

Survey Responses

1. Have you ever used an app to help with your stuttering?

Yes: 5

No: 14

If yes, what did the app do? Was this useful?

- Stutter Social- meet others who stutter, share experiences. Very useful to meet other people, share ideas and help people.
- Not very useful if payment needed to unlock most features.
- Podcast app – download interviews of PWS talking about their speech, life and what helped them.
- Delayed Auditory Feedback (DAF) – to get same help as SpeechEasy but without cost. Best ones where you can change delay time, sound, pitch and other settings.
- Coastal – help to use and practice the coastal breathing technique

2. What features would you like to see on an app designed for people who stutter?

Information

How to find associations

How to find speech therapy

Describe methods of how to overcome stutter

Variety of treatment ideas/options depending on individual needs/wants

Disability studies/social model intro

Practice situations

Words of encouragement

Promoting confidence and diminished blocks during speech

Reminders to stutter openly (if requested)

Reminders to use techniques

Reminder/notification to go out and practice a specific technique such as voluntary stuttering or perform a specific task like talking to a stranger about stuttering or even just asking their name

Engaging, entertaining and rewarding little challenges with chance to check how PWS feels it went. Can see if they improve (e.g. less fear, hesitation or anxiety) as well as self-perceived fluency as well

Practical demonstrations of many techniques to help decrease stuttering

Speaking exercises

Journal

Journaling feature

Writing down thoughts in the moment

Tracking and taking notes about a given situation

Rating 'stuttering problem'

Scale of stress level for that day (inc. how much sleep you had, etc.)

Recording who you speak to

Personal goals checklist

Ability to monitor speech and give feedback

Crowd-sourced reviews

Appreciated for real-life evaluative characteristics

Social

Communicating with people to develop speaking skills
Ability to connect/chat with other PWS

General

Positive feedback, encouragement and reassurance that it's okay to stutter
Positive approaches to stammering and speaking
Some kind of reward system built into app, allowing user to recognise brave moments they have in pushing against their fear boundary
Words of affirmation
Ease of use
Motivational quotes

Misc.

Translating stammered speech into another language
DAF with multiple settings to customise according to stuttering severity
Option for a screen/card that says 'I stutter, please be patient' for use with police/government agencies
Way for app to listen to speech and tell what letters/words stutter is worst on

3. What speaking situations would you like to be able to practice?

Everyday tasks

Saying your name/introducing self (3) – especially when answering the phone
Saying important information (1)
Phone calls (7) - introducing self and giving information, to strangers and people you know
Ordering in a bar/restaurant/deli counter/shop/coffee (7)
Taxi (1)
Asking directions (2) – from a complete stranger, whether you need them or not
Basic small talk/questions (2)
Assertive speaking situations (1) - returning a faulty item or cold food
Public speaking (1)
Talking on video (1)
Talking in situations which are loud/distracting (1)

Work-related

Job interviews (8)
Presentations/speeches (2)
Conference calls (1)
Elevator pitch (1)
Mass presentations (2) – to a group of 10, 50 or 100
Speaking in the workplace (1)
Speaking on the phone in an open plan office (1)

Social

Meeting new people/strangers (4)
Dating (2)
Speaking with single people or in a discussion group (1)
Face-to-face interaction (1)

Conversations with family members (1)
Scenario of telling someone you stutter (1)
Stuttering openly with friends and parents (1)

4. What elements of your speech do you think it would be useful to have feedback on?

Physical elements

Posture/poise (9) (noted as very important by one)
Body language (1) - how relaxed are you?
Secondary/involuntary features (2) - tips on how to avoid, why do I do what I do?
Video recordings to help assess (1)
Eye contact (10)
Did they appear to be struggling? (1)
Breath control (1)
Heart rate (1)

Vocal elements

Speaking speed (3)
Voluntary stammers (1)
Tone (2)
Whether stutter is visible/audible in any way (1)
Clarity/understandable (1)
Continuity (1)
Volume (1)
Amount of stuttering (2) – stuttering ‘episodes’
Where stuttering occurs (1) – what letters/words give most trouble

Attitude elements

Confidence (4)
Speaking in ear shot (1)
Any avoidance behaviours (1)
Engagement with subject matter (1)
Mindfulness (1) – racing thoughts vs. presence

Perhaps give badges as a reward for doing this for a week/month straight

5. From whom would you prefer to receive this feedback?

PWS (9)
SLTs/SLPs (11) - especially those with a specialisation in stuttering/anxiety or one who is also a PWS
Random people (4) – strangers, members of the public
Someone with experience of stuttering (3)
Anyone (3)

Feedback from multiple sources allows for different types of feedback
Feedback from people who aren't fluency focused
Therapists and doctors more likely to give 'unconditional positive regard'
One feels like not many therapists 'get it' so feedback may be a little weird, 'for lack of a better word'

6. Anything else?

Available in different languages?

Make sure no bad advice is given

Ad-free

User-friendly, bug free interface

Continuous in-app updates

Fantastic idea- needed and useful

Free application

Bear in mind sensitivity of stuttering, everyone stutters differently, no-one stutters the same

Ease of use is key