

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 trigger¹
- ↗ intensity + ↗ unpredictability + ↗ recurrence²
- Parents report them as one of the most disturbing manifestations of Tourette Syndrome (TS)³

Dimensions of Parental Stress⁴

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

- TS ↗ parental stress⁵
- Factors influencing parental stress : parental age, family income, tic severity, child's difficulties⁶
- Therapy for explosive outbursts ↘ parental stress⁷

Objective

- Assess the impact of explosive outbursts on the three dimensions of parental stress, controlling for parental age, family income and tic severity

Methods

Participants (n = 35 parents of youths with TS)

- Parents' age : 31 to 49 y/o ($\bar{x}$ = 40.00; $\pm$ 4.75)
- Parents' gender : 31 female; 4 male
- Youths' age : 6 to 14 y/o ($\bar{x}$ = 9.74; $\pm$ 2.15)
- Youths' gender : 10 female; 24 male; 1 non-binary

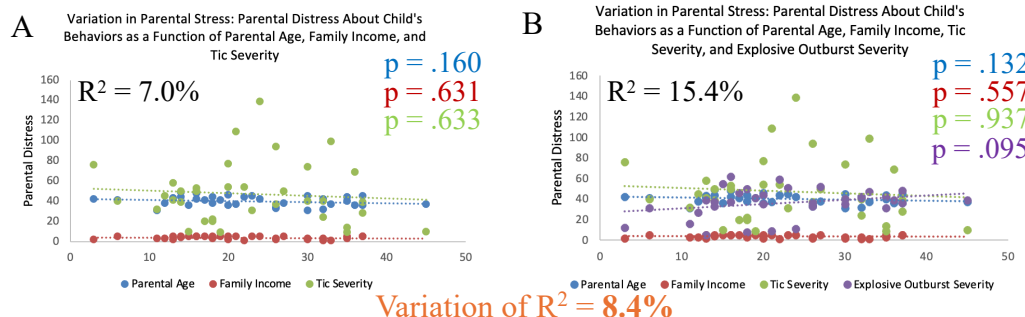
Instruments

- Sociodemographic Questionnaire; Parent Tic Questionnaire⁸; Rage Attack Questionnaire-Revised⁹; Parental Stress Index-4-Short Form¹⁰

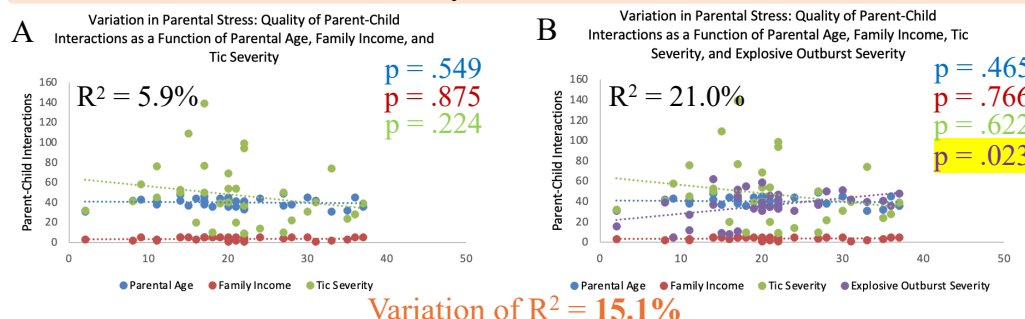
Results

- Hierarchical multiple regression analysis → parental stress dimensions

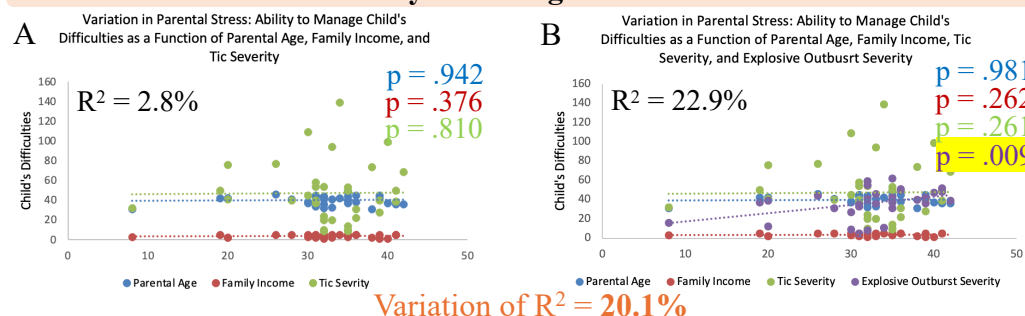
1. Parental Distress About the Child's Behaviors



2. Perceived Quality of Parent-Child Interactions



3. Perceived Ability to Manage the Child's Difficulties



Discussion

Impact of Explosive Outbursts on Parental Stress

1. ✗ significant predictor of parental distress about the child's behaviors
 2. ✓ significant predictor of the perceived quality of parent-child interactions
 3. ✓ significant predictor of the perceived ability to manage the child's difficulties
- ↗ explosive outburst severity = ↗ parental stress about parent-child interactions
 - ↗ explosive outburst severity = ↗ parental stress about the child's difficulties

Impact of Controlled Variables on Parental Stress

- parental age, family income, tic severity
- ✗ significant predictors of any dimension

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

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