

## Unhelpful Thoughts and Beliefs About Stuttering Scales (UTBAS I, II, III) For Adults

Using the following scale, please read each item below and circle the number which most accurately describes you in terms of: (1) how frequently you have these thoughts, (2) how much you believe these thoughts, (3) how anxious these thoughts make you feel.

		1=never or not at all 2=rarely or a little 3=sometimes or somewhat 4=often or a lot 5=always or totally					How FREQUENTLY I have these thoughts					How much I BELIEVE these thoughts					How ANXIOUS these thoughts make me feel				
							1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1	People will doubt my ability because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
2	It's impossible to be really successful in life if you stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
3	I won't be able to keep a job if I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
4	It's all my fault – I should be able to control my stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
5	I'm a weak person because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
6	No one will like me if I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
7	I might stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
8	People focus on every word I say	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
9	I am incompetent	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
10	No one could love a stutterer	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
11	I will stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
12	Everyone in the room will hear me stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
13	I'm stupid	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
14	People will think I'm stupid if I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
15	I'll never be successful because of my stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
16	I won't be able to answer their questions	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

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							1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
17	I'm hopeless	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
18	I'm of no use in the workplace	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
19	People will think I'm incompetent because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
20	I'll block completely and won't be able to talk	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
21	Everyone will think I'm an idiot	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
22	I can't speak to people in positions of authority	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
23	People will think I'm strange	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
24	People will think I can't speak English	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
25	No one would want to have a relationship with a stutterer	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
26	I can't think clearly because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
27	I can't speak to aggressive people	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
28	People will think that I have no opinions	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
29	People will think I'm boring because I have nothing to say	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
30	If I block, people will think I'm retarded	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
31	I can't face these people	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
32	People will wonder what's wrong with me if I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
33	What will people think of me if they disagree with what I say?	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
34	Most people view stutterers as less capable	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
35	I don't want to go – people won't like me	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					

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							1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
36	My pauses are too long – people will think I’m weird	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
37	People won’t like me because I won’t be able to talk	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
38	I can’t convince people of anything I say because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
39	People will think I’m retarded if I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
40	I’ll block – I know I will	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
41	I’ll make a fool of myself	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
42	People get tired of waiting for me to get my words out	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
43	People shouldn’t have to wait so long for me to speak	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
44	I always embarrass the people I’m speaking to	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
45	People think I have something to hide because my stutter sounds suspicious	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
46	People will think that I’m worthless	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
47	I’ll embarrass myself	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
48	I can’t speak to people I find sexually attractive	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
49	No one will understand what I’m trying to say	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
50	What’s the point of even trying to speak – it never comes out right	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
51	I won’t be able to say exactly what I want to say	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
52	Everyone will think I’m simple or dumb because I avoid using difficult words	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
53	I slow up everyone’s conversation	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
54	Everyone hates it when I start to speak	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					

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							1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
55	I can never speak on the phone	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
56	I won't be able to ask for what I want	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
57	The person on the other end of the phone will hang up on me	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
58	People will laugh at me	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
59	People will think I'm mute	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
60	I'll never finish explaining my point – they'll misunderstand me	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
61	The answering machine will turn off if I block – I won't be able to leave any message	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
62	They'll think I'm a prank caller if I block	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
63	I won't be able to say 'hello' when I pick up the phone	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
64	People who stutter are stupid	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
65	People who stutter are incompetent	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
66	People who stutter are boring	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					