

Appendix A

Assessment of Selective Mutism

Scope of Communication

Who does the child talk to?

- ▷ parents
- ▷ siblings
- ▷ other members of household
- ▷ extended family—specify pattern
- ▷ adult family friends
- ▷ child friends
- ▷ teachers
- ▷ classmates
- ▷ activity leaders (e.g., scouts, athletics)
- ▷ church members
- ▷ strangers
 - answers strangers' questions
 - orders in restaurants

Where does the child speak?

- ▷ home
- ▷ relatives' homes
- ▷ friends' homes
- ▷ school classroom
- ▷ school lunchroom
- ▷ school playground
- ▷ public settings

When does the child speak?

- ▷ parents present
- ▷ parents absent
- ▷ friends' parents absent
- ▷ teacher absent
- ▷ familiar people around child
- ▷ strangers around child

How does the child speak?

- ▷ to parents in front of familiar people
- ▷ to parents in front of strangers
- ▷ to friends in front of child's parents
- ▷ whisper or full voice?
- ▷ single words or sentences?

What does the child say?

- ▷ requests for wants and needs
- ▷ provides information
- ▷ asks questions

History, Related Problems

Risk Factors

- ▷ family history of anxiety, mood disorder, shyness
- ▷ current family status of anxiety, mood disorder
- ▷ external stressors
 - environmental stressors
 - school pressure

Other Anxiety Symptoms

- ▷ fears, phobias
- ▷ resists having picture taken
- ▷ afraid of loud, unexpected sounds
- ▷ resists using toilet at home or in public
- ▷ resists attention (e.g., family singing for child's birthday)
- ▷ withdraws from large family parties

Significant Events in Child's Life

- ▷ possible traumatic episodes
- ▷ changes in family
- ▷ school events

Co-Occurring Problems

- ▷ oppositional behavior
- ▷ delay in toilet training
- ▷ isolates self from immediate family
- ▷ parent-child or parent-sibling conflict

Responses at School

- ▷ nonverbal sharing or response (e.g., shows or points)
- ▷ writes answers
- ▷ reads aloud
- ▷ talks to classmates
- ▷ volunteers answers
- ▷ verbally answers questions when called on

Intervention & Treatment

Previous Methods for Improving Mutism

- ▷ reward system at home
- ▷ reward system at school
- ▷ psychotherapy/counseling
- ▷ speech therapy
- ▷ other

Communication in Therapy

- ▷ eye contact
- ▷ gestures—nod/shake/shrug
- ▷ point
- ▷ draw
- ▷ write
- ▷ phonate laughing
- ▷ mouth words
- ▷ whisper
- ▷ talk
 - talk to therapist with parent present
 - talk to parent with therapist present

Response to Treatment

- ▷ nonverbal
- ▷ participates in play therapy
- ▷ verbal
- ▷ responds to operant techniques to expand communication
- ▷ cognitive capacity for CBT techniques