

Anxiety, Social anxiety and Depression among people who stutter.

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Abstract:

Stuttering is a type of communicative disorder that has not yet been identified as the main cause, and not definitive treatment has been found for it. Stuttering is a complex disorder that in addition to communication disorder can cause mental disorders too. In this research, we probe three common mental disorders (Anxiety, Social anxiety, Depression) in people with stuttering. The results show that social anxiety is the most common mental disorder in people with stuttering. Anxiety in stutters people is more than those have not stuttering, but about depression, the results are not the same. Sometimes there is no difference, and sometimes the rate of depression is more than nonstuttering. It seems depression in stutters people will increase by rising of age. Probably, one the most important reason of conflict results in evaluating of mental disorder such as depression is utilizing different measures. Unfortunately, the most studies in diagnose of mental disorders for stutters, is done by speech therapists. Often Speech therapists use inventories to diagnose mental disorders. Therefore, using clinical interviews by mental health professionals is the best way to correct the diagnoses of mental disorders in stutters. It is suggested that introducing the most appropriate type of psychotherapy and paying much attention to depression in stutters should be studied.

Keyword: Mental disorder, Anxiety, Social anxiety, Depression, Stutter

INTRODUCTION:

Although we still do not know the cause of stuttering (Ann Packman, 2012), But research shows that there are some deficit in the neural process of people with stuttering for their speaking. (Chang, Erickson, Ambrose, Hasegawa-Johnson, & Ludlow, 2008; Chang, Horwitz, Ostuni, Reynolds, & Ludlow, 2011; Cykowski, Fox, Ingham, Ingham, & Robin, 2010; Watkins, Smith, Davis, & Howell, 2007).

Stuttering occurs between the ages of 2 and 5 as the verbal and linguistic skills grow (Yairi, Ambrose, & Cox, 1996). In order to keep speech restructuring, we must look at the mental disorders of people who are stuttering (Iverach, Jones, et al., 2009). Stuttering can affect the whole stutters life, like frustration, anger, feeling of guilt and humiliation feeling (Bloodstein & Bernstein Ratner, 2008; Daniels & Gabel, 2004). The child becomes conscious of his stutter from and begins to react negatively (Boey et al., 2009; Ezrati-Vinacour, Platzky, & Yairi, 2001; Langevin, Packman, & Onslow, 2009). They have less chance for employment and Higher Education (Bricker-Katz, Lincoln, & McCabe, 2009; O'Brian, Jones, Packman, Menzies, & Onslow, 2011).

Although not all negative consequences occur for people with stuttering but they have Serious problems with communication competence, self-confidence and Romantic relationship (Iverach et al., 2016). Stuttering people have a lot of psychological problems, for examples negative listener reactions, lowered quality of life, social problem and Avoid communicational situations (Blumgart, Tran, & Craig, 2010; Ashley