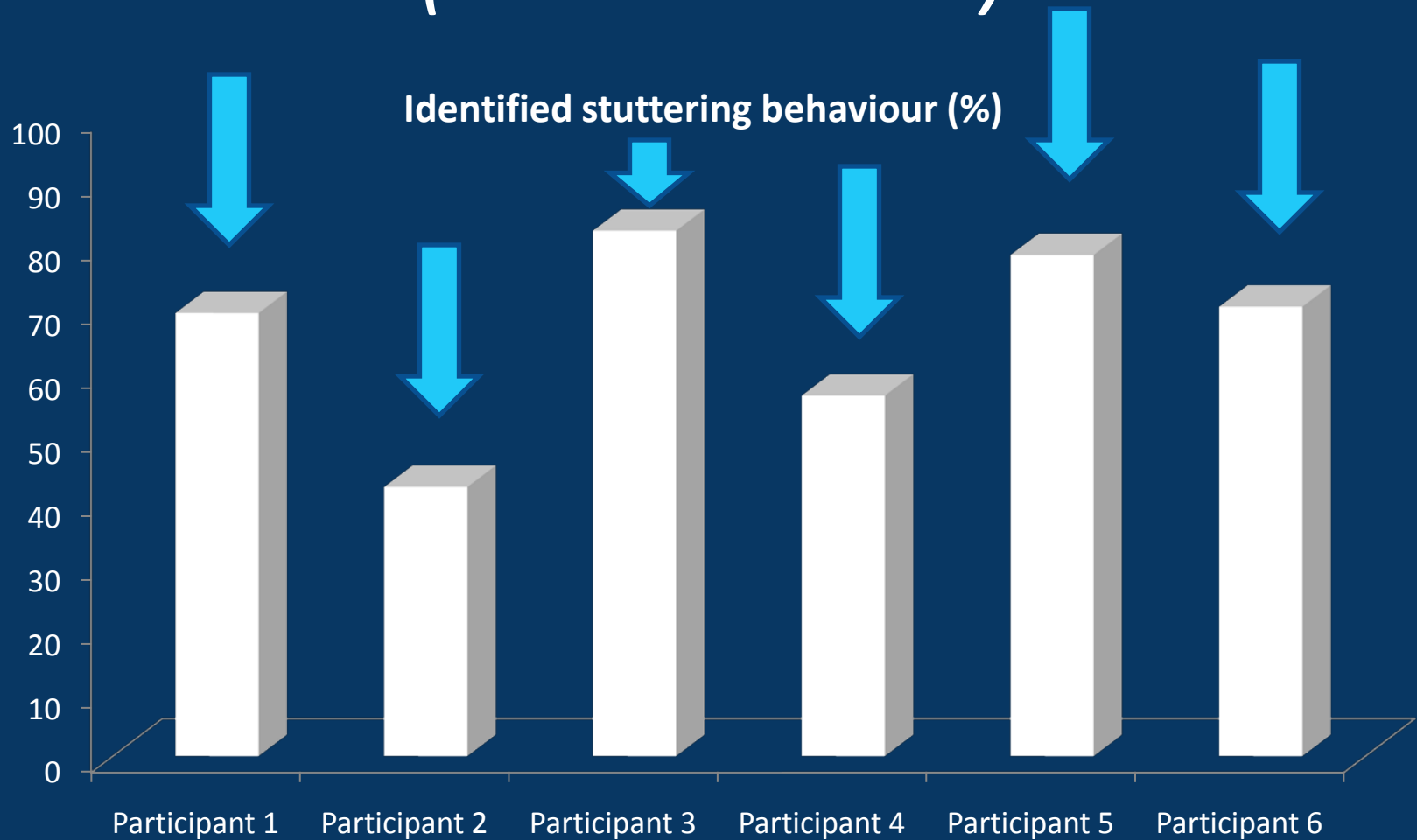
Step 4 – Testing Part 1

(Skills: method)

- Conversation
 - Video recorded
 - Pressed light when stuttering
 - Rated stuttering severity
- Video watched by two stuttering specialists
- % correct identification / specialist counts ¹⁵
- Agreement between severity ratings

