

ASHA – SID 4: Preferred Outcomes for Stuttering Therapy

(These outcome statements presume an adult client. It is recognized that outcomes for therapy provided to children would have to be adjusted to reflect their particular concerns, and those of their parents.)

PREFERRED CLIENT OUTCOMES

As a result of therapy, the client should be able to positively rate the following outcomes:

- I am satisfied with my therapy program.
- I am satisfied with the outcome of my therapy program.
- The therapy goals that I developed with my clinician were met.
- I have an increased ability to communicate effectively.
- I feel more comfortable as a speaker.
- I like the way I sound.
- I have an increased sense of control over speech, including stuttering.
- My speech has become more fluent.
- I am independently able to employ a variety of techniques and strategies as appropriate.
- My understanding of stuttering and fluency has increased.
- My speaking skills have become more automatic.
- I have an increased ability to cope with variability of stuttering and relapse.
- I am better able to reach social, educational, and vocational potential.
- My knowledge of self-help/support options has been increased.
- Given my demonstrated ability to progress, I could benefit from continued therapy.

PREFERRED CLINICAL OUTCOMES

The preferred treatment outcome relative to the clinician is that the client will demonstrate feelings, behaviors, and thinking that lead to improved communicative performance and satisfaction with the therapy process. These outcomes can be operationally defined to include the following:

- Frequency of stuttering is reduced in a variety of settings.
- Severity (duration, tension, evident struggle) of stuttering is reduced in a variety of settings.
- Speech sounds natural (intonation, loudness, rate) in a variety of settings.
- Speech fluency has increased.
- Client has increased volitional communication.
- Speaking interactions are pragmatically appropriate (e.g. eye gaze, turn-taking) in a variety of settings.
- Client is able to use techniques independently in a variety of settings.
- Avoidance behaviors have been reduced.
- Client scores on standardized self-appraisal instruments reflect improvement.
- Client has increased knowledge of speech and stuttering.
- Client has increased understanding of speech and stuttering.
- Client has demonstrated increased use of problem-solving skills.
- Client demonstrates improved attitudes, feelings, and cognitions relative to speech and stuttering.
- Client demonstrates increased coping skills to negative environmental reactions.
- Family and significant others have participated in the therapy process as appropriate.
- Client's knowledge of self-help/support options has increased.