



## Research Opportunities at UCL Speech Lab

### Have your say in stammering research

Hi!

My name is Zhixing, and I'm a PhD researcher from the Speech Lab at University College London (UCL). I'm working on research about the relationship between stammering and anxiety, especially how young people feel in everyday situations like school, family life, therapy, and speaking with others.

In our lab, we believe research is most meaningful when it is shaped by people with lived experience. As the National Institute for Health and Care Research (*a UK organisation that supports health research and encourages public involvement*) puts it, "research being carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them."

### What does "getting involved" mean?

This is not a research study where you're tested or assessed. Instead, you would be helping to shape research by:

- Sharing your thoughts on what researchers should be asking about stammering based on your lived experiences
- Giving feedback on research ideas, questions, or materials
- Talking about what feels important, helpful, or missing in the research we proposed

You don't need any research experience, just a willingness to share your thoughts in a way that feels comfortable for you. Your experiences and opinions will help make sure future research is relevant, respectful, and meaningful to young people who stammer.

### An example of how young people have shaped our research

A few months ago, we worked with a small group of young people who stammer from the ASC in a focus group. They shared their thoughts and experiences and told us what they felt research should be paying attention to.

After carefully looking at what they shared, their ideas helped to inform and refine the ongoing development of our research. In particular, they highlighted the importance of the involvement should be continuous, from designing to implementing, throughout the research stages. They emphasised the importance of resilience in how anxiety develops, and how resilience is shaped not only by personal strengths but also by external social factors, such as how communication partners respond to stammering.

Because of what they told us, we have shaped the direction of our research and are now focusing on topics that matter more to young people who stammer. This is why your voice is

so important as it genuinely helps shape what research looks like and what questions get asked.

If you'd like to be involved, we'd love to hear from you. By sharing your views, you can help make a real difference to how research understands stammering.

Best wishes,  
Zhixing