



## **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.  
(*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.)