



**UNIVERSITY
OF HULL**

Stammering and Distress: Investigating the Effects of Compassion and Self-Criticism

Page 1: Participant Information Sheet

Title of study

Investigating the effects of self-criticism and compassion on stammering and distress.

Introduction and Invitation:

I would like to invite you to participate in a research project which forms part of my Clinical Psychology Doctorate research. Before you decide whether you want to take part, it is important for you to know why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information.

What is the purpose of the study?

The purpose of the study is to develop a greater understanding of what might influence the relationship that exists between stammering and distress. There has been lots of research that has focused on how stammering can result in greater levels of anxiety, depression and other mental health difficulties within the stammering population.

However, factors that might influence this relationship have not been explored in great depth. As such, current stammering treatment that focuses on the psychological impacts of stammering may not always be as effective as one would hope.

The aim of this study is therefore to determine the role played by self-criticism and compassion (accepting compassion from others, giving compassion to others, and self-compassion) on the relationship between stammering and distress. A better understanding of this relationship might mean current stammering treatment could incorporate more compassionate ways of working.

For clarity, the study's aims are given below:

1. To determine whether stammering results in distress due to increased levels of self-criticism.
2. To investigate the role of compassion on the level of self-criticism experienced by people who stammer.
3. To inform future stammering treatment with regard to understanding and alleviating the psychological impacts of stammering.

Why have I been invited to take part?

You are being invited to participate in this study because the researcher is looking to recruit people who:

- Have stammered from a young age (developmental stammering)
- Who are aged 18+
- Whose first language is English

Are there any other rules about who can or can't take part?

People who developed a stammer later on in life will be excluded from participation in this study because they will likely have very different experiences of self-criticism and compassion which may affect the results.

People who have stammered in the past but no longer do so will also be excluded from participation for this reason. People whose first language is not English will also be excluded from the study because little differences between languages may make different interpretations of questions more likely.

The survey will only be advertised in English, meaning participants will need to be able

to read English to be able to take part.

Those younger than 18 will be unable to participate in this research, as gaining parental consent for the completion of an anonymous online survey would be difficult.

The voices and stories of those that will be excluded from the study are still important, but unfortunately lie beyond the scope of this research.

What will happen if I take part?

If you chose to take part in the study you will be asked to complete an online survey which will take roughly 30 minutes to complete. The survey will be advertised as a link on a number of organisations' websites, such as the British Stammering Association, or on social media platforms including Facebook and Twitter. Therefore, you are able to choose whether or not you would like to take part. Once you have read through this information and agree to take part in the study, you will be asked to answer a series of questions which will be on the following topics: demographics (age, age of stammering onset, country of residence, gender, and previous stammering treatment), perceived stammering severity, distress (anxiety and depression), self-criticism, and compassion. An example question from the compassion topic is: "I am motivated to engage and work with my distress when it arises".

As part of participation, you will be asked to answer the questions as honestly and accurately as possible on a scale of numbers which will range from 1-10 depending on the question. Questions will be over number of pages so once all questions on one page have been answered, you will then be able to move onto the next page. When you have finished the last question, you will be prompted to click a submit button which will submit your answers and contribute your data to the overall research database, which will then be analysed and included in the final report. All information will remain anonymous, meaning any personally identifying information will not be used or requested during the study. Once you have clicked the submit button, as the data is anonymous, you will *not* be able to withdraw this information from the study. However, you will be able to do so until you have clicked the submit button. There is also a save button that you can click to save your progress, meaning that the whole survey does not have to be completed in one go.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in any way. Once you have read the

information sheet, please contact one of us if you have any questions that will help you make a decision about taking part.

Once you have read through this information and confirmed that you have understood it, you will be asked to read through a consent statement before completing the survey. This statement will ask you to provide your consent to completing the survey and for your anonymised data to be used as part of this research project. It is important to note that you will be unable to complete the study until you have consented.

