How best to support adults who stutter according to international evidence-based guidelines

It has been estimated that about one percent of the world's population stutters (Bloodstein & Bernstein Ratner, 2008). *Stuttering* (also called *stammering*) is a multifaceted communication disorder, which is characterized by interruptions in the fluency of speech. Stuttering may be accompanied by struggling behaviors (*overt concomitants or/and covert concomitants*). What is more, a person who stutters may experience affective and/or cognitive reactions to stuttering. Most scientists and clinicians believe that stuttering results from complex interactions of multiple factors. Furthermore, it is perceived as a neurophysiological disorder with a strong genetic component (Yairi & Seery, 2011). Social attitudes towards stuttering are often negative. According to series of studies carried out as a part of *the International Project on Attitudes Toward Human Attributes* (IPATHA), unfavorable social stereotypes regarding stuttering and people who stutter are still prevalent (St. Louis, 2005; 2015). Research findings indicate that stuttering negatively impacts the quality of life in many areas, e.g. vitality, social functioning, emotional functioning, and mental health (Beilby et al., 2013; Craig et al., 2009). For decades professionals have formulated various recommendations on how to behave when interacting with an adult who stutters – typically this information was based on their opinions and suppositions. In recent years researchers carried out studies to create evidence-based guidelines for the general public on how to interact in the most supportive way with adults who stutter. Two international studies – one conducted in North America, and the second in Europe and the Middle-East – have taken the opinions of people who stutter on how to formulate these suggestions (St. Louis, 2018; St. Louis et al., 2017; Węsierska et al., 2018). Overall, when interacting with people who stutter, it is important to be ready to identify with the individual's needs and struggles and to be flexible. The key is to tailor forms of support to a person's individual needs and respond in the most facilitating way.

How can you be supportive in the view of an adult person who stutters?

For more information visit:

- ASHA (American Speech-Language-Hearing Association): **asha.org**
- British Stammering Association: **stammering.org**
- International Fluency Association: **theifa.org**
- International Stuttering Association: **isastutter.org**
- National Stuttering Association: **nsastutter.org**
- Stuttering Foundation: **stutteringhelp.org**
- Stuttering Home Page: **mnsu.edu/comdis/kuster/stutter.html**

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Comment soutenir au mieux les adultes qui bégaient selon des recommandations internationales basées sur des preuves?

Université Saint-Joseph de Beyrouth
Faculté de médecine
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Il est estimé qu'environ 1% de la population mondiale bégaie (Bloodstein & Bernstein Ratner, 2008). Le bégaiement est un trouble de la communication à multiples facettes, caractérisé par des interruptions dans la fluence de la parole. Le bégaiement peut être accompagné par des conduites de lutte (*signes visibles ou/et masqués*). De plus, une personne qui bégaie peut montrer des réactions affectives et/ou cognitives vis-à-vis de son bégaiement. La majorité des chercheurs et des cliniciens considèrent que le bégaiement est la conséquence d'interactions complexes entre plusieurs facteurs. Par ailleurs, il est perçu comme un trouble neurophysiologique avec une forte composante génétique (Yairi & Seery, 2011). Les attitudes sociales vis-à-vis du bégaiement sont souvent négatives. Selon une série d'études menées dans le cadre du *International Project on Attitudes Toward Human Attributes* (IPATHA), des stéréotypes sociaux non favorables concernant le bégaiement et les personnes qui bégaient sont encore répandus (St. Louis, 2005 ; 2015). Les constatations des recherches indiquent que le bégaiement influence négativement la qualité de vie dans plusieurs domaines, par ex. la vitalité, le fonctionnement social, le fonctionnement émotionnel, et la santé mentale (Beilby et al., 2013 ; Craig, Blumgart & Tran, 2009). Depuis des décennies, les professionnels ont formulé plusieurs recommandations sur la façon d'interagir avec un adulte qui bégaie – ces informations se basaient d'habitude sur leurs opinions et suppositions. Au cours des dernières années, des chercheurs ont mené des études pour créer des recommandations basées sur des preuves pour le grand public sur comment interagir au mieux avec les adultes qui bégaient. Deux études internationales – une menée en Amérique du Nord, et une autre en Europe et au Moyen-Orient – ont considéré les opinions des personnes qui bégaient sur comment formuler ces suggestions (St. Louis, 2018 ; St. Louis et al., 2017 ; Węsierska et al., 2018). De manière générale, en interagissant avec des personnes qui bégaient, il est important d'être prêt à identifier les besoins et les luttes, et d'être flexible. La clé est de tailler sur mesure les formes de soutien aux besoins de chaque personne, et de répondre de la manière la plus facilitatrice.