Step 4 – Testing Part 1

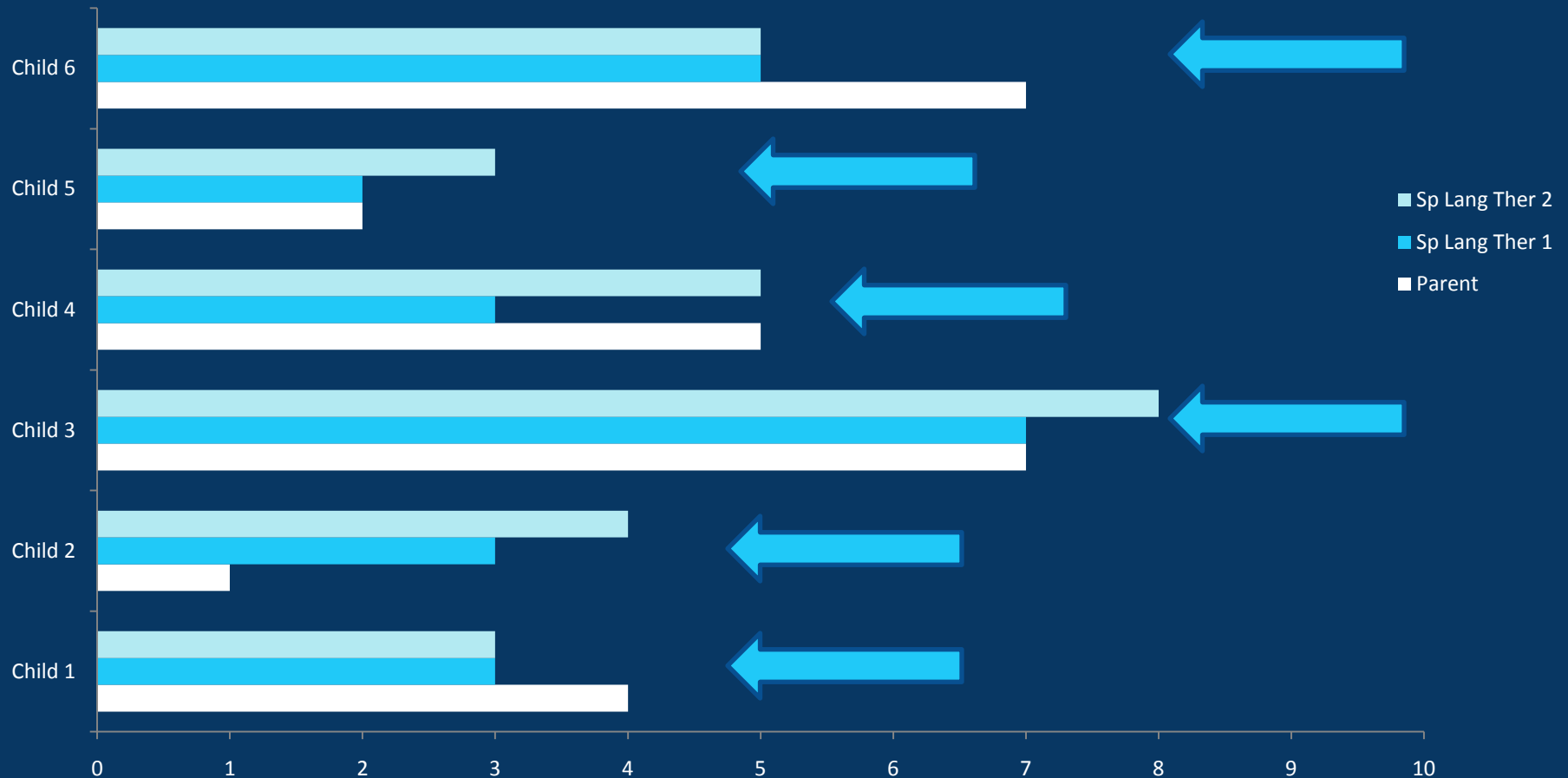
(Skills: results)



Step 4 – Testing Part 1

(Skills: results)