Payments/Incentives

There will be no payment or incentive given to participants for completing this survey.

What are the possible risks of taking part?

It is possible that some of the questions in the study may be upsetting for some people as they ask about anxiety, depression, self-criticism, compassion and stammering. Sources of support can be found at the end of this information sheet for those people who do become upset.

What are the possible benefits of taking part?

We hope that by taking part in the research you, as a person who stammers, will be able to contribute to knowledge that may influence stammering treatment and future research into stammering. Taking part in this research may also help you behave in more compassionate ways to yourself.

Data handling and confidentiality

Your data will be processed in accordance with the General Data Protection Regulation 2016 (GDPR):

- As the survey will not ask for any personally identifying information, all participants and their data will remain anonymous throughout the entirety of the research.
- All data gathered during the research will be stored and retained for 10 years as consistent with University policy.
- Data will be shared with the primary researcher's supervisors as well as organisations used for recruitment who request a summary of the research findings. In cases where such organisations are located outside of the EU, a data transfer agreement will be in

place to ensure that all data is handled in line with UK data protection standards (GDPR).

- Anonymised data may be used in conference presentations upon the completion of the study.
- Data may also be used by future research and so may also be shared anonymously with other researchers.

Data protection statement

Please note that the below statement has to be included in this information sheet but the references made to personal data are not relevant to this study, as all data you submit will be anonymised. No personal information, such as name and address, will be asked for.

The data controller for this project will be the University of Hull. The University will process your personal data for the purpose of the research outlined above. The legal basis for processing your personal data for research purposes under GDPR is a 'task in the public interest'. You can provide your consent for the use of your personal data in this study by completing the consent form that has been provided to you. Information about how the University of Hull processes your data can be found at <https://www.hull.ac.uk/choose-hull/university-and-region/key-documents/data-protection.aspx>.

You have the right to access information held about you. Your right of access can be exercised in accordance with the General Data Protection Regulation. You also have other rights including rights of correction, erasure, objection, and data portability. Questions, comments and requests about your personal data can also be sent to the University of Hull Data Protection Officer [dataprotection@hull.ac.uk]. If you wish to lodge a complaint with the Information Commissioner's Office, please visit www.ico.org.uk.

What if I change my mind about taking part?

You are free to withdraw at any point of the study, without having to give a reason. Withdrawing from the study will not affect you in any way. You are able to withdraw your data from the study up until you have clicked the submit button at the end of the survey, after which the withdrawal of your data will not be possible as all data is anonymous. If you choose to withdraw from the study before this point, we will not retain the information you have given thus far.

How is the project being funded?

This study is being funded by the University of Hull, Cottingham Road, Hull, HU6 7RX.

What will happen to the results of the study?

The results of the study will be summarised in a word document and sent out to organisations involved in recruitment or posted on the researcher's blog page (please see the blog page information below). Furthermore, the results will also be written up in a scientific research paper and published in a scientific journal. The research will form part of a Doctorate in Clinical Psychology. The anonymised data set will be made available on the researcher's blog page along with the summary of the study's findings.

Who has reviewed this study?

Research studies are reviewed by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and approved by the Faculty of Health Sciences Ethics Committee, University of Hull.

Who should I contact for further information?

If you have any questions or require more information about this study, please contact me using the following contact details:

Telephone: 07976 071082

Email: j.garfield-2016@hull.ac.uk

Blog: www.hullstammeringresearch.wordpress.com

What if I have further questions or something goes wrong?

