

An Integrated Fluency and Psychosocial Treatment for Adults Who Stutter: Addressing Stuttering and Self-Efficacy

ACTRN12618001584224

Status	RECRUITING
Sponsor	Curtin University
Enrollment	24 participants

Plain Language Summary

Stuttering is a speech disorder that affects the flow of speech with repeated sounds, syllables, or words, and prolonged pauses. Beyond the speech itself, stuttering often deeply affects a person's confidence, willingness to speak in public, and overall psychological wellbeing. Traditional speech therapy can improve fluency, but without also addressing the anxiety and self-doubt that many people who stutter carry, gains in fluency may not translate to real-world confidence.

This study tests an integrated treatment that combines traditional fluency therapy with Acceptance and Commitment Therapy (ACT) — a psychological approach that helps people build psychological flexibility and respond to difficult thoughts and feelings in healthier ways. The goal is to improve both speech fluency and the self-belief that allows people who stutter to engage fully in their lives.

To be eligible you need to be 16 or older (with parental consent if aged 16-17) with a confirmed diagnosis of developmental stuttering assessed by a speech pathologist, and you must not have any other significant speech, language, or hearing difficulties. People who have previously participated in ACT or who are currently receiving speech pathology treatment are not eligible. Participants must not have acquired or neurogenic stuttering.

Key Eligibility Criteria

Inclusion (4)

- Participants are eligible for this clinical trial if the following criteria applies:
- A confirmed diagnosis of developmental stuttering as assessed by a qualified speech pathologist.
- No concomitant speech, language, or hearing difficulties.
- Aged 16 years and over (with parental permission for those aged 16-17).

Exclusion (4)

- Participants are not eligible for this clinical trial if any of the following criteria applies:
- Diagnosis of acquired/neurogenic stuttering.
- Participation in Acceptance and Commitment Therapy in the past.
- Currently receiving speech pathology intervention.

Locations (1 total)

United States of America

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001584224>

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