

TABLE 2-2			
Stuttering Myths, Potential Origins, Current Research, Clinical Implications			
<i>STUTTERING MYTH</i>	<i>POSSIBLE ORIGIN</i>	<i>CURRENT RESEARCH</i>	<i>CLINICAL IMPLICATION</i>
Stuttering can be caused by parents.	Diagnosogenic theory (Johnson, 1955). Concept that stuttering begins by parents labeling a child's hesitations as stuttering.	Multifactorial theory (Smith, 1990a, 1990b; Smith & Kelly, 1997): Stuttering is caused by a mix of neurological, genetic, and environmental factors. These factors present themselves differently in different individuals who stutter.	Parents/caregivers are not at fault; if one stressor didn't exist, another likely would have triggered their child's stuttering.
Stuttering is caused by anxiety.	Appearance that stuttering gets worse when someone is stressed or anxious	Stuttering and anxiety may coexist; no evidence to support anxiety as sole cause of stuttering (Bloodstein & Bernstein Ratner, 2008).	Telling someone to "relax" or "calm down" is not helpful advice for stuttering.

It was mentioned earlier that although it is not part of the LCD definition of cluttering, affective and cognitive components do exist and should be considered when evaluating someone with cluttering. In the past it was thought that those with cluttering had limited to no awareness of their communication disorder. Research has since revealed that just as in stuttering, some with cluttering have experienced negative reactions from others, have been underemployed due to their communication disorder, and have been engaged in avoidance behaviors because of their cluttering (Scaler Scott & St. Louis, 2011).

It is important to consider the topic of cluttering awareness from a new perspective. As previously described, cluttering is a disorder that, until recently, was relatively confusing and/or unknown among professionals and the public alike. Each time I speak at a workshop about diagnosing cluttering, at least one clinician reports that they feel that due to prior confusion over the cluttering definition, they may have misdiagnosed clients who were cluttering as stuttering. As awareness and education are increasing, improvements are noted, yet misdiagnoses still continue (Scaler Scott & St.

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Louis, 2011). Among the public, it is likely still safe to say that although the average layperson may know that something is amiss in a speaker's communication skills, they would be unable to give a name to the communication disorder. It is one thing to be unaware that there is any problem whatsoever, and another to be aware there is a problem but to not have the correct terminology to link to the disorder. Reports from adults who clutter, including adults who were interviewed independently of each other, indicate that as a child, people would make vague remarks about improving their communication skills (Dewey, 2005; Scaler Scott & St. Louis, 2011). These adults with cluttering also reported being aware of confused looks from others. Therefore, they were aware that others couldn't understand them, but couldn't understand why. That is, they were aware of the existence of cluttering even when they couldn't give a name to it.