Stuttering severity rating



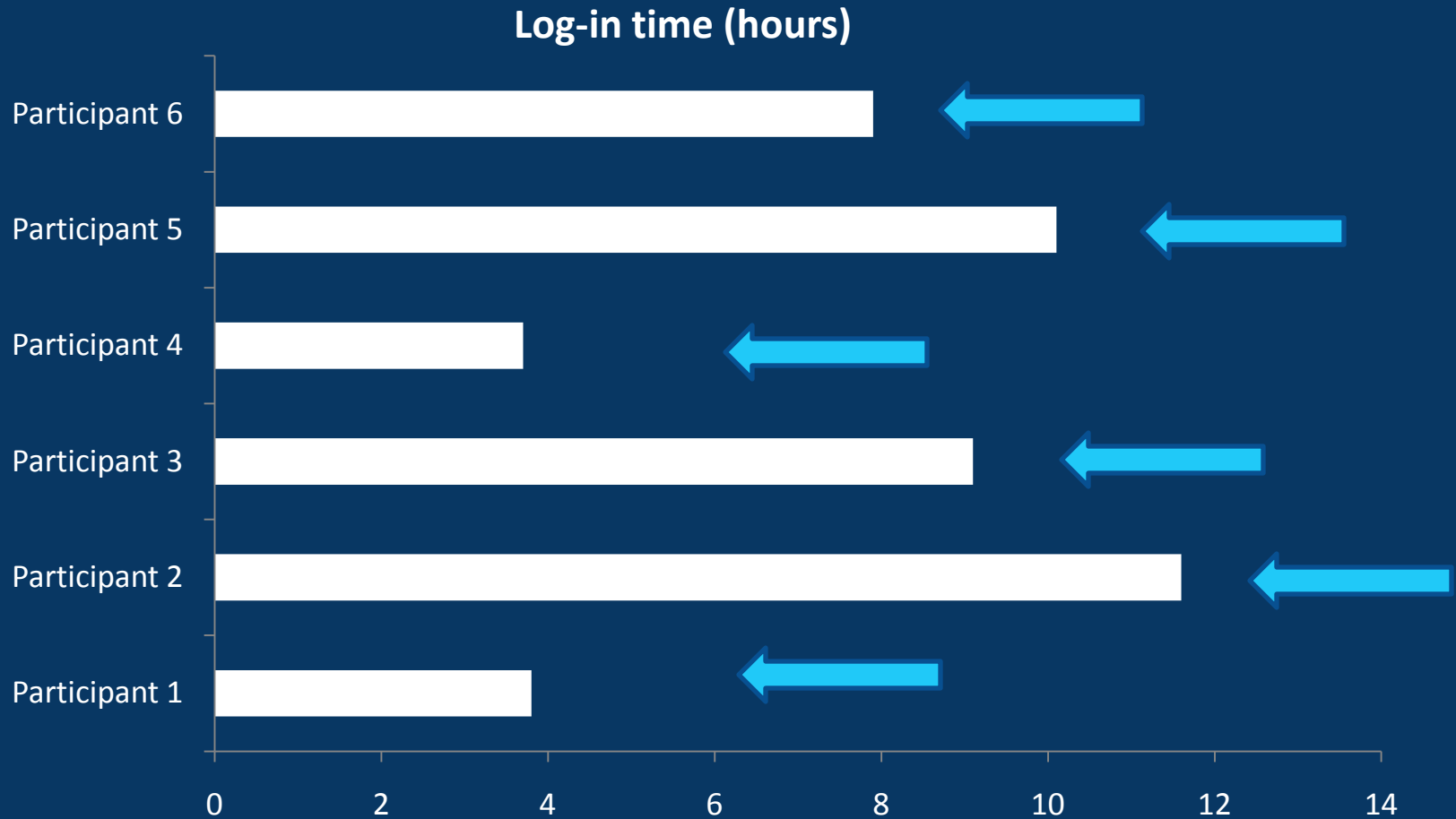
Step 4 – Testing Part 1

(Usage: method)

- Automatic recording when logging-in
- Date, time of day and amount of time spent

Step 4 – Testing Part 1

(Usage: results)



Step 4 – Testing Part 1

(Experiences: method)

Questions about technological issues, content and experiences

- Yes/no questions, explanation possible
- Open questions

Step 4 – Testing Part 1

(Experiences: results)

- Parent Training user friendly and helpful

“I definitely felt that I have fast-forwarded than to having to learn all of this from the lady of the clinic.”

- Streaming videos difficult for one parent
- Large number of videos was useful
- Own pace at home

Conclusion testing Part 1

- Parents gained better understanding
- Parents recognised most of child's stuttering
- Green light for further development of the Internet Lidcombe Program

Step 5 – Developing Part 2

Problem-solving tool

Additional training

Part 2:
TREATMENT

Long-term follow-up

Emotional support ^{16, 17}

Step 6 – Testing entire program

- Efficacious?
- Increase access?
- Use by speech-language therapists?
- Possibility within a stepped care model?

Final thoughts

- increase access to the Lidcombe Program
- support speech-language therapists
- provide standardised training



Lidcombe Program

A Program for Young Children who Stutter



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