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Title: Enacted stigma and felt stigma experienced by adults who stutter

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Research Highlights:

- Relationships between enacted stigma, felt stigma, and mental health were analyzed.
- Enacted stigma was positively and significantly related to felt stigma.
- Enacted stigma and felt stigma were negatively related to mental health.
- Enacted stigma and felt stigma explained unique variance in global mental health.
- People who stutter experience social devaluation and anticipate these experiences.

Abstract

Purpose: The aim of this study was to (1) document the experiences of enacted stigma (external stigma, experienced discrimination) and felt stigma (anticipation and expectation of discrimination or negative treatment by others) in adults who stutter, (2) investigate their relationships to each other, and (3) investigate their relationships to global mental health.

Method: Participants were 324 adults who stutter recruited from clinicians and self-help group leaders in the United States. Participants completed an anonymous web survey consisting of measures of enacted stigma, felt stigma, and global mental health. Data analysis focused on obtaining descriptive statistics for enacted stigma and felt stigma, and performing correlational analysis between these variables, and also between these variables and global mental health.

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