

Tics Training Light

A resource-efficient alternative to cognitive behavioural therapy?

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AIM

This naturalistic pilot study aims to evaluate the effectiveness of Tics Training Light (TTL) as a simplified and efficient tool in the treatment of tics.

BACKGROUND

Cognitive behavioural therapy (CBT) is an effective first-line treatment for tics, but requires trained professionals, time and resources, making it inaccessible to many patients due to shortage of professionals and long travel time to treatment centers.

Tics Training Light

- Simplified intervention based on CBT with specific instructions
- Guidance on tics management strategies such as introducing competitive response or introducing “the red lamp”
- Guidance on how to introduce tics training in everyday life activities

CONCLUSION

Tics Training Light may be an effective approach to tic management in settings with limited resources and long distance treatments especially in specific patient groups.

METHODS



96 children
(age 7-21)

Jan 2021 – Nov 2022



YGTSS before
TTL



Tics Training Light

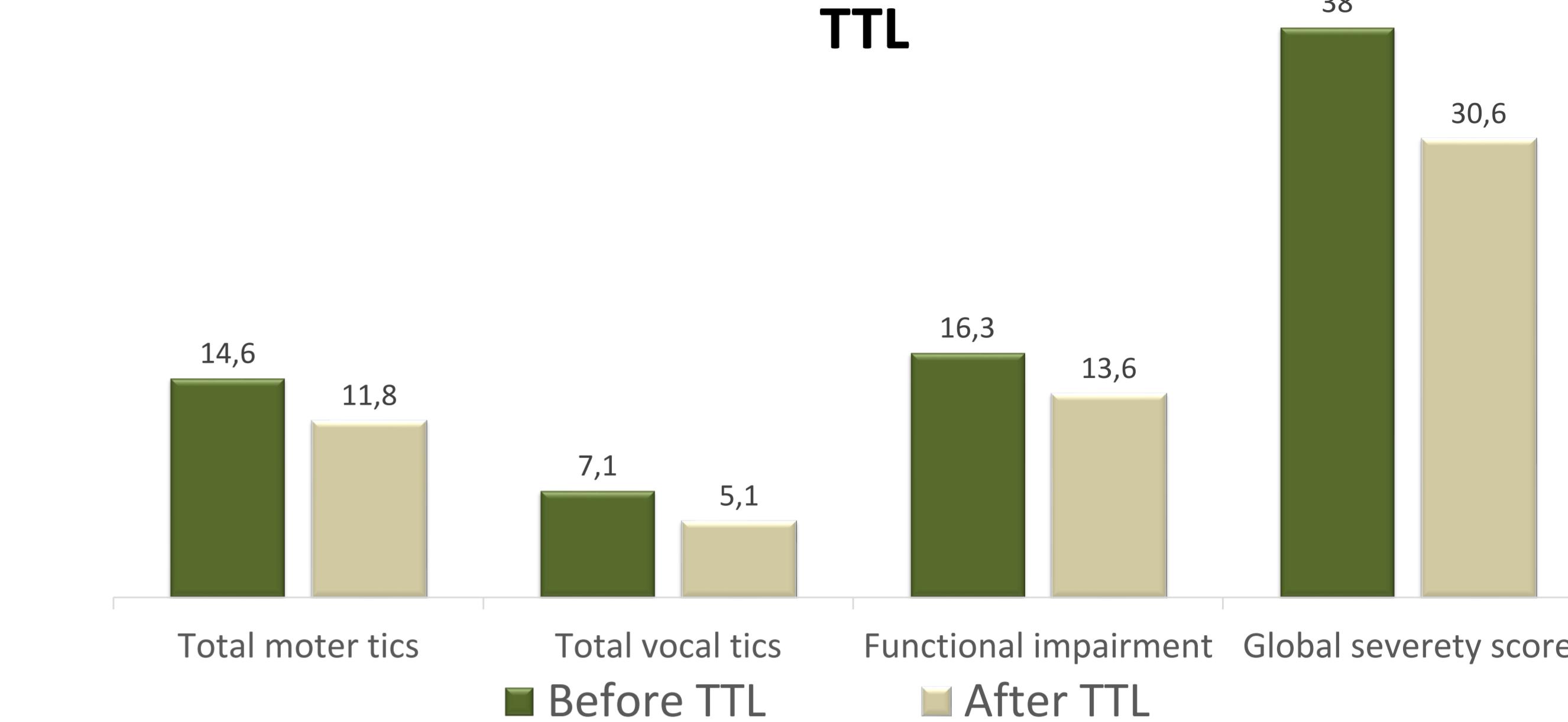


YGTSS after
TTL

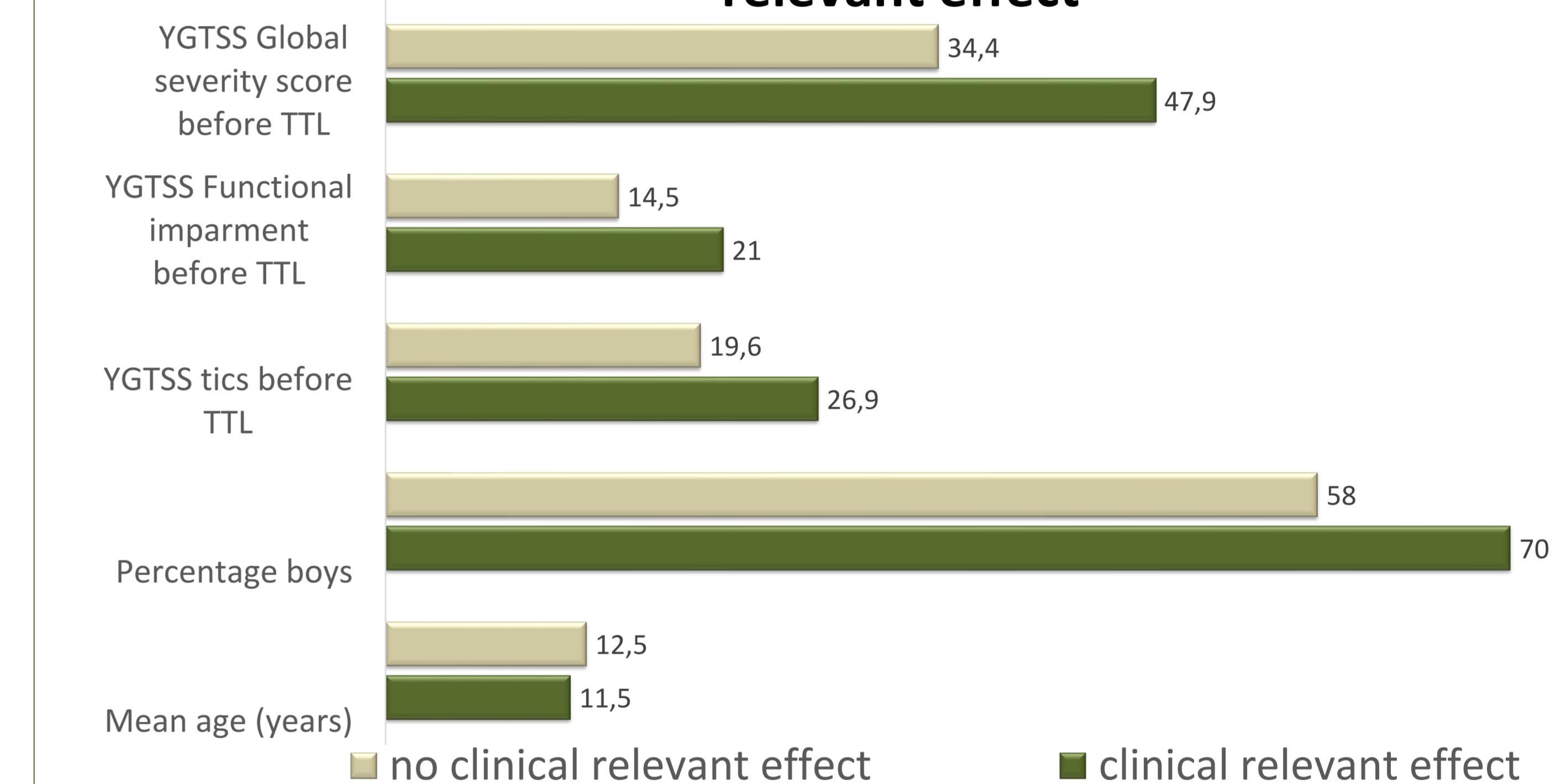
Clinical relevant effect of TTL: change in total tic score on Yale Global Tics Severity Scale (YGTSS) of 7 or more.