Comment peux-tu être soutenant du point de vue d'une personne adulte qui bégaie ?

Pour plus d'informations, visitez :

- ASHA (American Speech-Language-Hearing Association) : **asha.org**
- British Stammering Association : **stammering.org**
- International Fluency Association : **theifa.org**
- International Stuttering Association : **isastutter.org**
- National Stuttering Association : **nsastutter.org**
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Illustrations par : **Ghadi Ghosn** | Conception graphique par : **Jarosław Telenga** | Droits d'auteurs, 2018. Tous droits réservés

Ako najlepšie podporiť dospelých ľudí so zajakavosťou – medzinárodne usmernenia založené na dôkazoch

INŠTITÚT DETSKEJ REČI

Odhaduje sa, že približne jedno percento svetovej populácie sa zajakáva (Bloodestein & Bernstein Ratner, 2008). Zajakavosť (tiež balbuties, nespisovne „koktavosť“) je komplexná porucha komunikačných schopností, ktorá je charakteristická prerušovaním plynulosti reči. Zajakavosť môže byť sprevádzaná pridruženými prejavmi správania (ktoré sú viditeľné a/alebo skryté). Popritom sa u jednotlivca, ktorý sa zajakáva, môžu prejavovať emocionálne a/alebo kognitívne reakcie na zajakavosť. Väčšina vedcov a odborníkov verí, že zajakavosť je výsledkom pôsobenia viacerých faktorov. Okrem toho, zajakavosť je považovaná za neurofyziologickú poruchu so silným genetickým faktorom (Yairi & Seery, 2011).

Postoj spoločnosti k zajakavosti je často negatívny. Nepriaznivé spoločenské vnímanie problematiky zajakavosti, ako aj ľudí so zajakavosťou, stále pretrvávajú (St.Louis, 2005; 2015). To potvrdzujú prieskumy, ktoré boli súčasťou Medzinárodného projektu o postojoch k ľudským atribútom (International Project on Attitudes Toward Human Atrributes – IPATHA).

Zistenia výskumu poukazujú na to, že zajakavosť má negatívny dopad na kvalitu života človeka so zajakavosťou v mnohých oblastiach, napr. na vitalitu, spoločenský život, emocionálny život a mentálne zdravie (Beilby a kol., 2013; Craig a kol., 2009). Odborníci už desaťročia formulujú rôzne odporúčania, ako sa správať pri komunikácii s dospelými so zajakavosťou – tieto informácie boli väčšinou založené na ich názoroch a domnienkach. V ostatných rokoch vedci robili štúdie, na základe ktorých vypracovali usmernenia pre verejnosť založené na dôkazoch, aby ľudia čo najlepšie vedeli podporiť dospelých so zajakavosťou.

Dve medzinárodné štúdie (jedna v Severnej Amerike, druhá v Európe a na Strednom Východe) sa zaoberali formulovaním týchto odporúčaní, na základe názorov, ktoré im poskytli priamo ľudia so zajakavosťou (St. Louis, 2018; St. Louis a kol., 2017; Węsierska a kol., 2018). Ukázalo sa, že pri komunikácii s ľuďmi so zajakavosťou je dôležité, aby ich komunikační partneri boli empatickí voči ich individuálnym potrebám a obmedzeniam a tiež boli dostatočne flexibilní. Kľúčom je teda, prispôsobiť komunikačnú podporu jednotlivcovi podľa jeho individuálnych potrieb a vychádzať mu v ústrety v čo najväčšej možnej miere.

