## Exploring treatment efficacy in non-progressive dysarthria: A comparison of two treatment programs P. Cornwell, D. Theodoros, R. Wenke

The study aimed to determine the effectiveness of the Lee Silverman Voice Treatment (LSVT®) in the treatment of non-progressive dysarthria compared to intensive multi-faceted dysarthria therapy. Twenty-two participants were randomly allocated to either a LSVT<sup>®</sup> group or multifaceted dysarthria therapy (MFDT) group. Treatment involved 1-hour per day, 4-days per week, for 4-weeks for both groups. Participants were assessed at baseline, 1-month post-treatment, and 6-months post-treatment. Measures included sound pressure levels (SPL) during sustained phonation, reading, and conversation, maximum phonation time (MPT), and perceptual ratings of speech intelligibility, articulatory precision, loudness, roughness, rate, breath support for speech, stress, and breathiness. Results revealed that both therapy programs led to significant improvements (p < 0.05) in SPL measures, MPT and articulatory precision immediately and 6months post-treatment. Improvement in speech intelligibility was evident 6-months posttreatment. In general, comparisons of the differential impact of the two treatments did not indicate either program led to significantly greater changes in speech intelligibility, SPL measures, or perceptual speech characteristics. These findings highlight that the general principle of intensive treatment for non-progressive dysarthria results in improved speech production, although further research is required into the content and structure of treatment programs to ensure maximum gains and maintenance of speech improvements.