



Stuttering Center of Western Pennsylvania

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Personal, Interpersonal, and Communicative Stressor Inventory

Child's Name: _____ Date _____
Person Completing Form: _____ Relationship to Child _____

When a child stutters, parents often ask why their child is experiencing difficulties with talking. There is no single answer to this question. There are, however, a number of different factors that may be involved. These factors (or *stressors*) can come both from within the child and from within the child's environment. Developing a better understanding of these stressors can help parents and speech-language pathologists better understand a child's stuttering, and this can enhance success in therapy.

Please check the items that apply to your child and your child's environment. Remember, these factors do not *cause* stuttering—they simply contribute to your child's overall communication environment.

POSSIBLE STRESSORS WITHIN THE CHILD

- ___ Is sensitive (reacts strongly to life experiences) or has an "intense" personality.
- ___ Tends to be a perfectionist or becomes easily frustrated or upset.
- ___ Is highly competitive with others.
- ___ Demonstrates performance anxiety or fears about speaking.
- ___ Becomes more disfluent when tired or ill.
- ___ Exhibits other speech and language or communication difficulties.
- ___ Has family members or other relatives who have stuttered or who currently stutter.
(Note: This item refers to the fact that stuttering runs in families, due to genetic factors)

POSSIBLE STRESSORS WITHIN THE ENVIRONMENT

- ___ Experiences hectic daily routines at home or in other settings.
- ___ Faces intense sibling rivalry or competition for talking time.
- ___ Has limited opportunities for free time or quiet time.
- ___ Shares communication environment with others who talk fast or interrupt frequently.
- ___ Has experienced stressful life situations (e.g., divorce, death, etc.).
- ___ Experiences high expectations imposed by others (e.g., family members, teachers, etc.)