Ako môžeš počas komunikácie podporiť človeka so zajakavosťou? On hovorí:

Viac informácií na:

- ASHA (American Speech-Language-Hearing Association): **asha.org**
- British Stammering Association: **stammering.org**
- International Fluency Association: **theifa.org**
- International Stuttering Association: **isastutter.org**
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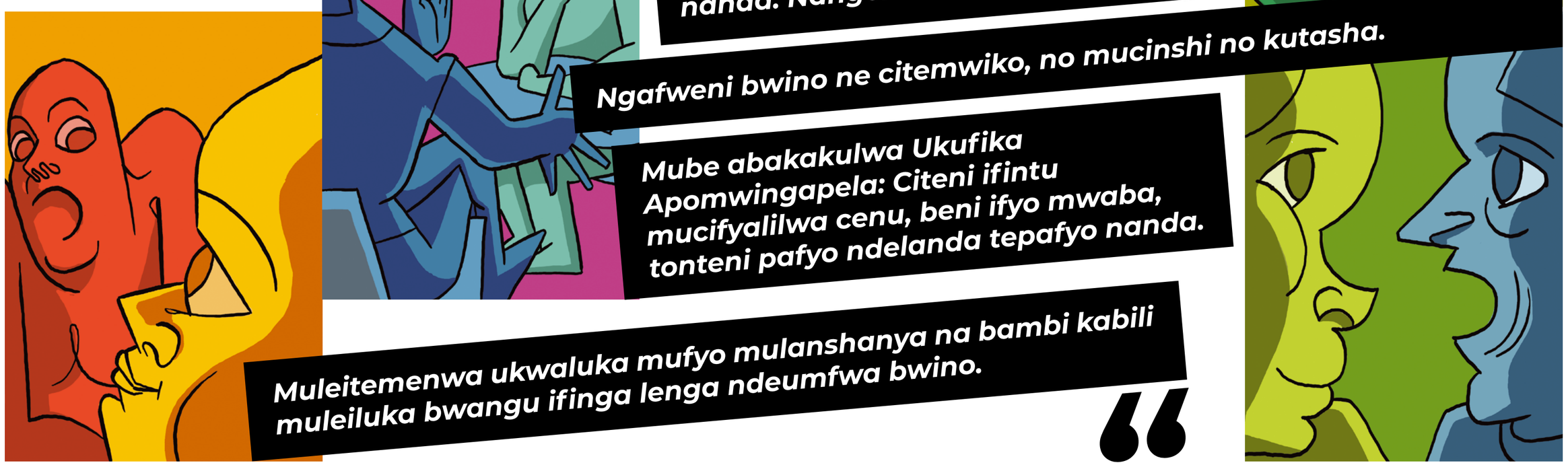
Inshila isuma iya kwafwilamo aba kalamba ababulubusa pa ku landa ukwashimpwa pa fikomo fyasangwa -noku fwailisha ukwa mucalo conse