If you have further questions that Mr Garfield is unable to answer or if you wish to make a complaint about the conduct of the study, you can contact the University of Hull using the details below for further advice and information:

Dr Philip Molyneux

Dr Tim Alexander

University of Hull

Cottingham Road

Hull

HU6 7RX

P.Molyneux@hull.ac.uk

01482 464008

University of Hull

Cottingham Road

Hull

HU6 7RX

T.Alexander@hull.ac.uk

01482 464030

Alternatively, please contact coo@hull.ac.uk

Sources of support

- The British Stammering Association (BSA) Helpline and Webchat – open weekdays during the following times 10am-12pm and 6pm-8pm [Get Support | STAMMA](#)
- Online support groups accessible via the BSA website: [Connect | STAMMA](#)
- Samaritans UK Helpline and Webchat (24/7). [Contact Us | Samaritans](#)
- Mind's website which includes the information of different support services: [Helplines and listening services | Mind](#)
- THINK mental health website which provides information on support lines in Australia (for Australian participants): [Mental Health Emergency And Support Lines | Think Mental Health \(thinkmentalhealthwa.com.au\)](#)
- Canadian mental health support lines: [Mental health support: get help - Canada.ca](#)

Thank you for reading this information sheet and taking part in this research.

1. Have you read and understood the information displayed above? * *Required*

I can confirm that I have read and understood all information presented.

Page 2: Participant Consent

2. *I understand that by completing this survey, I consent to my participation and to providing my data to be used for the proposed study. I understand that I am able to withdraw my responses at any point prior to completing the survey, but that once I have clicked 'finish', I will not be able to do so. * Required*

I consent to completing this survey and to my data being used for this research project.

Page 3: Instructions

Please answer all questions, being as accurate as possible.

You can save your progress at any point throughout the survey and come back to it at a later date by clicking 'finish later'.

Once you have answered all questions, please click 'finish' to complete the survey.

Thank you for your time!

Page 4: Demographic Information

3. What is your age?

4. What is your gender?

- Male
- Female
- Non-binary
- Other

4.a. If you selected Other, please specify:

5. At what age did you start stammering?

6. What is your country of residence?

7. Have you had psychological support as a result of your stammer? * *Required*

Yes

No

7.a. If yes, please select the psychological models you have had experience of.

7.a.i. If you selected Other, please specify:

Page 5: Question Page 1: Self-Compassion

Section 1 – These are questions that ask you about how motivated you are, and able to engage with distress when you experience it.

When things go wrong for us and we become distressed by setbacks, failures, disappointments or losses, we may cope with these in different ways. We are interested in the degree to which people can be compassionate with themselves. We define compassion as “a sensitivity to suffering in self and others with a commitment to try to alleviate and prevent it.” This means there are two aspects to compassion. The first is the ability to be motivated to engage with things/feelings that are difficult as opposed to trying to avoid or suppress them. The second aspect of compassion is the ability to focus on what is helpful to us. Just like a doctor with his/her patient. The first is to be motivated and able to pay attention to the pain and (learn how to) make sense of it. The second is to be able to take the action that will be helpful. Below is a series of questions that ask you about these two aspects of compassion. Therefore read each statement carefully and think about how it applies to you if you become distressed.

Please rate the items using the following rating scale:

Never Always
1 2 3 4 5 6 7 8 9 10

So: When I'm distressed or upset by things...

8. I am *motivated* to engage and work with my distress when it arises.

9. I *notice*, I am *sensitive* to my distressed feelings when they arise in me.

10. I avoid thinking about my distress and try to distract myself and put it out of my mind.

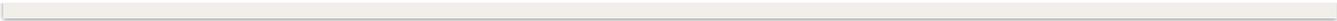
11. I am *emotionally moved* by my distressed feelings or situations.

12. I *tolerate* the various feelings that are part of my distress.

13. I *reflect on* and *make sense* of my feelings of distress.

14. I do not tolerate being distressed.

15. I am *accepting*, *non-critical* and *non-judgemental* of my feelings of distress.



Page 6: Question Page 2: Self-Compassion

Section 2 – These questions relate to how you actively cope in compassionate ways with emotions, thoughts and situations that distress you.

So: When I'm distressed or upset by things...

