

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The comparison of efficacy of Prolonged-speech, Light Contact Consonants, and Bounce methods used at the Pull-out strategy in adults with stuttering

Protocol summary

Study aim

The aim of this study is to compare the effectiveness of speech-fluency methods in reducing the severity of stuttering in people with moderate to severe stuttering

Design

The clinical trial has a control group, with parallel groups, double-blind, simple randomized, phase 3 on 36 patients. Randomization will be done simply by drawing even and odd numbers.

Settings and conduct

36 people with stuttering are randomly divided into two groups. Interventions are performed in Ahvaz Rehabilitation School. In the main intervention group, 12 sessions of prolonged-speech method are presented. The severity of stuttering is measured by SSI-3 instruments before the intervention, immediately after the end of the treatment sessions, and two weeks after the end of the intervention. In the control group, conventional speech therapy methods will be used. Participants, evaluators, and data analyst are blind to the information in this study.

Participants/Inclusion and exclusion criteria

Having stuttering, at least 18 years old, no other speech disorders

Intervention groups

Main intervention group: The Prolonged-speech method includes a set of speech-breathing coordination techniques Which helps the stuttered-person to express the words fluently and inter-connectedly. Control group: The intervention intended for this group is a common method of speech therapy that include controlling the speed of speech, repeating words by imitating other speakers, and controlling anxiety during speech.

Main outcome variables

Stuttering severity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110928007657N4**

Registration date: **2022-01-03, 1400/10/13**

Registration timing: **registered_while_recruiting**

Last update: **2022-01-03, 1400/10/13**

Update count: **0**

Registration date

2022-01-03, 1400/10/13

Registrant information

Name

Peyman Zamani

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3322 1002

Email address

zamanip@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-22, 1400/10/01

Expected recruitment end date

2022-05-05, 1401/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of efficacy of Prolonged-speech, Light Contact Consonants, and Bounce methods used at the Pull-out strategy in adults with stuttering

Public title

The comparison of efficacy of Prolonged-speech, Light Contact Consonants, and Bounce methods in adults with stuttering

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having a developmental stuttering No history of emotional or mental illness No history of speech therapy during the last six months No other speech disorders

Exclusion criteria:

Not being in the age range Unwillingness of a person to enter and participate in the study

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization The name of each participant is written on a piece of paper. Names are poured into a pot. Then, the names of the people coming out of the pot are placed in the intervention or control group. The odd arrangements will settled in the intervention group and even ranks will settled in the control group.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants will not be aware that the technique they are receiving is the main intervention or the conventional intervention. The outcome assessor evaluates only the spoken samples and does not meet the participants. The data analyzer only analyzes the SPSS file and recognizes each participant as a code, and does not meet the participants.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

Street address

No. 309, Ordibehesht Ave., Golestan Blvd., University Pardis

City

Ahvaz

Province

Khouzestan

Postal code

6135733133

Approval date

2021-06-12, 1400/03/22

Ethics committee reference number

IR.AJUMS.REC.1400.172

Health conditions studied

1

Description of health condition studied

Stuttering

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Stuttering Severity

Timepoint

Before of Intervention, After intervention, 2 months for fallow up

Method of measurement

Stuttering Severity Instrument (SSI)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The prolonged speech method is considered for this group. It has three levels of treatment: training, consolidation and generalization. The participant acquires skills at each level. Total duration of educational intervention will be 2 months and educational 1-hourly lessens will be administrated 3 times per week.

Category

Behavior

2

Description

Control group: For this group, conventional tasks of speech therapy are used to reduce the severity of stuttering. These exercises include quiet reading, listening training and bio-feedback therapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Rehabilitation Sciences at Ahvaz

Full name of responsible person

Peyman Zamani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr. Mehdi Ahmadi moghadam

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dr.peymanslp@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Peyman Zamani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Speech therapy

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Person responsible for scientific inquiries

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available