



The Effects of Comprehensive Behavioral Intervention for Tics on the Social Participation of Adolescents Ages 10-15 with Tic Disorders

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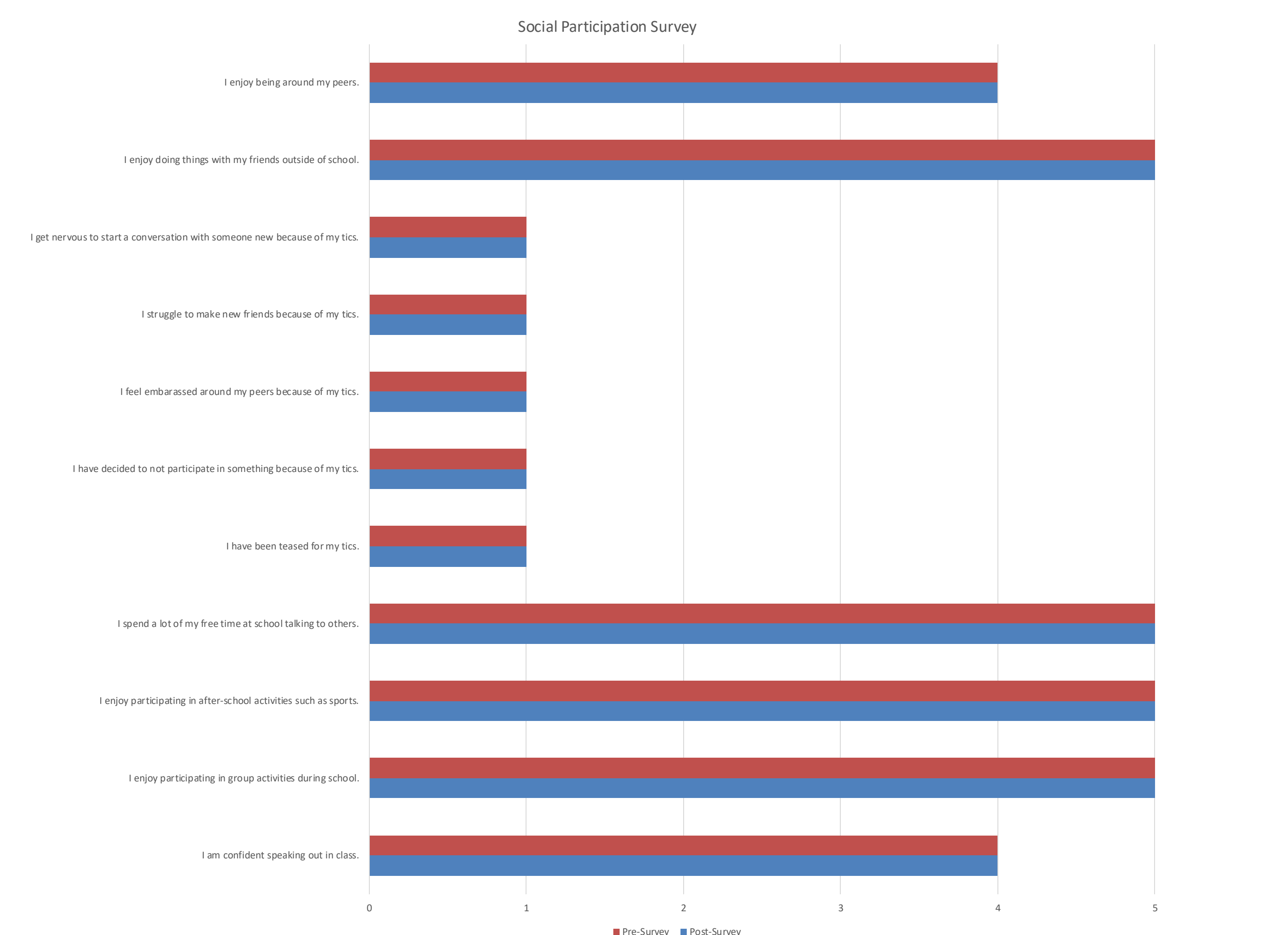
Introduction

- As of 2022, an estimated 1.4 million people in the United States are diagnosed with tic disorders, with around 400,000 having Tourette syndrome (Tinker et al., 2022).
- One in five school-aged children are also reported to experience tics (Tourette Association, 2017).
- Tics can lead to embarrassment and anxiety in social situations for adolescents.
- Comprehensive Behavioral Intervention for Tics (CBIT) is a behavioral therapy that teaches patients to use competing responses to mitigate tics and control them while in social environments.
- This study served to determine how CBIT impacts the social participation of adolescents with tic disorders.

Methods

This research was conducted at the Tourette Center of Excellence clinic at Children’s of Alabama. Participants ages 10-15 were gathered using convenience sampling. Those who agreed to participate were required to take a survey before starting the CBIT program and after completion of CBIT. The survey consisted of questions pertaining to various social situations and feelings within those situations. The post-survey results were compared with the pre-survey results to detect any changes following completion of the program. One participant (n=1) completed the program within the duration of this project.

Results



Discussion

Tics can disrupt all aspects of a patient’s life, hindering participation in various occupations, such as activities of daily living (ADLs), sleep, eating/feeding, and social participation. CBIT allows for patients to not only learn techniques for minimizing tics, but also to become educated on what it means to have a tic disorder and what kinds of situations can exacerbate tics. While this study’s participant did not experience many social difficulties prior to the program, which is reflected in the fact that none of their answers changed from pre- to post-survey, this may not be the experience of every adolescent. More research could help determine whether difficulties such as teasing or embarrassment can be improved through CBIT.

Limitations and Future Research

- Due to small sample size, results of this study cannot be generalized to the larger population of children and adolescents who have participated in CBIT.
- More CBIT trained occupational therapist are needed to help better understand CBIT effects on occupational performance.
- More research is needed on the implications of tic disorders on the social experiences of adolescents.

Conclusion

Tic disorders are extremely individualized, and every patient has a different experience. However, CBIT can help adolescents manage their tics to minimize their occupational discomfort in various situations, be it social participation or other areas of occupation.

References

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Acknowledgement & Contact information

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