Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 analysor 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)

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+98 61 3322 1002

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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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No. 309, Ordibehesht Ave., Golestan Blvd., University Pardis
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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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No. 309, Ordibehesht Ave., Golestan Blvd., University Pardis
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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
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Other areas of specialty/work
Speech therapy
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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