Abafwailisha ifishinka basanga ukuti mupepi na impendwa ya umuntu umo (1) pa bantu umwanda umo (100) mwisonde lyonse alabulubusa pa kulanda (Bloodstein & Bernstein Ratner, 2008). Ukubulubusa (*nelyo icikukuma*) bwafya bwa milandile ubulengwa ne fyo umuntu afyalwa kabili bumonekela mu kukanalanda bwino no kutamantama pa kulanda. Ukubulubusa kumonekela mu mibele ya kulwisha sana pakulanda (iimonekela mukubomfya ifilundwa fya mubili pakulanda/ atemwa ukubipilwa kwa munkuntu ukushimoneka). Icabipisha cakuti, umuntu uubulubusa alomfwa ububi umwine elyo/nangu alaisuula pa mulandu wakuti alabulubusa. Abasambilila sana ifya sayansi na bakalapashi mukusambilisha abantu ukulanda bwino, basumina ukuti ubwafya bwa kubulubusa bwalyafya ukumfwikisha kabili basanga ukuti fingi filenga abantu balebulubusa. Ukulunda pali ifi, abengi bamona kwati ubu bwafya busangwa mu mulopa kabili tubupoka ku bafyashi ukupitila mu nsandesande shabumi (Yairi & Seery, 2011). Imibele ne micitile ya bantu ukulola ku bwafya bwakubulubusa ilingi line tayawama. Ukufwailisha kwakonkana ukwingi ukwacitwa na icipani ca *International Project on Attitudes Toward Human Attributes* (IPATHA), ngo lubali lwa kufwailisha pafyo abantu bamona ababulubusa nefyo ababulubusa baba yalangilila ukuti abantu abengi balikwata imisuula ishalulwa iyakusuula abantu ababulubusa pa kulanda (St. Louis, 2005; 2015). Ukufwailisha kulangilila ukuti ukubulubusa kulalenga ubumi bwamikalile isuma iya muntu uubulubusa ukubipilwa munshila ishingi, pamo nga, ukucincimuka kwa muntu, imibombele ya muntu mubwikashi, na ubumi busuma ubwamuntontonkanya (Beilby et al., 2013; Craig et al., 2009). Pa myaka iingi, abasambilila sana balifwailisha no kusanga inshila ya kulanshanya na bantu abakalamba ababulubusa pa kulanda.Ifingi ifyo balemba fyashimpwa pa matontonkanyo ya bakafwailisha nefyo batunganya. Lelo mu kufwailisha kwa mu myaka ya nombaline ukwashimpwa pa fishinka ne fishibilo fyashininkishiwa, balisanga inshila isuma iyo icintubwingi cifwile ukulakonka ilyo balelanda no muntu umukalamba uubulubusa pa kulanda. Mu kufwailisha kubili ukwa mwi sonde lyonse - kumo ukwacitikilwe ku kabanga ka Amerika elyo na kumbi ukwacitikile mu cintungu ca Europe elyo na ku Middle East - ifyo basangile fyalingene nefyo abantu ababulubusa abene balandile pa fya kukonka ilyo abantu balelanda nabo (St. Louis, 2018; St. Louis et al., 2017; Węsierska et al., 2018). Ilyo aya masambililo yonse twayasankanya pamo, casangwa ukuti abantu bafwile baishiba ubwafya cila muntu uubulubusa akwata. Kabili bafwile no kuitemenwa ukwalula ifya kulanshanya nabo ilyo cakabilwa. Icacindama sana kusanga inshila shisuma ishakwafwilamo cila muntu ukulingana nefyo alekabila no kubakoselesha ngefyo cila muntu alekabila kulanda.

Bushe Kuti Mwakoselesha shani umuntu Umukulu uubulubusa?



Ifya Kuloshako:
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Iyi Posita Yapilibwila mu Icibemba Naba Bornwell Katebe elyo Naba Ernest Tembo

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Nga Mulefwailapo Ifyebo nafimbi Kuti Mwaya Pa:

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- British Stammering Association: **stammering.org**
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أفضل الطّرق لدعم الأشخاص البالغين الّذين يعانون من التّلعثم وفقاً للإرشادات الدّوليّة المثبتة علميّاً

تشير الإحصاءات إلى أن حوالي واحد في المئة من سكّان العالم يعانون من التّلعثم (Bloodstein & Bernstein Ratner, 2008).

التّلعثم (و يعرف أيضاً بالتّأتأة) هو اضطراب في التّواصل متعدّد الأوجه ، يتميّز بخلل في طلاقة الكلام و قد يترافق بسلوكيّات جهد (ملحوظة و / أو غير ملحوظة). بالإضافة إلى ذلك، إنّ الشّخص الذّي يتلعثم قد يواجه ردود فعل عاطفيّة و / أو إدراكيّة نتيجة التّلعثم. يعتقد معظم العلماء و المعالجين أن التّلعثم ناتج عن تفاعل لعدّة عوامل و يُنظر إليه على أنّه اضطراب عصبي فيزيولوجي (Neurophysiological Disorder) يترافق مع مكوّن وراثي قوي (Yairi & Seery, 2011).

