Innovation of Speech Hand Synchronization as a Treatment in Adults who Stutter

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Abstract

Objective: Stuttering is a complex communication and developmental speech disorder wherein forward flow of speech is interrupted by sound repetitions, words, prolongation of sounds and psychological and social effects. Most of the therapeutic approaches may focus more on cognitive, behavioral or psychological therapy. The aim of this study was to innovate the novel stuttering therapy procedure and to evaluate its efficiency in adults who stutters in accomplishing spontaneous fluent speech.

Methods: The current proposal was designed as the pilot study and the participants were selected based on 3 treatment groups i.e., (i) speech-hand synchronization (SHS) (ii) Camperdown programme (CP) and (iii) control group CG). The equal number (n=10) of participants were selected in all the 3 groups and treatment sessions was carried out for 50 minutes per day for 10 weeks (5 days/week).

Results: The stuttering severity instrument-4 was used to measure the scores of pre and post treatment. The overall, assessment of the speakers experience of stuttering, locus of control of behavior and speech satisfaction rating scale.

Conclusion: The results of the current study conclude non-significant alterations and huge similar outcomes within the SHS and CP groups. This could be due to difference in the superior programme between SHS and CP, in terms of fluency, participants quality of life and satisfaction and internal locus of control.

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Week Number	Session Number	Session Duration	Status	No of syllable (s)/ word (s)/ seconds
1	1	50 minutes	Preparation Stage	Prolong one syllable + HM in 5 seconds
	2	50 minutes		Prolong none-sense-word + HM in 5 seconds
2	3	50 minutes	Action Stage	Prolong one syllable word + HM in 5 seconds
	4	50 minutes		Prolong two syllables word + HM in 8 seconds
3	5	50 minutes	Action Stage	Prolong three syllables word + HM in 9 seconds
	6	50 minutes		Prolong three syllables word + HM in 9 seconds
4	7	50 minutes	Action Stage	Prolong four syllables word + HM in 8 seconds
	8	50 minutes		Prolong 2 words + HM in 8 seconds
5	9	50 minutes	Action Stage	Prolong 2 words + HM in 8 seconds
	10	50 minutes		Prolong 3 words + HM in 6 seconds
6	11	50 minutes	Action Stage	Prolong as many words as the participant can + HM (one second for one word)
	12	50 minutes		Prolong as many words as the participant can +no HM (0ne second for one word)
7	13	50 minutes	Maintenance stage	Prolong as many words as the participant can +no HM (0ne second for one word)
8	14	50 minutes	Maintenance stage	Prolong as many words as the participant can +no HM (0ne second for one word)
9	15	50 minutes	Transfer stage	Prolong as many words as the participant can +no HM (0ne second for one word)
10	16	50 minutes	Transfer stage	Prolong as many words as the participant can +no HM (0ne second for one word)

Groups	N	Pre		Post		Difference: Mean Pre – Mean	P value on Difference
		Mean	Std Dev	Mean	Std Dev		
SHS	10	34	3.36	18.8	4.05	15.2	<0.001
CP	10	32.4	4.93	22	3.16	10.4	<0.001
CG	10	33.3	3.92	32.7	3.5	0.6	0.239

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Groups	N	Pre		Post		Difference: Mean Pre – Mean	P value on Difference
		Mean	Std Dev	Mean	Std Dev		
SHS	10	60.07	4.91	45.08	6.99	14.99	<0.001
CP	10	55.10	9.50	41.83	13.96	13.27	<0.001
CG	10	59.60	5.12	58.59	4.93	1.01	0.315

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Groups	N	Pre		Post		Difference: Mean Pre – Mean	P value on Difference
		Mean	Std Dev	Mean	Std Dev		
SHS	10	50.00	5.87	40.80	5.94	9.20	<0.001
CP	10	51.10	5.65	41.50	4.50	9.6	<0.001
CG	10	48.80	5.99	49.30	5.48	-0.50	0.315

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