

Desensitization - Questionnaire - Stuttering DST (Ages 18. and above)
(H.Zückner 2016)

Name: _____ Age: _____ Sex: M / F _____ Date: _____

For each statement, please choose the answer that is truest for you.

1. When I stutter in front of family or friends, it does not usually lead to negative feelings.

fully agree	fully disagree

2. I can tell a listener/listeners about my stutter or myself as a person who stutters without having any negative feelings.

fully agree	fully disagree

3. When I stutter in front of people at my place of work/education/training (school/profession), I do not have any negative feelings.

fully agree	fully disagree

4. I usually succeed in maintaining eye contact with the listener(s) when I stutter.

fully agree	fully disagree

5. I feel uncomfortable when people talk to me about my stutter.

fully agree	fully disagree

6. I feel uncomfortable when I meet other people who stutter.

fully agree	fully disagree

7. Even when I noticeably stutter, I believe that the way I speak is acceptable for my listeners.

fully agree	fully disagree

8. I find it difficult to accept myself as a person who stutters.

fully agree	fully disagree

9. I find the thought of occasionally imitating stuttering (voluntary stuttering) in front of listeners uncomfortable.

fully agree		fully disagree	

10. Even if I feel very uncomfortable about stuttering in a certain situation, I no longer think about it shortly afterwards.

fully agree		fully disagree	

11. Stuttering does not reduce my sense of self-worth.

fully agree		fully disagree	

12. I feel more uncomfortable about my stutter in the presence of people of higher status than me (boss, teacher, foreman...) than with other people.

fully agree		fully disagree	

13. My stutter upsets me most when I talk to people that I do not find likable.

fully agree		fully disagree	

14. I do not experience any negative feelings when listeners are briefly unsettled by my stutter, such as when they avert their eyes, smile sheepishly, look astonished...

fully agree		fully disagree	

15. I feel uncomfortable when I hear the word "stutter" or "stutterer" or have to use those words myself.

fully agree		fully disagree	

16. Because of my stutter, I feel uncomfortable a long time in advance of important situations in which I have to speak.

fully agree		fully disagree	

17. Even though I risk stuttering, I talk to strangers when I need to ask for something.

fully agree		fully disagree	

18. I believe that my stutter only slightly impairs my life at the moment and important life decisions.

fully agree		fully disagree	

19. One or more of the following feelings occur(s) frequently in connection with my stuttering: shame / sense of inferiority / self-abasement / fear of negative assessment.

fully agree		fully disagree	

20. Frustration is a feeling that I associate very strongly with my stuttering speech.

fully agree		fully disagree	

21. A lasting increase in the frequency of my stuttering would not diminish my general quality of life.

fully agree		fully disagree	

22. I very rarely avoid situations for fear of stuttering.

fully agree		fully disagree	

23. I rarely search for other words, reorganise my sentences or break off in mid-sentence to avoid stuttering.

fully agree		fully disagree	

24. I am not happy with how I cope with my stuttering.

fully agree		fully disagree	

25. Stuttering is an experience in loss of control: You cannot control when the stutter arises, how it progresses or how long it lasts. I can experience the stuttering induced loss of control without negative feelings.

fully agree		fully disagree	

26. Overall, the way I see myself as a person who stutters is as self-accepting and outwardly confident as I would like it to be.

fully agree		fully disagree	

