

Acceptance as Agency: Rethinking Fluency Strategy Use in Adults Who Stutter



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OVERVIEW

THE PURPOSE

It's essential that treatment of stuttering address both the physical and emotional aspects of stuttering, as it impacts the whole person. Speech therapy provides individuals with not only practical, effective tools to improve fluency but also with support in adapting to their stutter – encouraging acceptance of its lifelong nature and viewing it as one characteristic rather than a flaw. Fluency strategies can be empowering, targeted tools, but they are not remedial solutions to stuttering. I am curious how this reframed mindset of acceptance intersects with the use of these strategies; how embracing one's stutter impacts the way fluency strategies are used. The survey will assess individuals' attitudes towards both accepting their verbal diversity and their experiences with fluency strategies.

PARTICIPATION

- Complete a 15 minute-long online survey.
- Read and check the box on the consent form allowing responses to be used for academic research purposes.
- Eligibility requirements: participants must have a stutter, be 18–60 years old, and not have limited or impaired decision-making capacity.
- Participation is completely voluntary – there are no incentives. Participants may withdraw their responses at any time during the survey study window (August 1st–November 1st 2026).

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POTENTIAL BENEFITS

Participants will not directly benefit from the study, but they will receive a copy of the completed research publications or presentation. Their responses will give insight into future applications within speech therapy.

POTENTIAL RISKS

Participants may feel uncomfortable sharing personal experiences about stuttering. It's important to note that Seabrook Easterling – the survey designer -- wrestles with a stutter herself.

NEXT STEPS



- Scan the QR code to sign-up to participate in the study
- The link will direct you to read and check the consent form. Once submitted, you will have access to the survey.
- Answer the questions thoroughly.
- Add your name & email address to the form.
- Your responses will be confidentially collected and anonymously referenced in the research findings.

CONTACT US

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