16. I direct my *attention* to what is likely to be helpful to me.

17. I *think* about and come up with helpful ways to cope with my distress.

18. I don't know how to help myself.

19. I take the *actions* and do the things that will be helpful to me.

20. I create inner feelings of *support, helpfulness* and *encouragement*.



Page 7: Question Page 3: Compassion to Others

Section 1 – These are questions that ask you about how motivated you are, and able to engage with other people’s distress when they are experiencing it.

Please read each statement carefully and think about how it applies to you when people in your life become distressed.

Please rate the items using the following rating scale:

Never Always
1 2 3 4 5 6 7 8 9 10

So: When others are distressed or upset by things...

21. I am *motivated* to engage and work with other people's distress when it arises.

22. I *notice* and am *sensitive* to distress in others when it arises.

23. I avoid thinking about other people's distress, try to distract myself and put it out of my mind.

24. I am emotionally moved by expressions of distress in others.

25. I tolerate the various feelings that are part of other people's distress.

26. I reflect on and make sense of other people's distress.

27. I do not tolerate other peoples' distress.

28. I am accepting, non-critical and non-judgemental of others people's distress.

Page 8: Question Page 4: Compassion to Others

Section 2 – These questions relate to how you actively respond in compassionate ways when other people are distressed.

So: When others are distressed or upset by things...

29. I direct attention to what is likely to be helpful to others.

30. I think about and come up with helpful ways for them to cope with their distress.

31. I don't know how to help other people when they are distressed.

32. I take the actions and do the things that will be helpful to others.

33. I express feelings of support, helpfulness and encouragement to others.



Page 9: Question Page 5: Distress

Select the box beside the reply that is closest to how you have been feeling **in the past week**. Don't take too long over your replies: your immediate response is best.

34. I feel tense or 'wound up'

- 3 (Most of the time)
- 2 (A lot of the time)
- 1 (From time to time, occasionally)
- 0 (Not at all)

35. I still enjoy the things I used to enjoy:

- 0 (Definitely not as much)
- 1 (Not quite as much)
- 2 (Only a little)
- 3 (Hardly at all)

36. I get a sort of frightened feeling as if something awful is about to happen:

- 3 (Very definitely and quite badly)
- 2 (Yes, but not too badly)
- 1 (A little, but it doesn't worry me)
- 0 (Not at all)

37. I can laugh and see the funny side of things:

- 0 (As much as I always could)
- 1 (Not quite as much now)
- 2 (Definitely not so much now)
- 3 (Not at all)

38. Worrying thoughts go through my mind:

- 3 (A great deal of the time)
- 2 (A lot of the time)
- 1 (From time to time, but not too often)
- 0 (Only occasionally)

39. I feel cheerful:

- 3 (Not at all)
- 2 (Not often)
- 1 (Sometimes)
- 0 (Most of the time)

40. I can sit at ease and feel relaxed:

- 0 (Definitely)
- 1 (Usually)
- 2 (Not often)
- 3 (Not at all)

41. I feel as if I am slowed down:

- 3 (Nearly all the time)
- 2 (Very often)
- 1 (Sometimes)
- 0 (Not at all)

42. I get a sort of frightened feeling like 'butterflies' in the stomach:

- 0 (Not at all)
- 1 (Occasionally)
- 2 (Quite often)
- 3 (Very often)

43. I have lost interest in my appearance:

- 3 (Definitely)
- 2 (I don't take as much care as I should)
- 1 (I may not take quite as much care)
- 0 (I take just as much care as ever)

44. I feel restless as I have to be on the move:

- 3 (Very much indeed)
- 2 (Quite a lot)

- 1 (Not very much)
- 0 (Not at all)

45. I look forward with enjoyment to things:

- 0 (As much as I ever did)
- 1 (Rather less than I used to)
- 2 (Definitely less than I used to)
- 3 (Hardly at all)

46. I get sudden feelings of panic:

- 3 (Very often indeed)
- 2 (Quite often)
- 1 (Not very often)
- 0 (Not at all)

