

INTRODUCTION:

Stuttering is a **disfluent speech disorder** in which “sounds, syllables, or words are repeated or prolonged, disrupting the normal flow of speech” (National Institution on Deafness and Other Communication Disorders, 2010, p. 1).

In addition to speech difficulties, those who stutter often report a multitude of other life difficulties such as **stress**, **anxiety**, and “**a greater cognitive load for emotional regulation**” (Rothbart, et al., 2011, p. 212).

Potential communication challenges include:

- wearing masks
- participating in video conferences

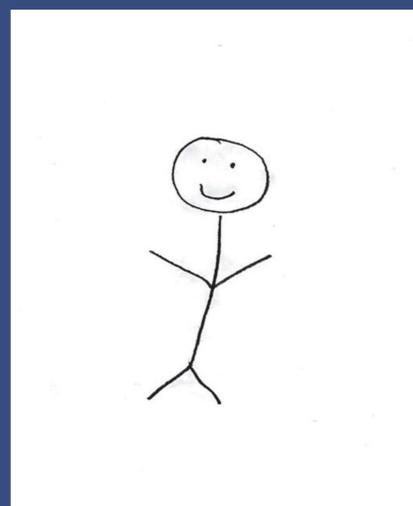
The purpose of this study is to gain a **deeper understanding** of the lived experiences of those who stutter, during this unique time in history, with the following research questions:

- (1) In what ways do people who stutter describe their lived experiences during this Covid-19 era?
- (2) Are there significant differences in how people who stutter live their lives, as communicators, during this Covid-19 era, versus how their lives were lived prior?

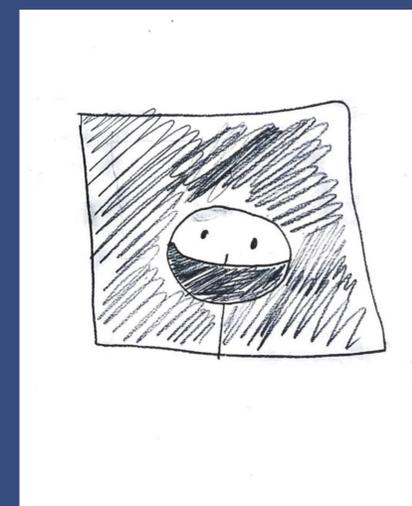
METHODS:

- Phenomenological qualitative research approach
 - Participant-produced illustrations
 - Semi-structured interviews
- Data analysis to identify key themes

Wearing masks and participating in videoconferencing experiences during the Covid-19 pandemic were described as a negative barrier.



BEFORE



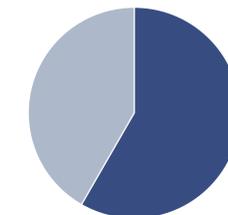
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Both authors have no financial nor non-financial disclosures to report.

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RESULTS:

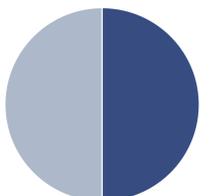
RQ1: In what ways do adults who stutter describe their lived experiences during this Covid-19 era?



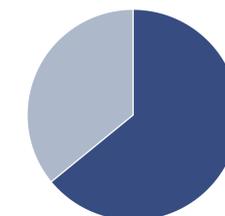
58% (7 of 12) of participants reported **difficulty** with the introduction of **masks**

RQ2: Are there significant differences in how adults who stutter live their lives, as communicators, during this Covid-19 era, versus how their lives were lived prior?

50% (6 of 12) of participants reported **anxiety** with **videoconferencing** experiences



Is there anything else you would like to add?



66% (8 of 12) participants mentioned how they **enjoyed** illustrating their experiences through **drawings**

DISCUSSION:

With the results, clinicians can gain a better understanding of challenges adults who stutter faced during the early stages of the continuing Covid-19 pandemic. Further research can examine a larger population and the way art-based therapy prompts has on client rapport regarding situations like the pandemic.