

Evaluation of Novel Pilot Short-Term Tic Intervention

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Background

- The Tics and Neurodevelopmental Movements Service (TANDEM) at the Evelina London Hospital runs a 6-week virtual tic tool kit combining ERP and HRT with relaxation, acceptance and commitment and externalized attention strategies.
- As many children are unable to commit to 6 sessions, due to school commitments the team devised condensed groups.
- This study aims to explore the efficacy of these.

Methods

- Two condensed groups were devised, a three-session group for the 8 to 11 years age group and a two-session group for the 12 years and over age group. Each session lasted for two hours.
- The Yale Global Tic Severity Scale (YGTSS) and child Gilles de la Tourette Syndrome Quality of Life (GT QoL) questionnaires were completed prior to and following the group.
- Ten children completed the younger children's group (3 sessions) and 7 children completed the older children's group (2 session). Completed measures were available for 6 children in the older group and five in the younger age group.
- Qualitative measures were given to assess the perceived impact of the group.

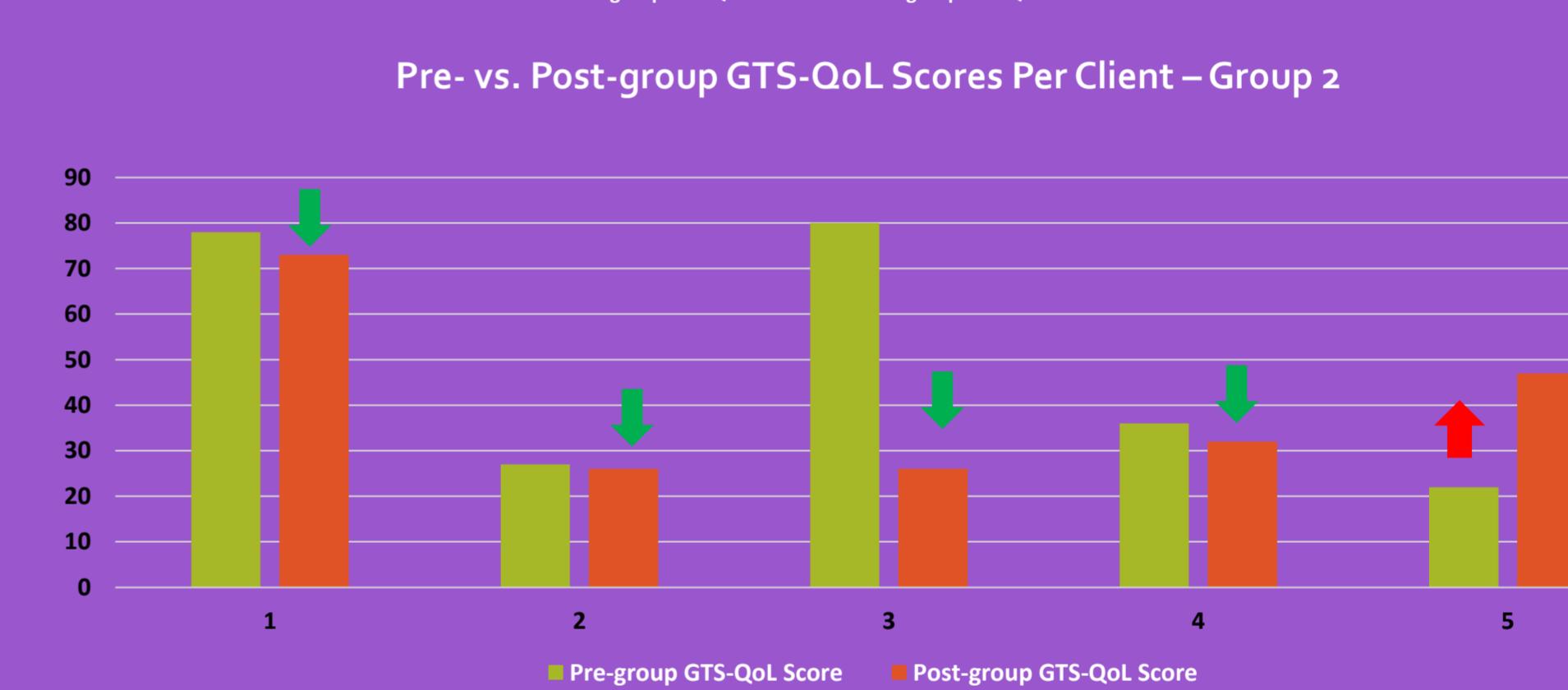
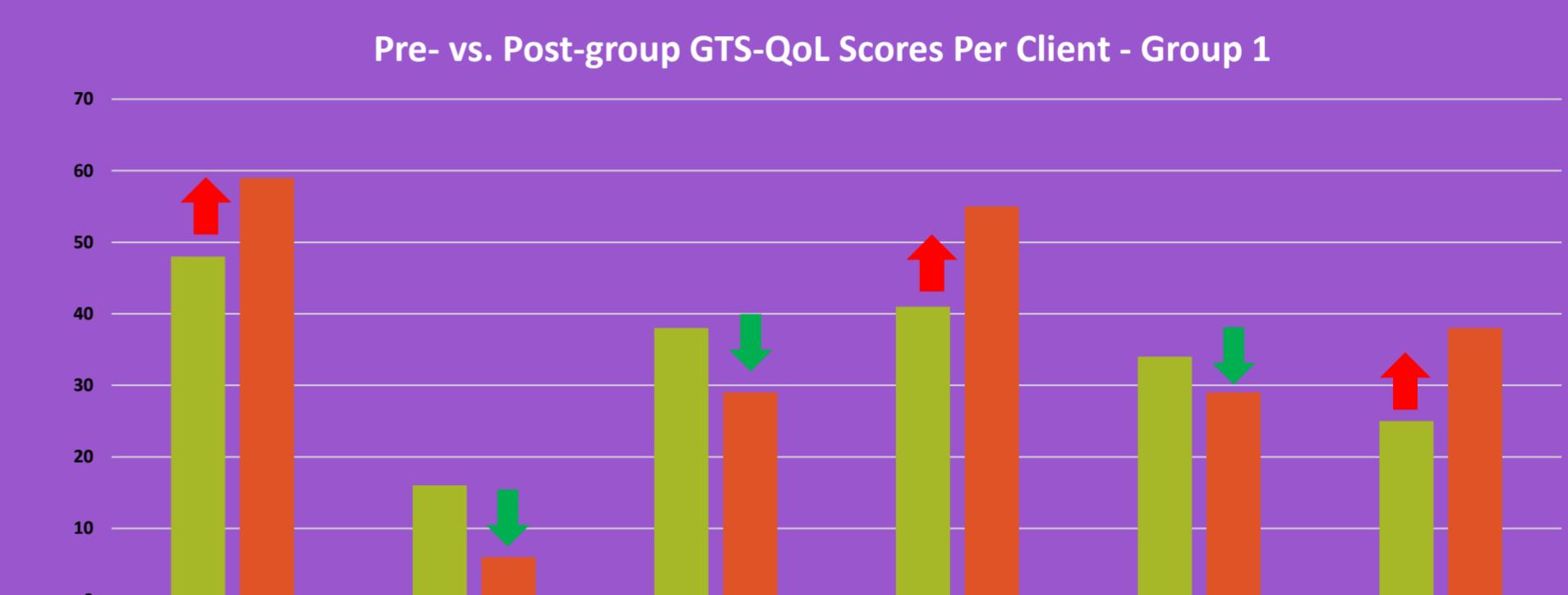
Results

- Qualitative measures indicate that eight out of nine children reported that they felt more able to manage their tics after the group and one felt that they were the same in terms of tic management.

