

Changes in self-esteem and quality of life following CoPs or CBIT therapies in youth with tics –

Do tic-specific traits influence psychosocial outcomes?

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European Society for the Study of Tourette Syndrome – Annual Conference
Ljubljana, Slovenia | June 17-19, 2026

1

DISCLOSURES

FUNDING

Canadian Institutes of Health Research (CIHR; grant #142260); Fonds de recherche du Québec – Société et Culture (FRQ-SC; team grant #270517)

CONFLICTS OF INTEREST

None to declare.

Authors of CoPs/CBIT approach: O'Connor, Woods, Leclerc

ACKNOWLEDGEMENTS

We thank the therapists, evaluators, and research assistants.
We are deeply grateful to the participants and their families.



2

INTRODUCTION

TICS WAX & WANE

- Tics fluctuate.
- Context shapes tic expression.
- Individual patterns of high- and low-risk tic situations.

(APA, 2022; Conolea et Woods, 2008; Gill & Kompoliti, 2020; O'Connor et al., 2017)

PHYSIOLOGICAL FEATURES

- Premonitory sensations.
- Increased muscular tension and attention.
- Need for symmetry or just-right feeling.

(Brandt et al., 2023 ; Johnson et al., 2023; Gill et Kompoliti, 2020; Rajagopal et al., 2013)

COGNITIVE-BEHAVIORAL THERAPIES

- Guidelines recommend CBT as first-line treatment.
- 25-30% continue to experience impairing tics after treatment.
- Need to target underlying mechanisms.

(Cavanna et al., 2013; Espil et al., 2022; Pringsheim et al.2019, Wilhelm et al., 2012)

3

COGNITIVE-PSYCHOPHYSIOLOGICAL (CoPs)

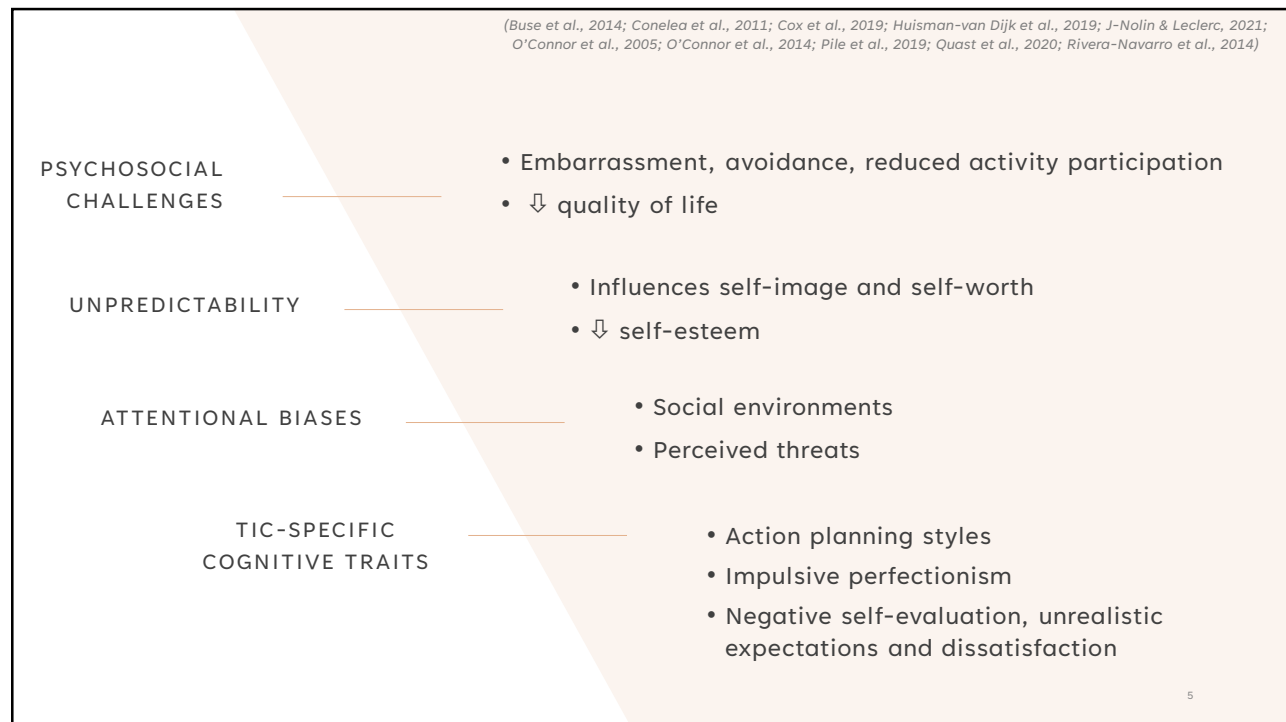
- Addresses the cognitive, behavioral, psychophysiological dimensions of tics, emphasizing the interaction between these processes.
 - Sensorimotor hypersensitivity
 - Muscle contraction
 - Over-reactivity
 - Impulsive perfectionism
 - Style of planning action
 - Frustration-action cycle
- Strong evidence for efficacy in youth & adults. Comparable to CBIT.
- Extensive theoretical & empirical support.