غالباً ما تكون المواقف الإجتماعيّة تجاه التّلعثم سلبيّة. فوِفقاً لسلسلة من الدّراسات الّتي أُجرِيت كجزء من البحث الدّولي حول المواقف تجاه السّلوكيّات البشريّة (IPATHA International Project on Attitudes Toward Human Attributes,) لا تزال الصّور النّمطيّة الإجتماعيّة الغير مؤاتية المتعلّقة بالتّلعثم و الأشخاص المتلعثمين سائدة (St. Louis, 2005; 2015). تُشيرأيضاً نتائج الأبحاث إلى أن التّلعثم يُؤثّر سلباً على جودة الحياة و ذلك في العديد من النّواحي : الحيويّة، الإجتماعيّة، العاطفيّة والذّهنيّة (Beilby & al., 2013; Craig, Blumgart & Tran, 2009). قام الإختصاصيّون ولفترة طويلة، بصياغة توصيات مختلفة حول كيفيّة التّصرّف عند التّواصل مع شخص بالغ يتلعثم وذلك بالإستناد إلى آرائهم و افتراضاتهم الذّاتيّة. و في السّنوات الأخيرة، أجرى الباحثون دراسات بهدف وضع إرشادات مبنيّة على الإثباتات حول كيفيّة التّفاعل بأكثر الطّرق الدّاعمة مع الأشخاص البالغين الّذين يعانون من التّلعثم. و قد أخذت دراستان دوليّتان (أُجريت احداهما في أميركا الشّماليّة و أُخرى في أوروبا و الشّرق الأوسط) في الإعتبار كيفيّة صياغة هذه الاقتراحات (St. Louis, 2018; St. Louis & al., 2017; Węsierska & al., 2018).

بشكلٍ عام، عند التّفاعل مع الأشخاص البالغين الّذين يعانون من التّلعثم، من المهمّ أن تكون مستعدّاً للتّأقلم مع احتياجات الفرد و مجهوده وأن تكون مرناً. و الأهمّ يَكمن في تكييف أشكال الدّعم بحسب احتياجاته الفرديّة و الاستجابة بأكثر الطّرق الدّاعمة.

كيف يمكن أن تكون داعماً في نظر الشّخص البالغ الذّي يتلعثم؟

للمزيد من المعلومات قم بزيارة:

- ASHA (American Speech-Language-Hearing Association) : **asha.org**
- British Stammering Association : **stammering.org**
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- International Stuttering Association : **isastutter.org**
- National Stuttering Association : **nsastutter.org**
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ملصق طُوِّر من قِبَل :
كينيث أو. سانت لويس ، كاتارزينا وسيرسكا ، سلمى سعد مروّة ، نهاد أبو ملحم ، جان دزورت ، هانا لاسيكوفا.

الرسوم التّوضيحيّة: **غدي غصن**
تنسيق الرّسومات: **ياروسلاف تيليتجا**
جميع حقوق الطبع والنشر محفوظة، ٢٠١٨

Jak nejlépe pomoci dospělým s koktavostí doporučení na základě mezinárodního výzkumu