47. I can enjoy a good book or radio or TV program:

- 0 (Often)
- 1 (Sometimes)
- 2 (Not often)
- 3 (Very rarely)

- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

50. I am fearful of becoming dependent on the care from others because they might not always be available or willing to give it.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

51. I often wonder whether displays of warmth and kindness from others are genuine.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

52. Feelings of kindness from others are somehow frightening.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)

- 3
- 4 (Completely agree)

53. When people are kind and compassionate to me I feel anxious or embarrassed.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

54. If people are friendly and kind I worry they will find out something bad about me that will change their mind.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

55. I worry that people are only kind and compassionate if they want something from me.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3

4 (Completely agree)

56. When people are kind and compassionate towards me I feel empty and sad.

0 (Don't agree at all)

1

2 (Somewhat agree)

3

4 (Completely agree)

57. If people are kind I feel they are getting too close.

0 (Don't agree at all)

1

2 (Somewhat agree)

3

4 (Completely agree)

58. Even though other people are kind to me, I have rarely felt warmth from my relationships with others.

0 (Don't agree at all)

1

2 (Somewhat agree)

3

4 (Completely agree)

59. I try to keep my distance from others even if I know they are kind.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

60. If I think someone is being kind and caring towards me, I 'put up a barrier'.

- 0 (Don't agree at all)
- 1
- 2 (Somewhat agree)
- 3
- 4 (Completely agree)

Page 11: Question page 7: Self-Criticism

When things go wrong in our lives or don't work out as we hoped, and we feel we could have done better, we sometimes have negative and self-critical thoughts and feelings. These may take the form of feeling worthless, useless or inferior etc. However, people can also try to be supportive of themselves.

Below are a series of thoughts and feelings that people sometimes have. Read each statement carefully and select the number that best describes how much each statement is true for you.

Please use the scale below:

Not at all like me = 0

A little bit like me = 1

Moderately like me = 2

Quite a bit like me = 3

Extremely like me = 4

61. I am easily disappointed with myself.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

62. There is a part of me that puts me down.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)

- 3 (Quite a bit like me)
- 4 (Extremely like me)

63. I find it difficult to control my anger and frustration at myself.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

64. There is a part of me that feels I am not good enough.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

65. I feel beaten down by my own self-critical thoughts.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

66. I remember and dwell on my failings.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

67. I can't accept failures and setbacks without feeling inadequate.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

68. I think I deserve my self-criticism.

- 0 (Not at all like me)
- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

69. There is a part of me that wants to get rid of the bits I don't like.

- 0 (Not at all like me)

- 1 (A little bit like me)
- 2 (Moderately like me)
- 3 (Quite a bit like me)
- 4 (Extremely like me)

Page 12: Question page 8: Stammering Severity

Please use the rating scales shown in each question.

70. How would you score your fluency today? 1 = Relatively fluent 9 = Severe stammering

71. How would you score your speech with the following audiences over the past week? 1 = Relatively fluent 9 = Severe stammering

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

72. How much time during conversation during the last week did you think about stammering with the following audiences? 1 = Never 9 = Constantly

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

73. How often did you change words during the last week when you thought you might

get stuck, with the following audience? 1 = Never 9 = Always

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

74. To what extent did you feel internally hurried during conversation this past week with the following audiences? 1 = Never 9 = Always

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

75. How much energy did you expend this week on how you speak rather than on what you wanted to say with the following audiences? 1 = 0% 9 = 100%

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

76. During the past week, how much did you refrain from a conversation because of fear of stammering with the following audiences? 1 = Rarely 9 = Frequently

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								

Telephone	<input type="radio"/>								
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77. During the past week, how much choice did you feel you had to take part in a conversation with the following audiences? 1 = A great deal 9 = Very little

	1	2	3	4	5	6	7	8	9
Close friend	<input type="radio"/>								
Authority figure	<input type="radio"/>								
Telephone	<input type="radio"/>								

Page 13: All Done!

