



Personal, Interpersonal, and Communicative Stressor Inventory

Name of Person Completing This Form: _____

Relationship to Child _____ Date _____

When a young child stutters, parents often ask why their child is experiencing difficulties with talking. Usually, there is no single answer to this question. There are, however, a number of different factors that may be related to the development of stuttering. 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 therapists better understand a child's stuttering, and this can enhance success in therapy.

Please help us understand the factors that may affect your child's speech by checking the items that you feel apply to your child and your child's environment. Keep in mind that 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).
- ___ Tends to be perfectionistic.
- ___ Becomes easily frustrated or upset.
- ___ Has an "intense" personality.
- ___ 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.)