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S.P.I.T. Lab

Stress Profiles for Individualized Therapeutics



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Purpose

The purpose of the S.P.I.T. lab is to provide much needed information on how individuals with various communication disorders respond to stressors. Salivary sampling for stress hormones and other biomarkers is minimally invasive and provides a comprehensive analysis of the body's reactivity to environmental stressors.

A quantifiable analysis of the body's reactivity to various stressors is especially interesting for communication disorders known to fluctuate in severity when the individual becomes stressed or anxious (e.g., stuttering).

The ability to characterize an individual as a high or low reactor to stress may guide therapeutic options to better serve the unique needs of each client.

