



# Stuttering-Related Podcasts: Audio-Based Self-Help for People Who Stutter

Lauren E. Dignazio, B.S. ▪ Erik X. Raj, Ph.D., CCC-SLP  
Monmouth University  
New Jersey, United States





# Stuttering-Related Podcasts: Audio-Based Self-Help for People Who Stutter

Lauren E. Dignazio, B.S. ■ Erik X. Raj, Ph.D., CCC-SLP

Monmouth University  
New Jersey, United States



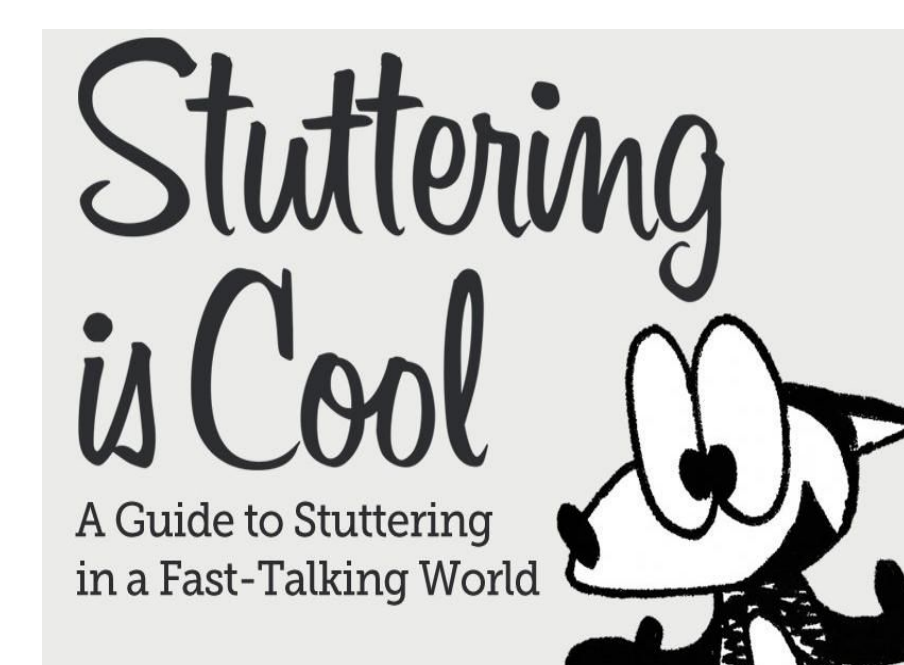
## Introduction

- People who stutter (PWS) have been found to benefit from participating in self-help experiences (Trichon & Raj, 2018), such as attending annual stuttering self-help conferences and/or going to monthly stuttering self-help meetings (Trichon & Tetnowski, 2011; Yarusset al., 2002).
- The act of connecting with other PWS, in an effort to openly share stuttering-related thoughts and feelings with one another, is often described as an integral part to the successful management of stuttering (Gregory et al., 2003; Murphy et al., 2007; Plexico et al., 2005) and has been linked to higher psychological well-being and lower internalized stigma (Boyle, 2013).
- Findings by Fuse and Lanham (2016), and Raj and Daniels (2017) have highlighted how PWS utilize the Internet, specifically social networking websites such as Facebook and Twitter, to engage in meaningful text-based conversations that revolve around the topic of stuttering.
- According to the Pew Research Center’s Audio and Podcasting Fact Sheet (2019), the adoption of podcasts within individuals’ daily lives has significantly risen.
- The Infinite Dial report by Edison Research and Triton Digital (2019) has estimated that 144 million Americans, 12 years of age and older, have listened to podcasts before, with about 90 million of those individuals listening to podcasts on a monthly basis. This substantial listenership seems to indicate the relevance of and positive regard for podcasts.

## Stuttering-Related Podcasts

Presently, there are a number of stuttering-related podcasts on the Internet that have collectively recorded over 1,000 episodes. These podcasts, which are freely available to stream or download off the Internet, all feature semi structured interviews that allow for robust, diverse, and sincere verbal discussions about aspects directly related to stuttering. For example:

- Stuttering Is Cool  
<http://stutteringiscool.com/stuttering-is-cool-podcast/>
- StutterTalk  
<http://www.stuttertalk.com/>
- Women Who Stutter  
<https://stutterrockstar.com/category/women-who-stutter-podcast/>



## Overall Objective

To determine the reasons why PWS listen to stuttering-related podcasts.

## Purpose

It is known that PWS benefit from self-help experiences, such as attending support groups or conferences. However, limited research has been done to explore the listening of stuttering-related podcasts as a form of self-help for PWS.

