

## STAMMA YOUNG POLLING QUESTIONS 2021

For the following questions, by "stammering or stuttering" we mean when someone struggles to get words out, often repeats or prolongs sounds or words, or gets stuck without any sound. Sometimes this includes putting in extra sounds or words. This is different from the problems most people will commonly experience, the occasional hesitation or stumbling around words.

**[cross tab] Question 1.** Which, if any, of the following do you consider yourself to have?  
Select as many as apply:

- a) Stammer or stutter (see definition above)
- b) Apraxia/dyspraxia (i.e. a speech disorder in which a person has trouble pronouncing words correctly and consistently)
- c) Aphasia/dysphasia (usually associated with stroke or head injury)
- d) Dysarthria (i.e. a condition where speech sounds slurred and slow due to weakness of the mouth muscles)
- e) Cluttering ( i.e. a condition where speech is difficult for others to understand because it is extremely rapid and disorganised or the words sound as if they are running into each other)
- f) Parkinson's disease (i.e. a progressive disease of the nervous system marked by tremor, muscular rigidity, and slow, imprecise movement)
- g) Multiple sclerosis (i.e. a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance)
- h) Motor neurone disease (i.e. a progressive disease that involves degeneration of the motor neurons and wasting of the muscles)
- i) None of these
- j) Don't know
- k) Prefer not to say

**[cross tab] Question 2.** (To those who selection included "Stammer or stutter" above)  
Which ONE, if any, of these descriptions best matches your experience??

- a) I struggle to think of the word I want to say
- b) I know exactly what I want to say but I get stuck trying to say the word or sound
- c) I try to pick different words or avoid talking so that others will not see that I am stuck
- d) I muddle up my words and say the wrong thing
- e) None of these
- f) Don't know
- g) Prefer not to say

**Question 3** (only to people whose selection included “Stammer or stutter” in Q1). Thinking about when you are speaking... Which, if any, of the following do you tend to do?:

- a) Try to pick different words or avoid talking so that others will not see that I am stuck
- b) Stretch out sounds, such as "ssssssssssink"
- c) Block (where it's difficult to get out any sound at all)
- d) Change a word to one that's easier to say
- e) Repeat a phrase to give me a 'run-up' to a difficult word
- f) Put in an extra sound, to help me say a difficult word
- g) Say less than I want to
- h) Avoid a situation altogether
- i) None of these
- j) Don't know
- k) Prefer not to say

**Question 4** (only to people who selection included “Stammer” in Q1) Which, if any of the following apply to you? (Please select all that apply)

- I have been diagnosed with stammering or stuttering by a professional (for example, a Speech & Language Therapist)
- I have had some therapy or treatment for stammering or stuttering from a Speech & Language Therapist
- I have had some therapy or treatment for stammering or stuttering from a professional other than a Speech & Language Therapist
- Stammering or stuttering causes problems for me in my day-to-day life
- None of these
- Don't know
- Prefer not to say

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**Notes:**

The UK poll ran with a sample size of 6,000 so that there was a big enough sample size for those who say they stammer/stutter.

Question 2 is an exclusion question – where we only select those who respond with b or c as indicative of having a stammer.

This polling was devised by STAMMA working with Professor Scott Yaruss (Professor in Communicative Sciences and Disorders) and his team at Michigan State University. The polling was conducted by YouGov 19-23 November 2021 in the UK with 6,302 adults aged over 18.

STAMMA hope to present a detailed analysis of their findings at the Joint World Congress on Stuttering & Cluttering in May, Montreal. If you replicate this polling, or have any questions about this, we'd love to hear from you. Contact [jane.powell@stamma.org](mailto:jane.powell@stamma.org).