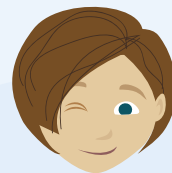


# Tourette syndrome poster - What is Tourette Syndrome?



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## Posters and accompanying communication cards presenting core symptoms in Tourette syndrome and common co-occurring challenges

### AIM:

- Visual support in communication with patients and family when a Tourette syndrome diagnosis is confirmed
- Materials containing illustrations and short text presenting core symptoms in Tourette syndrome – irrespective of language and cultural background

**Background:** Psychoeducation is recommended as an initial intervention for all individuals diagnosed with Tourette syndrome (Andrén P. et al., 2022). Regional Resource Center for Autism, ADHD and Tourette Syndrome (RRC) has previously designed materials to be used in communication when the diagnosis Autism Spectrum disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD) is concluded. Accordingly we wanted to design similar material for individuals diagnosed with Tourette Syndrome.

**Methods:** The materials concerning ASD and ADHD are used as a precursor in this project, with the aim to create similar materials adapted to Tourette syndrome. The work has been led by RRC. A working group were established, consisted of clinicians from Child and Adolescent Psychiatric services and Norwegian Tourette Association. The work was based on the diagnostic criteria described by the ICD-10. Experiences from participating clinicians and representative from the Norwegian Tourette association were important and valuable in elaborating the best illustrations and describing text.

**Results:** The results are qualitative materials developed to be a support and supplement in psychoeducation and communication with patients and family members, presenting the core challenges in Tourette syndrome following a diagnostic assessment.

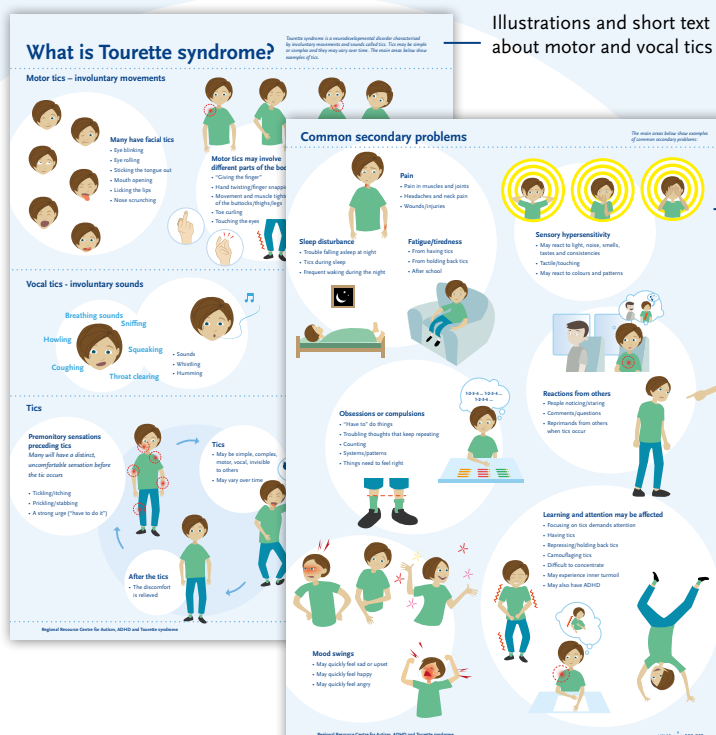
### The materials contain:

- An introduction to the materials
- Two posters. One shows illustrations and short text about motor and vocal tics, the core symptoms of Tourette syndrome. The other poster presenting common co-occurring conditions and challenges prevalent for those with Tourette syndrome
- Conversation/discussion cards containing each illustration and text from the poster

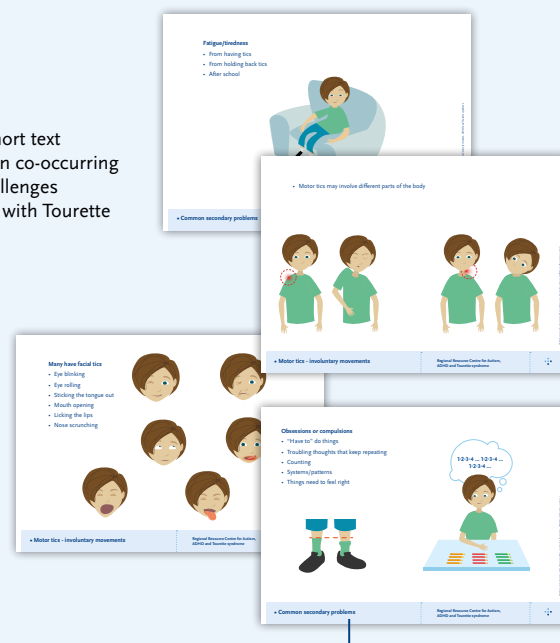
The materials are evaluated to make it easier to convey and understand findings from a Tourette syndrome assessment – irrespective of language and cultural background. The primary target group for the materials is clinicians responsible for assessment and offering psychoeducation to children and adolescence with Tourette syndrome.

The entire material will be translated and produced in several language versions, is free for use and can be downloaded from [www.touretteplakaten.no](http://www.touretteplakaten.no)

Reference: Andrén P., et al., 2022. European clinical guidelines for Tourette syndrome and other tic disorders – version 2.0 Part II: psychological interventions. European Child and Adolescent Psychiatry Journal 2022



Illustrations and short text presenting common co-occurring conditions and challenges prevalent for those with Tourette syndrome



Communication cards intended to give the clinicians an opportunity to tailor the communication to each patient, and help the patient to recognize his/her individual symptoms and challenges