## Methods

Thirty-three PWS who have listened to stuttering-related podcasts were recruited to participate in an online survey that included multiple-choice and open-ended questions. Responses were analyzed and grouped into descriptive themes.

## Results

Participants reported listening to stuttering-related podcasts as a way to gain information and perspective. They also reported experiences that fit themes of empowerment and camaraderie, as a result of listening.

## Conclusion

Stuttering-related podcasts seem to be a positive self-help tool for PWS. Stuttering support group leaders and /or speech-language pathologists may consider introducing their group members or clients who stutter to this type of audio-based self-help experience

## Questions

**Research Question 1:** What are the Different Reasons That PWS Choose to Listen to Stuttering-Related Podcast Episodes?

- Two themes that highlighted the different reasons:
  - “Gaining information”
  - “Gaining perspective”

**Research Question 2:** In What Ways Do PWS Describe Their Experiences of Listening to Stuttering-Related Podcast Episodes?

- Two themes that highlighted the participants’ experiences:
  - “Camaraderie”
  - “Empowerment”

## Additional Questions

- How did you hear of the stuttering related podcasts that you listen to?
- Approximately how often do you listen to stuttering-related podcasts?

Figure 1. Responses to “How did you hear of the stuttering-related podcasts that you listen to?”

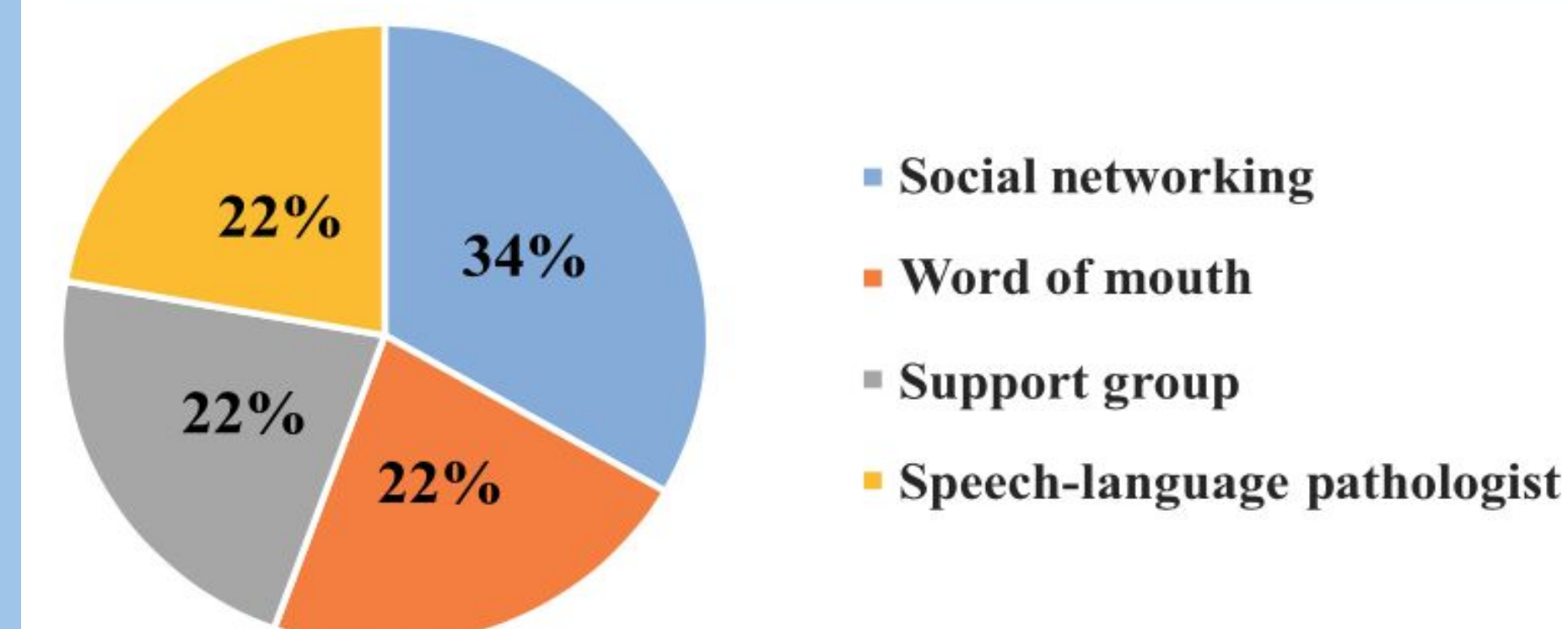
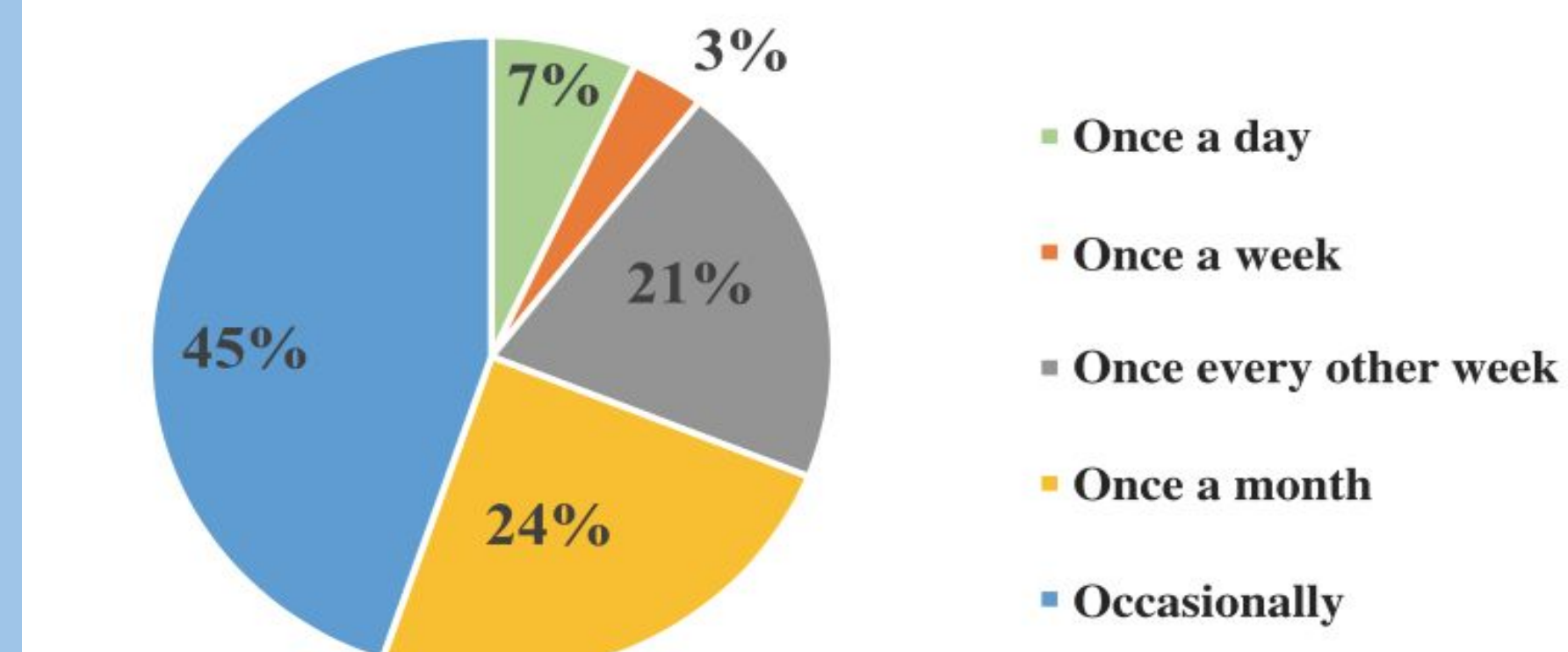


Figure 2. Responses to “Approximately how often do you listen to stuttering-related podcasts?”



## Representative Quotes

### Gaining Information

“To gain knowledge about stuttering.”

### Gaining Perspective

“I don’t really know anyone else who stutters so podcasts are a way to hear from PWS.”

### Camaraderie

“When I first ‘came out’ as a PWS (previously covert), I listened to them constantly and they helped me so much to feel supported.”

### Empowerment

“They are fascinating and a good way to keep up to date on what’s going on in the ‘stuttering world’. I learn a lot and they empower me.”

## References/Acknowledgments

Full references available upon request. Please email [eraj@monmouth.edu](mailto:eraj@monmouth.edu).

The researchers would like to thank Daniele Rossi from the Stuttering is Cool podcast for his assistance. Also, the researchers would like to thank the participants who took part in this study.

## Published Citation

Dignazio, L. E., Kenny, M. M., Raj, E. X., & Pelkey, K. D. (2020). Stuttering-Related Podcasts: Audio-Based Self-Help for People Who Stutter. Perspectives of the ASHA Special Interest Groups, 5(5), 1131-1138. [https://doi.org/10.1044/2020\\_PERSP-20-00014](https://doi.org/10.1044/2020_PERSP-20-00014)