

UTBAS-6

Brief Version of the Unhelpful Thoughts and Beliefs About Stuttering Scales

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 makes 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	I'll never be successful because of my stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
2	People will think I'm incompetent because I stutter	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
3	People will think I'm strange	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
4	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
5	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
6	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

Note: Items 1-6 of the UTBAS-6 are taken from the original UTBAS scales (items 15, 19, 23, 35, 50, and 60, respectively)

Decile Ranges for Brief UTBAS-6 Scores and Full UTBAS Estimate Scores

DECILE ¹	UTBAS-1 (FREQUENCY)		UTBAS-2 (BELIEF)		UTBAS-3 (ANXIETY)		UTBAS-TOTAL	
	Brief UTBAS-6 Score	Full UTBAS Equivalent Score	Brief UTBAS-6 Score	Full UTBAS Equivalent Score	Brief UTBAS-6 Score	Full UTBAS Equivalent Score	Brief UTBAS-6 Score	Full UTBAS Equivalent Score
1	6 – 7	66 – 89	6 – 7	66 – 88	6	66 – 84	18 – 22	198 – 263
2	8 – 10	90 – 109	8	89 – 106	7 – 8	85 – 105	23 – 27	264 – 324
3	11	110 – 129	9 – 10	107 – 123	9	106 – 123	28 – 33	325 – 382
4	12	130 – 140	11 – 12	124 – 136	10 – 11	124 – 138	34 – 37	383 – 420
5	13 – 14	141 – 155	13	137 – 152	12	139 – 153	38 – 42	421 – 461
6	15	156 – 167	14	153 – 163	13 – 14	154 – 167	43 – 46	462 – 501
7	16 – 18	168 – 183	15 – 16	164 – 181	15 – 16	168 – 184	47 – 52	502 – 547
8	19	184 – 200	17 – 19	182 – 201	17 – 19	185 – 207	53 – 59	548 – 606
9	20 – 23	201 – 228	20 – 22	202 – 227	20 – 23	208 – 238	60 – 67	607 – 682
10	24 – 30	229 – 330	23 – 30	228 – 330	24 – 30	239 – 330	68 – 90	683 – 990

¹In cases where the UTBAS total score falls within or above the fifth decile, referral for a psychological assessment is recommended. This does not suggest that total scores below the fifth decile exclude the presence of clinically significant psychological problems. The decision about referral to a psychologist will be based on a combination of the UTBAS total score, any other clinical measures, and clinical judgement.