NEKOKTÁM!cz

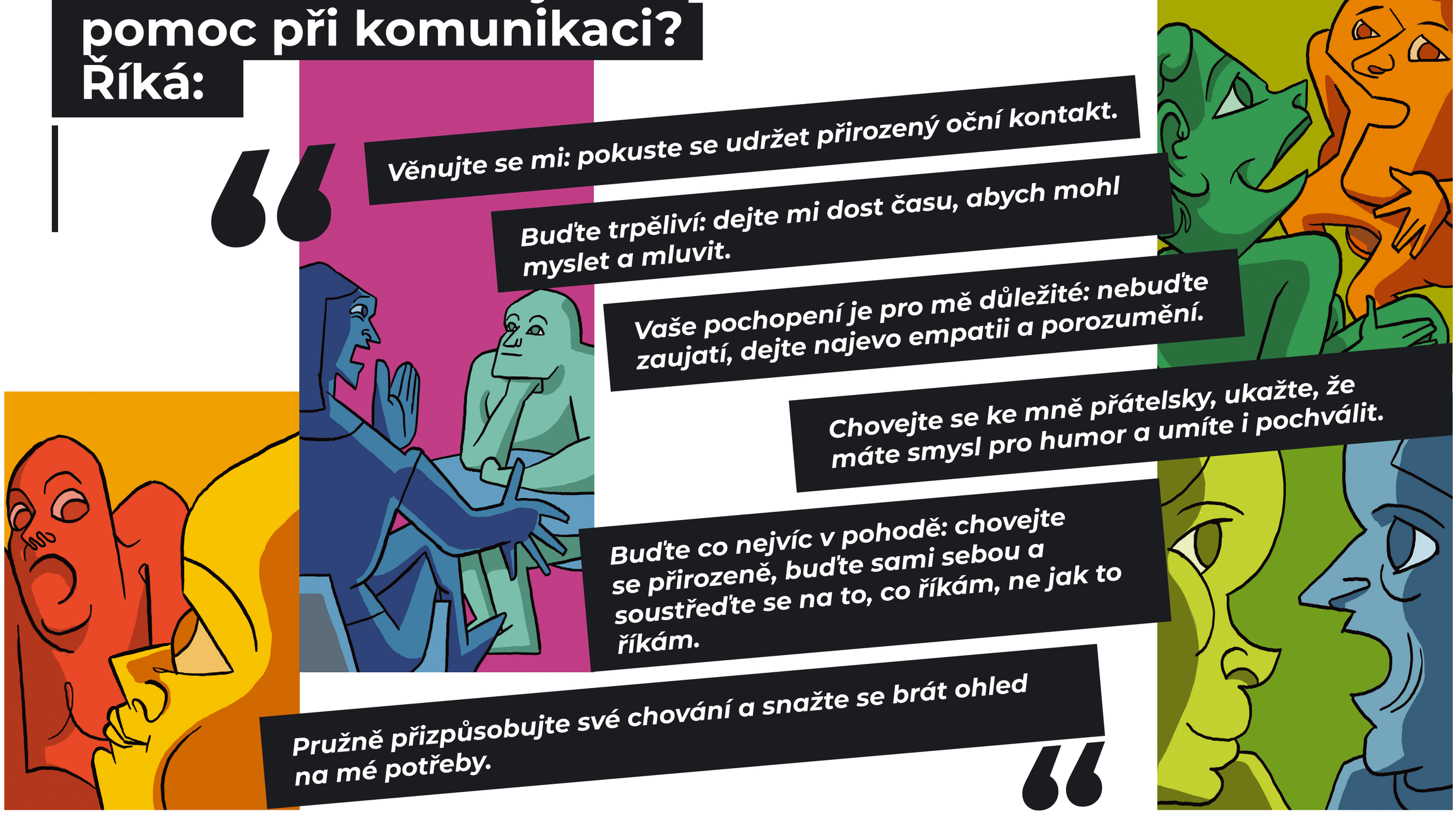
Odhaduje se, že zhruba jedno procento světové populace trpí koktavostí (Bloodstein & Bernstein Ratner, 2008). Koktavost (taktéž zadrhávání či balbuties) je komplexní porucha řeči, která se vyznačuje přerušováním plynulého toku řeči. Koktavost může být doprovázena dalšími projevy v chování (zjevnými a/nebo skrytými). Kromě toho se může u zadrhávajících projevit afektivní a/nebo kognitivní reakce na koktavost. Většina vědců a odborníků, kteří se koktavostí zabývají, se domnívá, že koktavost je výsledkem komplexního spolupůsobení více faktorů. Je na ni také pohlíženo jako na neurofyziologickou poruchu silně ovlivněnou genetikou (Yairi & Seery, 2011).

Postoj společnosti ke koktavosti je často negativní. Podle řady studií provedených v rámci projektu IPATHA (*the International Project on Attitudes Toward Human Attributes*) stále převládají nepříznivé společenské předsudky o koktavosti a lidech, kteří jí trpí. (St. Louis, 2005; 2015).

