

## Stuttering Anticipation Scale (SAS)

Many people who stutter know that they are going to stutter before they actually do. This is called “anticipating stuttering.” For example, if you are about to say your name or phone number or favorite food and know that you will stutter when saying it, you are anticipating stuttering.

**How much do you anticipate stuttering?** (circle one)    Never    Rarely    Sometimes    Often    Always

People who stutter do different things when they anticipate stuttering. Each of the following statements is something that people who stutter may do when they anticipate stuttering. As you read each statement, think about how often you do these things and circle a number 1-7 that shows how often you currently do these things. There are no right or wrong answers. Please answer each item as honestly as you can.

		<i>Never</i>	<i>Almost never</i>	<i>Infrequently</i>	<i>Sometimes</i>	<i>Often</i>	<i>Almost always</i>	<i>Always</i>
1. How often do you switch words that you think you will stutter on? .....	1	2	3	4	5	6	7	
2. How often do you slow down your speech when you think you are about to stutter? .....	1	2	3	4	5	6	7	
3. How often do you try to speak faster when you think you are about to stutter? .....	1	2	3	4	5	6	7	
4. How often do you move other parts of your body, like your head or arms, when you think you are about to stutter? .....	1	2	3	4	5	6	7	
5. How often do you take an extra breath when you think you are about to stutter? .....	1	2	3	4	5	6	7	
6. How often do you talk around a word you think you will stutter on? ....	1	2	3	4	5	6	7	
7. How often do you swallow on purpose when you think you are about to stutter? .....	1	2	3	4	5	6	7	
8. How often do you try to “relax” when you think you are about to stutter? .....	1	2	3	4	5	6	7	
9. How often do you stall or pause when you think you are about to stutter? .....	1	2	3	4	5	6	7	
10. How often do you change the topic of what you are talking about when you think you are about to stutter? .....	1	2	3	4	5	6	7	

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Never  
Almost never  
Infrequently  
Sometimes  
Often  
Almost always  
Always

11. How often do you try to use a speech tool or strategy when you think you are about to stutter? ..... 1 2 3 4 5 6 7
12. How often do you leave a speaking situation when you think you are about to stutter? ..... 1 2 3 4 5 6 7
13. How often do you change the volume of your voice, like get louder or softer, when you think you are about to stutter? ..... 1 2 3 4 5 6 7
14. How often do you use words like “um” or “uh” or “like” when you think you are about to stutter? ..... 1 2 3 4 5 6 7
15. How often do you try to fake stutter when you think you are about to stutter? ..... 1 2 3 4 5 6 7
16. How often do you tell the person you’re talking to that you stutter when you think you are about to stutter? ..... 1 2 3 4 5 6 7
17. How often do you look away from the person you’re talking to when you think you are about to stutter? ..... 1 2 3 4 5 6 7
18. How often do you say exactly what you want to say even when you think you are going to stutter? ..... 1 2 3 4 5 6 7
19. How often do you look right at the person you are talking to when you think you are about to stutter? ..... 1 2 3 4 5 6 7
20. How often do you interrupt the person you are talking to or talk before it’s your turn when you think you are about to stutter? ..... 1 2 3 4 5 6 7
21. How often do you let someone else speak for you when you think you are about to stutter? ..... 1 2 3 4 5 6 7
22. How often do you try to push or force the word out when you think you will stutter on it? ..... 1 2 3 4 5 6 7
23. How often do you keep quiet when you think you will stutter? ..... 1 2 3 4 5 6 7
24. How often do you text or message someone instead of talking, when you think you will stutter? ..... 1 2 3 4 5 6 7
25. How often do you pretend to be doing something else when you think you are about to stutter? ..... 1 2 3 4 5 6 7