

From: Silverman, Frank. (1996). Stuttering and Other Fluency Disorders. (3rd Ed). Boston. Allyn and Bacon

Conditions that Reduce Stuttering Severity

1. Speaking in a Nonhabitual (Novel) Manner
2. Reading in a Chorus
3. Shadowing
4. Singing
5. Using a Metronome
6. Speaking in the Presence of Loud Masking Noise
7. Not trying to Conceal (Avoid) Stuttering
8. Not Thinking About or Attending to Speech
9. Playing a (False) Role
10. Suggestion
11. Performing an Adaptation Task

Conditions That Increase Stuttering

1. Speaking on the Telephone
2. Saying One's Name
3. Telling Jokes
4. Repeating a Misunderstood Message
5. Waiting to Speak
6. Speaking to Authority Figures
7. Speaking to a Relatively Large Audience
8. Failing to Bring Their Stuttering Out Into the Open
9. Desiring to Avoid Stuttering
10. Spontaneous Recovery
11. Experiencing Positive Emotional Arousal (Excitement)
12. Experiencing Negative Emotional Arousal (Anxiety)
13. Language with High Propositionality