Výsledky výzkumů ukazují, že koktavost má negativní dopad na kvalitu života v mnoha ohledech (ovlivňuje např. vitalitu, fungování ve společnosti, emoční prožívání a duševní zdraví; Beilby et al., 2013; Craig et al., 2009).

Odborníci po celá desetiletí přicházeli s různými doporučeními pro komunikaci s dospělými, kteří koktají – obvykle se tyto informace zakládaly na jejich vlastních názorech a domněnkách. V poslední době proběhl výzkum, jehož cílem je vytvořit doporučení pro veřejnost, která vycházejí z názorů lidí s koktavostí na to, co jim při komunikaci nejvíce pomáhá. Dvě mezinárodní studie (jedna byla provedena v Severní Americe a druhá v Evropě a na Blízkém východě) zpracovaly názory na formulaci těchto doporučení od dospělých balbutiků (St. Louis, 2018; St. Louis et al., 2017; Węsierska et al., 2018). Obecně je při komunikaci s lidmi, kteří koktají, důležité být připraven se vcítit do jejich individuálních potřeb a problémů a být flexibilní. Nejdůležitější je snažit se co nejvíce přizpůsobit individuálním potřebám jednotlivců a při komunikaci jim vycházet vstříc, jak to nejlépe jde.

Co považuje člověk s koktavostí za největší pomoc při komunikaci? Říká:



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Více informací k tématu koktavost najdete na stránkách:

- ASHA (American Speech-Language-Hearing Association): **asha.org**
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Hoe volwassenen die stotteren ondersteunen volgens de internationale evidence-based richtlijnen

THOMAS MORE

Naar schatting stottert ongeveer één procent van de wereldbevolking (Bloodstein & Bernstein Ratner, 2008). Stotteren is een veelzijdige communicatiestoornis, die wordt gekenmerkt door onderbrekingen in de spreekvaardigheid. Stotteren kan gepaard gaan met worstelend gedrag (overt stotteren en/of covert stotteren). Bovendien kan iemand die stottert affectieve en/of cognitieve reacties op stotteren ervaren. De meeste wetenschappers en logopedisten geloven dat stotteren het gevolg is van complexe interacties van meerdere factoren. Bovendien wordt het gezien als een neurofysiologische stoornis met een sterke genetische component (Yairi & Seery, 2011). De attitude ten opzichte van stotteren is vaak negatief. Volgens een reeks studies die zijn uitgevoerd in het kader van het International Project on Attitudes Toward Human Attributes (IPATHA), komen ongunstige sociale stereotypen over stotteren en mensen die stotteren nog steeds voor (St. Louis, 2005; 2015).

Uit onderzoek blijkt dat stotteren een negatieve invloed heeft op de kwaliteit van het leven op vele gebieden, zoals vitaliteit, sociaal functioneren, emotioneel functioneren en geestelijke gezondheid (Beilby et al., 2013; Craig et al., 2009). Decennialang hebben professionals verschillende aanbevelingen geformuleerd over hoe zich te gedragen in de omgang met een volwassene die stottert - meestal was deze informatie gebaseerd op hun meningen en veronderstellingen. In de afgelopen jaren poogden onderzoekers evidence-based richtlijnen te creëren over hoe in interactie te gaan met volwassenen die stotteren op de meest ondersteunende manier. Twee internationale studies - één in Noord-Amerika en de tweede in Europa en het Midden-Oosten - onderzochten de meningen van mensen die stotteren over het formuleren van deze suggesties (St. Louis, 2018; St. Louis et al., 2017; Węsierska et al., 2018). In het algemeen is het belangrijk om bij de interactie met mensen die stotteren, de behoeften en problemen van het individu te identificeren en om flexibel te zijn. Het is belangrijk om de ondersteuning af te stemmen op de individuele behoeften van een persoon en om op de meest faciliterende manier te reageren.

Hoe kan je mij, een persoon die stottert, helpen?

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