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The Study on Effectiveness of Mind Simulation Therapy on Stuttering and Adjustments Problems on a Group of Iranian Patients with Moderate to Severe Stuttering

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Abstract

Objective: This study aimed to evaluate the effectiveness of the mind simulation technique in reducing stuttering and improving individual and social adjustment of adults with stuttering.

Method: The design of the present study was quasi-experimental with a control group, pretest-posttest, and follow-up design. The statistical population was all adults with stuttering (18-40 years old, male and female) referred to Dr. Kamarzarin Psychological Services Center in 2024. A total of 26 people were selected as the study sample using the convenience sampling method. The Stuttering Severity Inventory (SSI-4) and the Bell Adjustment Questionnaire were used to collect data. The stuttering intensity and degree of adjustment of participants were measured in the pre-test (before treatment), post-test (three months after treatment), and after a one-month follow-up. Data were analyzed using the repeated measures of variance using SPSS-22 software. The main hypothesis of the study was to evaluate the effectiveness of the mind simulation technique in reducing stuttering and improving individual and social adjustment of people with stuttering.

Results: The results showed that mind stimulation therapy effectively reduced stuttering severity and total adjustment, job adjustment, and emotional adjustment ($P = 0.01$).

Keywords: Stuttering, Individual, social adjustment, Mind simulation, Iran