Thank you for taking part in the research!

Questions

If you have any questions about the study or wish to find out more, please get in touch using the following contact details:

Telephone: 07976 071082

Email: j.garfield-2016@hull.ac.uk.

Blog: www.hullstammeringresearch.wordpress.com.

Support

If you require any additional support, please see the links below:

- The British Stammering Association (BSA) Helpline and Webchat – open weekdays during the following times 10am-12pm and 6pm-8pm [Get Support | STAMMA](#)
- Online support groups accessible via the BSA website: [Connect | STAMMA](#)
- Samaritans UK Helpline and Webchat (24/7) [Contact Us | Samaritans](#)
- Mind’s website which includes the information of different support services: [Helplines and listening services | Mind](#)
- THINK mental health website which provides information on support lines in Australia (for Australian participants): [Mental Health Emergency And Support Lines | Think Mental Health \(thinkmentalhealthwa.com.au\)](#)
- Canadian mental health support lines: [Mental health support: get help - Canada.ca](#)

Results

If you would like to find out the results of this study, please visit www.hullstammeringresearch.wordpress.com by December 2022 for a summary of the study’s findings, and the anonymous data sat collected by the survey.

Key for selection options

7.a - If yes, please select the psychological models you have had experience of.

- Cognitive Behavioural Therapy (CBT)
- Solution-Focused Therapy (SFT)
- Acceptance and Commitment Therapy (ACT)
- Compassion-Focused Therapy (CFT)
- Mindfulness
- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Cognitive Analytic Therapy (CAT)
- Psychoanalytic Therapy
- Narrative Therapy
- Systemic Therapy
- Other

8 - I am *motivated* to engage and work with my distress when it arises.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

9 - I *notice*, I am *sensitive* to my distressed feelings when they arise in me.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

10 (Always)

10 - I avoid thinking about my distress and try to distract myself and put it out of my mind.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

11 - I am *emotionally moved* by my distressed feelings or situations.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

12 - I *tolerate* the various feelings that are part of my distress.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

13 - I *reflect on* and *make sense* of my feelings of distress.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

14 - I do not tolerate being distressed.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

15 - I am *accepting*, *non-critical* and *non-judgemental* of my feelings of distress.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

16 - I direct my *attention* to what is likely to be helpful to me.

- 1 (Never)
- 2

- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

17 - I *think* about and come up with helpful ways to cope with my distress.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

18 - I don't know how to help myself.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

19 - I take the *actions* and do the things that will be helpful to me.

- 1 (Never)
- 2
- 3
- 4
- 5

- 6
- 7
- 8
- 9
- 10 (Always)

20 - I create inner feelings of *support, helpfulness* and *encouragement*.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

21 - I am *motivated* to engage and work with other people's distress when it arises.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

22 - I *notice* and am *sensitive* to distress in others when it arises.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7

- 8
- 9
- 10 (Always)

23 - I avoid thinking about other people's distress, try to distract myself and put it out of my mind.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

24 - I am emotionally moved by expressions of distress in others.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

25 - I tolerate the various feelings that are part of other people's distress.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

10 (Always)

26 - I reflect on and make sense of other people's distress.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

27 - I do not tolerate other peoples' distress.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

28 - I am accepting, non-critical and non-judgemental of others people's distress.

1 (Never)

2

3

4

5

6

7

8

9

10 (Always)

29 - I direct attention to what is likely to be helpful to others.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

30 - I think about and come up with helpful ways for them to cope with their distress.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

31 - I don't know how to help other people when they are distressed.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

32 - I take the actions and do the things that will be helpful to others.

- 1 (Never)

- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

33 - I express feelings of support, helpfulness and encouragement to others.

- 1 (Never)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Always)

70 - How would you score your fluency today? 1 = Relatively fluent 9 = Severe stammering

- 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7
 - 8
 - 9
-