

The experience of adults and teens who stutter undertaking group improv therapy

ACTRN12623001270606

Status	RECRUITING
Sponsor	University of South Australia
Enrollment	20 participants

Plain Language Summary

Stuttering affects around 1% of adults and can have a profound impact on a person's confidence, social life, and career. While some therapies focus on controlling the outward sounds of stuttering, this study takes a broader view — focusing on the whole person, their participation in life, and how they feel about communicating.

The ImpACT Therapy program uses improvisational theatre (improv) in a group setting to help people who stutter engage more fully and confidently in the conversations and social situations that matter to them. By practising communication in a supportive, low-risk environment guided by experts in stuttering, participants may build lasting changes in how they engage with the world.

The study is open to people aged 14 and over who have been stuttering for more than 6 months and have a confirmed stuttering diagnosis. There is no minimum severity level required — you can have mild or severe stuttering and still participate. Participants must be able to take part in English without an interpreter, and must not be currently receiving other speech therapy. People with psychogenic or neurogenic stuttering (forms caused by neurological events or psychological factors rather than developmental stuttering) are not eligible.

Key Eligibility Criteria

Inclusion (5)

- Ages: 14 years and over
- Gender: No restriction.
- Diagnostic Status: Must have been reportedly stuttering >6 months and possess a stuttering diagnosis. If potential participant does not have a
- stuttering diagnosis, an appointment with qualified clinician will be arranged to undertake assessment.
- Stuttering Severity: There is no minimum severity level (as per Overall Assessment of Speaker's Experience - OASES or overt stuttering) required for participation.

Exclusion (4)

- Participants must be able to speak sufficient English without use of an interpreter that enables full participation in therapy. This will be
- determined by the researcher during screening call.
- Participants will be excluded if they will be concurrently accessing other speech therapy services.
- Participants with an existing diagnosis of psychogenic or neurogenic stuttering will be excluded from participation.

Locations (1 total)

SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001270606>

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