



Cyprus  
University of  
Technology

Faculty of Health  
Science

**Master's Thesis**

**EVALUATING THE EFFECTS OF A STRUCTURED  
QUESTIONING TRAINING FOR SPEECH AND  
LANGUAGE THERAPY STUDENTS**

**Eleni Zinonos**

**Limassol, May 2023**



CYPRUS UNIVERSITY OF TECHNOLOGY  
FACULTY OF HEALTH SCIENCE  
DEPARTMENT OF REHABILITATION SCIENCE

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# Approval Form

Master's Thesis

## **EVALUATING THE EFFECTS Of A STRUCTURED QUESTIONING TRAINING FOR SPEECH AND LANGUAGE THERAPY STUDENTS**

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Cyprus University of Technology

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The approval of the thesis by the Department of Rehabilitation Science does not imply necessarily the approval by the Department of the views of the writer.

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## **ABSTRACT**

**Background:** People who are dealing with difficult changes may benefit from acquiring skills to support decision-making, optimizing their quality of life. GROW model, drawn on structured questioning (SQ), can be used by speech and language therapists (SLTs), to support such individuals.

**Aim:** The aim of this project was to define the types of counselling support SLTs provide to their clients prior and after a SQ training. It was also aimed to gather SLTs perceptions about the use of GROW in clinical and personal life, and its influence on their wellbeing.

**Methods:** Thirteen master SLT students were selected by purposive sampling. A mixed method design was followed. Data collection was based on the completion of six questionnaires (quantitative data) and semi-structured interviews (qualitative data). These were conducted prior and post of a two-day training on GROW model and SQ. A thematic analysis was carried out to collect the perception of the participants, while paired Wilcoxon signed rank test was used to analyze participants scores on the questionnaires.

**Findings:** No statistical significant differences were found on participants wellbeing at any evaluation tool. However, participants expressed that GORW can be a useful tool for improving clinical skills and personal goal achievement.

**Discussion:** GROW model and SQ can be beneficial for SLTs, not only in clinical practice, but also for personal goals. To confirm the effectiveness of the model, more studies are needed.

**Keywords:** GROW model, structure questioning, speech therapy, perceptions