Explosive Outbursts in Youth with Tourette Syndrome: Implications for Dimensions of Parental Stress

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### Background

- **Explosive Outbursts**
  - Sudden onset of physical or verbal aggression, out of proportion to the trigger
  - Intensity + unpredictability + recurrence
  - Parents report them as one of the most disturbing manifestations of Tourette Syndrome (TS)

- **Dimensions of Parental Stress**
  1. Parental distress about the child’s behaviors
  2. Perceived quality of parent-child interactions
  3. Perceived ability to manage the child’s difficulties

- **Implications of TS on Parental Stress**

### Methods

- **Participants (n = 35 parents of youths with TS)**
  - Parents’ age: 31 to 49 y/o (M = 40.00; SD = 4.75)
  - Parents’ gender: 31 female; 4 male
  - Youths’ age: 6 to 14 y/o (M = 9.74; SD = 2.15)
  - Youths’ gender: 10 female; 24 male; 1 non-binary

- **Instruments**
  - Sociodemographic Questionnaire
  - Rage Attack Questionnaire-Revised
  - Parent Stress Index—4-Short Form

### Objectives

- **Objectives**
  - To examine the impact of explosive outbursts on the three dimensions of parental stress
  - To control for parent age, family income, tic severity

### Results

#### 1. Parental Distress About the Child’s Behaviors

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<thead>
<tr>
<th>Model</th>
<th>R²</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>7.0%</td>
<td>.160</td>
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<tr>
<td>B</td>
<td>15.4%</td>
<td>.132</td>
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#### 2. Perceived Quality of Parent-Child Interactions

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<tbody>
<tr>
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<td>B</td>
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<td>.465</td>
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#### 3. Perceived Ability to Manage the Child’s Difficulties

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<tr>
<td>B</td>
<td>22.9%</td>
<td>.981</td>
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### Discussion

#### Impact of Explosive Outbursts on Parental Stress

1. **significant predictor of the perceived quality of parent-child interactions**
2. **significant predictor of the perceived ability to manage the child’s difficulties**
3. **significant predictor of the perceived ability to manage the child’s difficulties**

#### Conclusions

- Explosive outbursts notably impact specific dimensions of parental stress
- This influence appears to be more noteworthy than parental age, family income and tic severity
- Understanding these nuances is crucial for designing targeted interventions to support parents

### References