



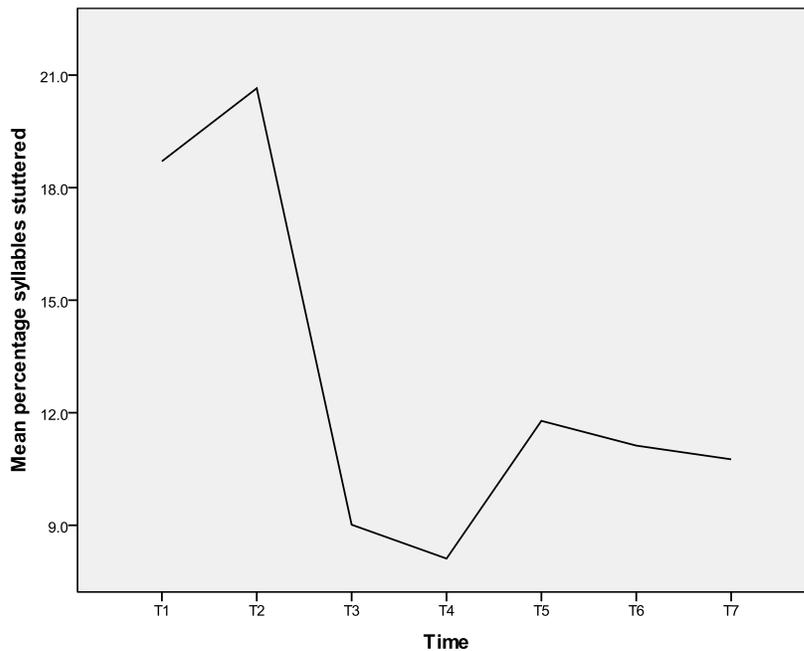
Changing lives forever

Intensive group therapy for children who stutter:
Early Evidence (Millard, 2010)

The Michael Palin Centre runs two-week intensive therapy groups for children aged 10-14 years who stammer. This course typically runs twice each year and is attended by 6-8 children and both of their parents. The aims of this course are to enhance fluency and reduce the impact of stuttering on both parents and children.

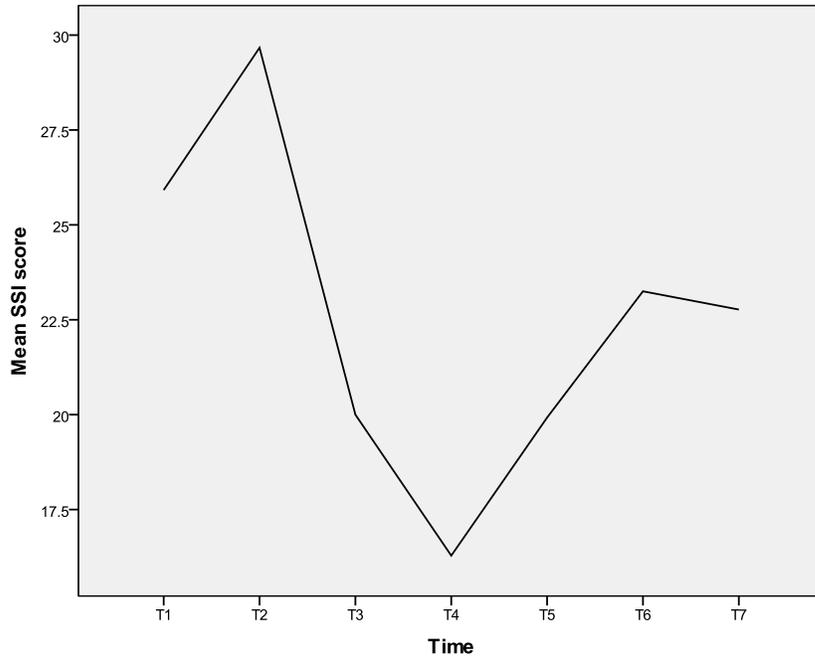
The purpose of this study was to seek evidence to support the effectiveness of this therapy programme for this age group of children who stammer. Data was collected at a number of time points (immediately before and after the course and at intervals following the 2-week course, up to one year later), using a number of measures e.g. calculating severity of stammering out of the clinic, parents' perceptions of the stammering and its' impact, and children's perceptions of their stammer and the impact it has on them (using standardized assessments and rating scales). Fifteen children who attended two courses were monitored for a period of time and the results are presented below:

