**Questionnaire and recording instructions for the Fluency Bank: Cluttering**

**Instruction:**

In the following, you will find two sets of questions. Responses to the first set of questions will help us to understand better your experiences regarding speech that you consider cluttered, using a 3-point ratings scale. The second set of questions comprise open-ended questions, to be answered during the actual recording. If someone is helping you make the recording this person can ask you the questions. However, if you record yourself just print out the questions and answer them from the paper in front of you, first reading the question you are answering.

Your input to the Fluency Bank is greatly appreciated, so feel free to elaborate or give examples as you record your responses. You do not have to answer any of the questions to which you wish not to respond or for which you do not have an answer. You may find the information contained on the International Cluttering Association website helpful:

<http://associations.missouristate.edu/ica/Resources/what_is_cluttering.htm>

**Rating-scale to be completed by the participant**

First some questions about your speech to be rated:

The following questions will help us better understand the speech problems you are experiencing. Please rate the following behaviors regarding yourself and your speechas it would be **when informally chatting with family or friends.**

As the diagnosis of cluttering can be challenging, your ratings using the 3-point rating scale below (adapted from Scaler Scott, Myers & Kisssagizlis 2008) will greatly facilitate interpreting the recordings of your verbal responses to the eight open-ended questions following these ratings.

Please circle the number that best represents how you experience the characteristics listed on the right. Again, rate these items based on the types of interactions that would occur **when chatting informally with family or friends**.

When answering the questions below, the numbers mean:

**1. Occurs seldomly**

**2. Occurs sometimes**

**3. Occurs frequently**

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| --- | --- |
| Rating: | Do you experience: |
| 1 2 3 | 1.Racing and/or multiple thoughts |
| 1 2 3 | 2. Rapid and/or irregular rate of speech |
| 1 2 3 | 3. Difficulties slowing down even when asked to do so |
| 1 2 3 | 4. Leaving off the ends of words |
| 1 2 3 | 5. Omitting or distorting sounds or syllables (e.g., “elephant” becomes “elphant”; “orange” becomes “orng”) |
| 1 2 3 | 6. Words sound as if they are “running into each other” |
| 1 2 3 | 7. Lots of starts and stops in speaking |
| 1 2 3 | 8. Excessive use of disfluencies such as “um” “uh,” repeating or revising phrases or words; unlike stuttering, these disfluencies are not accompanied by struggle behaviors and excessive muscle tension |
| 1 2 3 | 9. Difficulty organizing thoughts, word finding and/or getting to the point |
| 1 2 3 | 10. Limited awareness of how my speech sounds to others |
| 1 2 3 | 11. Tendency to interrupt conversational partner or go off on tangents |
| 1 2 3 | 12. Words or ideas come out differently than intended |
| 1 2 3 | 13. My speech is clearer and more fluent when I focus and slow down |
| 1 2 3 | 14. Others can more easily follow the main points of what I want to say when I a) slow down; 2) pause to plan what/how to say something, and/or c) use shorter or simpler sentences |
|  |  |

One more question! Are you aware of any other behaviors, thoughts or feelings associated with how you communicate with others? (please submit a rating for any attributes specific to you)

(rating) (behavior, thought or feeling)

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**Questions to be used during the recordings**

Please first refer to recording instructions provided by the Administrators of this Fluency Bank. If someone is helping you make the recording this person can ask you the questions. However, if you record yourself just print out the questions and answer them from the paper in front of you, first reading the question you are answering. Feel free to illustrate or give examples to your responses.

*Now the questions for the recordings:*

1. Do you feel like you’re often ‘on the go,’ having the urge to talk fast or to ‘spit everything out’ as quickly as possible? Please explain.
2. Do you feel that sometimes you don’t quite say what you mean or mean what you say? Please explain or give examples.
3. Do others at times find it difficult to understand your speech or follow your train of thought? If so, please explain.
4. If people often say ‘What?’ when you speak, why do you think people react this way?
5. Is your communication better in some speaking situations than others? For example, is what you say easier to understand and follow when you are more aware of what you say and how you say it?
6. Is your speech different when you speak in shorter sentences compared to when you have to provide a lengthy explanation of something? Please illustrate.
7. Do you think you have both stuttering and cluttering? If so, what aspects of your speech reflect stuttering and which aspects would reflect your cluttering?
8. In what ways has your cluttering affected your quality of life (either positively or negatively) along the following dimensions:
   1. Psychosocial (impact on interactions with others, on yourself as a communicator)
   2. Educational, professional, occupational

9. Did you receive a formal diagnosis of cluttering from a speech-language clinician or did

you arrive at this diagnosis primarily on your own?

Thank you kindly for your thoughtful responses.