



## SESSION SUMMARY

# NSA Research Showcase

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For the NSA Research Showcase at the NSA Spring2Day Online Conference, three researchers presented their findings on topics impacting the world of people who stutter.

Robyn Croft, MS, CF-SLP, is a doctoral student at The University of Texas at Austin and she shared findings from two recent studies. The first study, "Self-Compassion and Quality of life in Adults Who Stutter," examined two main questions: (1) Does self-compassion predict the impact of stuttering on the quality of life? and (2) Does self-compassion predict the impact of stuttering on the quality of life?

The second study, examined these two questions: (1) Does participating in an online self-compassion intervention improve quality of life in adults who stutter and (2) To what extent is an online self-compassion intervention feasible and acceptable to adults who stutter?

Croft's research findings revealed that self-compassion does play a critical role in reducing the negative impact of stuttering. Her research also found that self-compassion can decrease self-isolation and increase kindness. Another finding was that if there's an increase of kindness within oneself then it can lead to and overall improved quality of life as a person who stutters.

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Megan Young, MA, CCC-SLP, is also a doctoral student at The University of Texas at Austin. She presented findings from a study about "The Client's Perspective on Self Disclosure."

In this study, Young examined the act of self-disclosure and its impact on people who stutter and those who do not. Her study found there are three different outcomes with one's self-disclosure of stuttering: affective, behavioral, and cognitive. From this, her research asked, "What are the self-reported affective, behavioral, and cognitive outcomes of self-disclosure?"

The findings revealed there is a public stigma and self-stigma experienced by people who stutter. According to the research, self-disclosure (proactively informing people that you stutter) could be a method to reduce stigma between both parties. Digger deeper, Young looked into how self-disclosure

benefits people who stutter through affective, behavioral, and cognitive outcomes. Young defines affective as “confidence,” behavioral as “effective communication,” and cognitive as reframing “negative thoughts.”

Her results found that from an affective outcome, self-disclosure can positively impact a person who stutters. The behavioral outcome is split between agreeing and neither agreeing nor disagreeing. 75% of participants from the cognitive outcome agreed that their self-disclosure made them think differently about their stutter.

Young hopes to take her research into the clinician space to help doctors speak with their clients on self-disclosing.

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Seth Tichenor, PhD, CCC-SLP is a Post-Doctoral Research Associate at Michigan State University where he focuses his work on what makes a person who stutters life more difficult than the life of a person who does not stutter.

Tichenor's research is ongoing through the use of surveys both past and present to examine certain groups' behaviors over time. His recent “Stuttering as Defined by Adults Who Stutter” study found that there are numerous factors correlating to the process of stuttering and it also revealed how varied the stuttering experiences of people who stutter.

Seth is currently creating a new research survey on “Resilience.” Tichenor's accumulation of research and surveys has helped him realize that there is nuance behind people who stutter and the intersectionality of other groups they may additionally inhabit, such as ADHD or being on the spectrum. He hopes these research findings will be informative for clinicians to not only understand stuttering better, but also help better assess the needs of people who stutter.

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*Author Asia Cooley is originally from Los Angeles, CA and recently earned a sociology degree from UC Berkley. She aspires to use her sociology degree and marketing experience to improve the lives of people in unreached communities. Asia found the NSA in 2020, is involved with her local chapter, and volunteers her time as an NSA Ntern.*