RESULTS

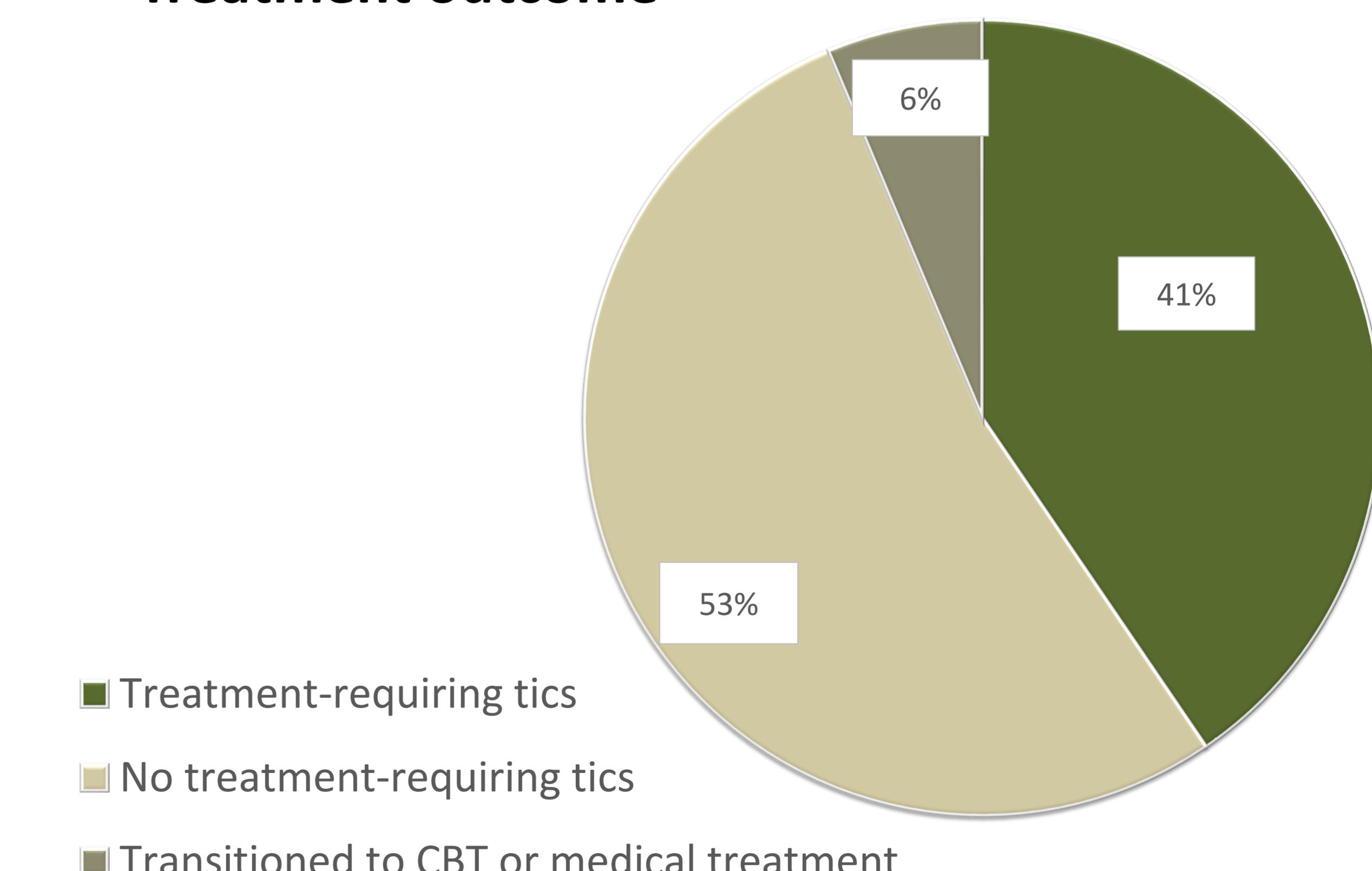
Comparison of YGTSS parameters before and after TTL



Characteristics between groups: clinical relevant vs no clinical relevant effect



Treatment outcome



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