Figure 1: Percentage syllables stuttered over time



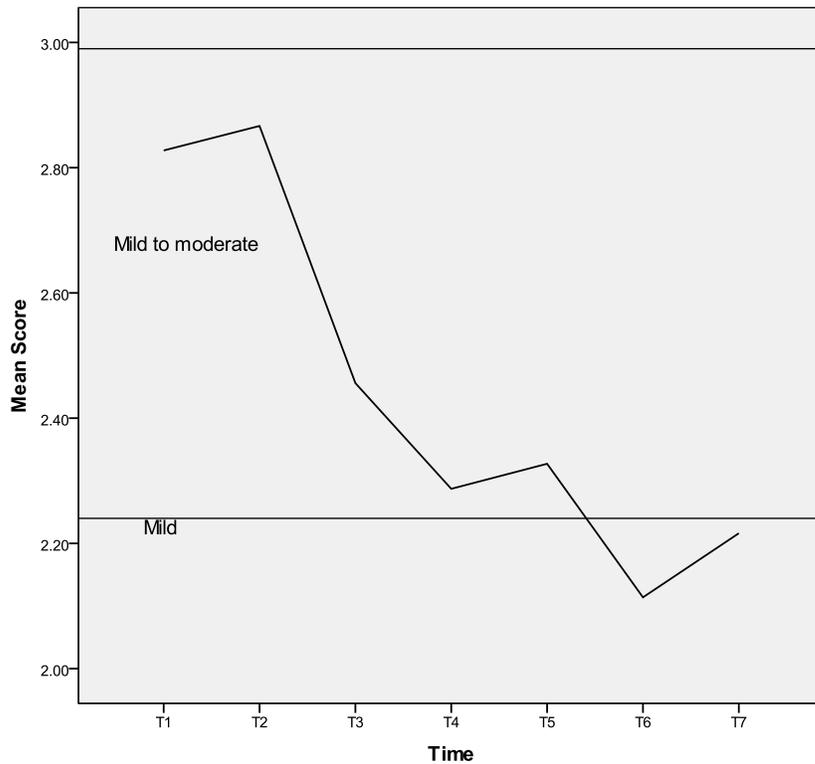
This shows a considerable reduction in the frequency of stammering during the two weeks of the intensive course, with some further reduction in the first eight weeks following the course. The frequency of stammering then increases slightly five months following the course and then remains fairly static for one year post course.

Figure 2: Severity of stuttering



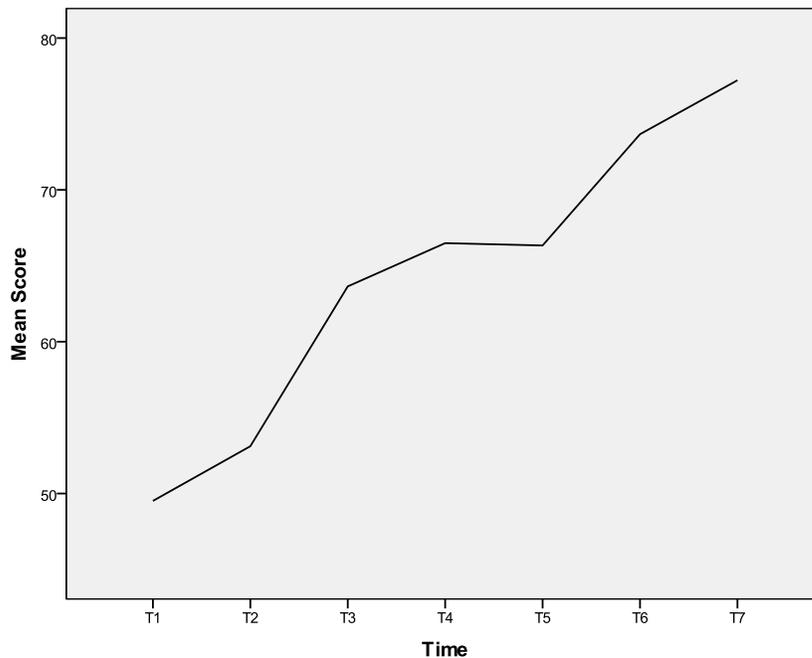
This shows how the severity of stammering changed over time, measured using the Stuttering Severity Instrument (SSI). The graph shows that prior to the course the group of participants' scores fell within the severe range. There is a clear overall reduction from severe to mild stammering over the period of the course, reflecting the reduced frequency of stammering and struggling.

