

The Use of Behaviour Change Techniques in Interventions for German-speaking Children with Speech Sound Disorders: Identification and Training

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Abstract

Background

Speech sound disorders (SSDs) are some of the most common communication difficulties among

preschoolers. Yet, little is known about the key ingredients of SSD interventions. Behaviour change techniques (BCTs) are the smallest components that can bring change in an intervention.

Currently no coherent terminology is used to describe techniques in interventions. Identifying

BCTs may support Speech and Language Therapists (SLTs) and Speech and Language Therapy

(SLT) students in implementing, reporting and replicating SSD interventions explicitly and coherently.

Aim/Objectives

This three-stage study explores the specific framework Behaviour Change Technique Taxonomy

Version 1 (BCTTv1). Stage one aims to identify BCTs in SSD interventions. Stages two and three

aim to investigate whether bespoke BCT training for SLTs and SLT students is effective.

Method

BCTs were identified from SSD intervention literature and training manuals, plus an intervention

session video. A BCT training was then developed. Eleven SLTs and ten SLT students were trained to identify BCTs using video analysis in Stage 2. The BCT training was revised on the

basis of this and repeated in Stage 3 with eight students. All participants were asked about their

response to using BCTs.

Results

Seventeen BCT types were identified in German-speaking SSD interventions, and fourteen of these seventeen BCT types were identified in the SSD intervention video. These BCT types were included in the BCT training. BCT coding results of SLTs and SLT students were low in Stage 2, whereas results in Stage 3 showed a significant increase in coding accuracy. All participants (N=29) agreed that BCTs help to label SLTs' actions more explicitly.

Conclusion

The application of BCTs is a theoretically sound, acceptable and practical way of identifying key ingredients of SSD interventions. The SLT student BCT training was effective in Stage 3. Participants find that the BCTTv1 is useful and beneficial for SSD interventions.