Results continued

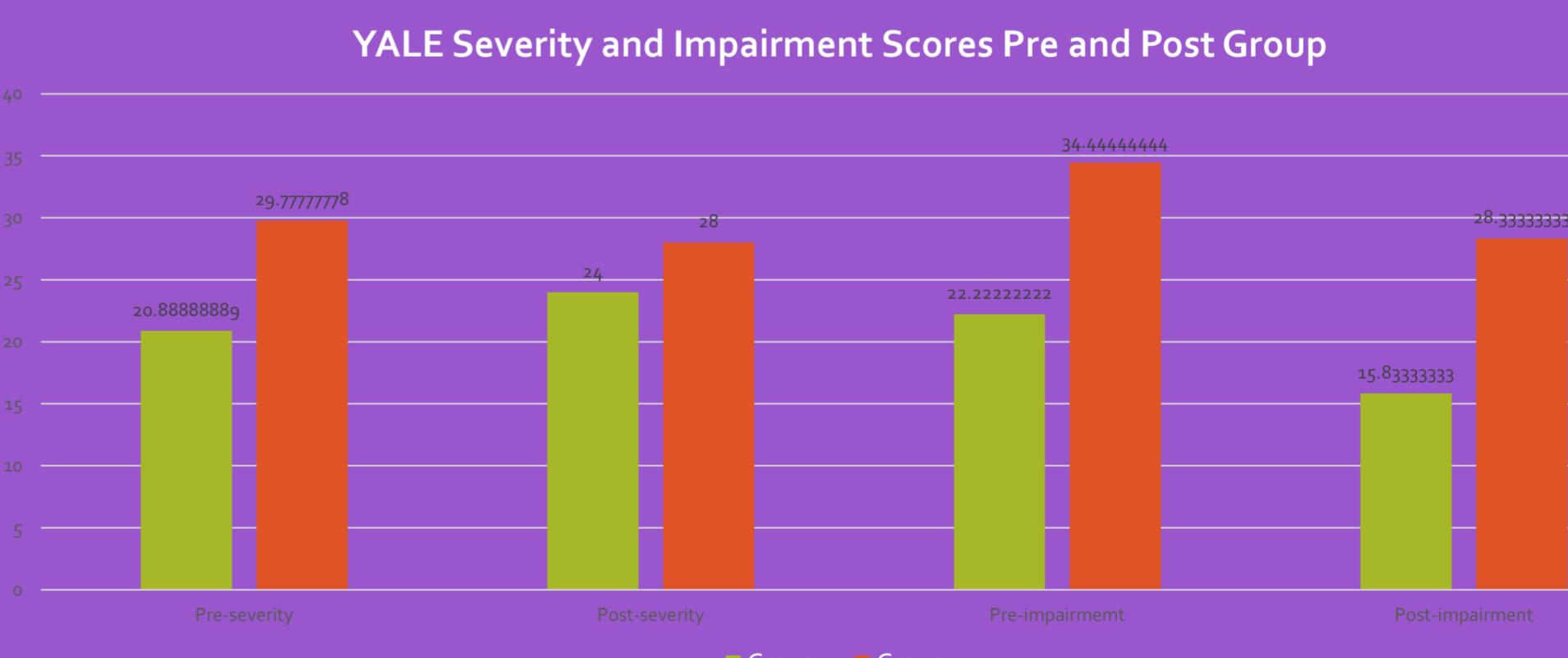
Child GT QoL results:

- Seven children reported an increase in tic-related quality of life and four children reported decreased tic-related quality of life following the groups.



YGTSS results:

- There was a mean increase in tic severity for group 1 and a decrease in group 2. Both groups had a decrease in tic impairment following the group.



Conclusion

- The condensed group produced mixed results in terms of impact on tic-related quality of life and tic severity.
- Regardless of clinician rated measures of tic severity demonstrating an increase in tic severity for some and a decrease in others, most children reported that they felt better able to manage their tics following the group. Tic impairment also decreased across the groups.
- While the condensed tic tool kit group produced some positive outcomes and facilitated better attendance due to the shorter nature of the group, more research will be needed to determine whether, overall, it is more impactful than the six session Tic Tool Kit Group.