Figure 3: OASES-S score over time



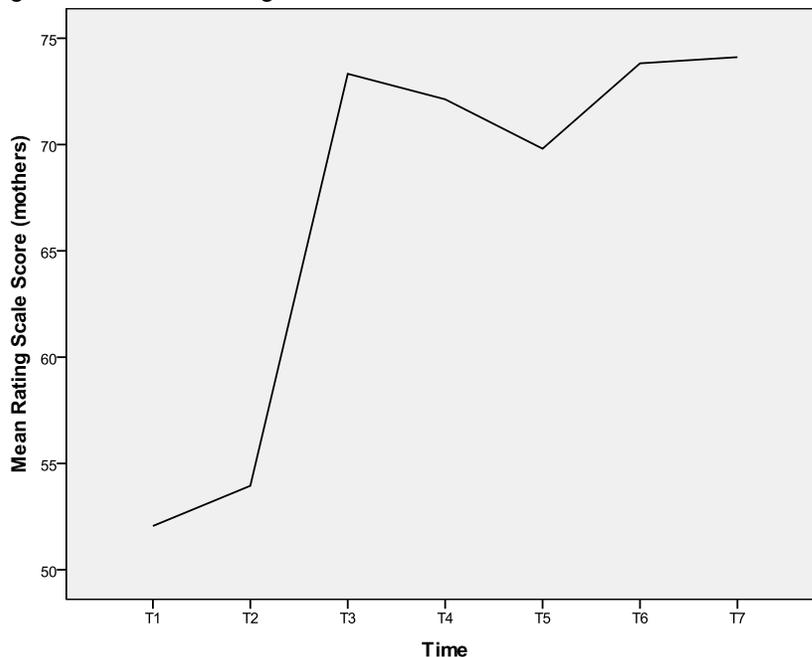
This graph shows the change in children's OASES-S scores over time. This assessment measures the impact that stammering is having on the child's daily functioning and well being. Higher scores indicate that the stammering is having a greater impact on the child. There is an overall downward trend that begins over the intensive therapy course, with some increase at 5 months, further reduction and again a slight increase at one year after therapy. Overall, the impact rating reduces from a high moderate impact rating score to a mild to moderate level.

Figure 4: Child Rating Scales



This graph shows the increase in rating scores over time, reflecting that scores improve over the period of the course and that stammering is having a reduced impact on the child. This perceived improvement continues over time.

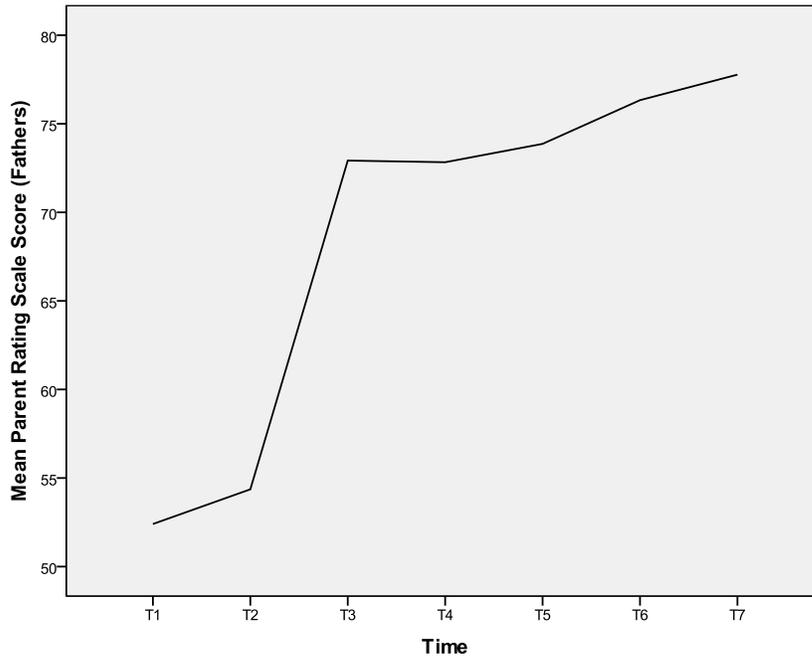
Figure 5: Mothers' ratings over time



As can be seen in this graph, mothers make the greatest increase to their scores over the period of the course. There is a slight reduction between the end of the course and five months post

course, but this is followed by a further increase after this time, so that ratings return to immediately post course levels.

Figure 6: Fathers' ratings over time



Fathers' ratings can be observed in Figure 6. These scores indicate a considerable improvement in their ratings over time, with the greatest change occurring over the period of the course. This improvement remains reasonably consistent for five months following the course, after which time, further improvement is observed.