Chronologically:

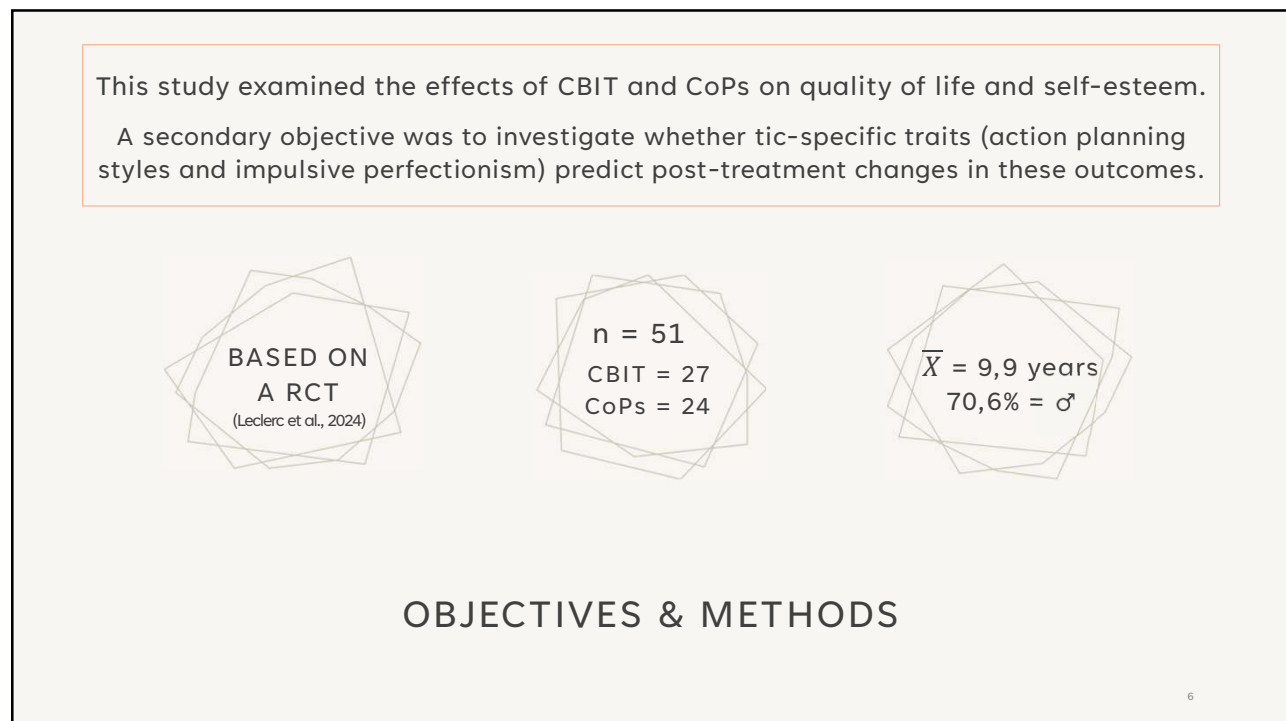
O'Connor et al., 2001;
O'Connor, 2002;
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Thibault et al., 2009;
Bellavance, 2010;
Lavoie et al., 2011;
Lavoie et al., 2013;
O'Connor et al., 2014;
Morand-Beaulieu et al., 2015;
O'Connor et al., 2015;
Lavoie et al., 2016;
Leclerc et al., 2016a;
Leclerc et al., 2016b;
O'Connor et al., 2016;
Pabst et al., 2020;
Leclerc et al., 2024
Mazur-Lainé et al., 2024;
Soubata et al., 2026;
Leclerc et al., (submitted)

4

4



5



6

RESULTS

Table 2. One-Way ANCOVA of Intervention Effects

Post-Treatment to Baseline						Follow-Up to Baseline				
	M (SE)		F	p	η^2_p	M (SE)		F	p	η^2_p
Variable	CBIT	CoPs				CBIT	CoPs			
Quality of Life <i>(GTS-QoL; Cavanna et al., 2013; J-Nolin & Leclerc, 2021)</i>										
Total	-7.87 (1.95)	-4.34 (1.95)	1.62	0.21	0.04	-9.81 (2.90)	-6.05 (3.11)	0.74	0.40	0.03
Psychological	-8.12 (2.11)	-3.30 (2.16)	2.47	0.12	0.06	-9.91 (3.78)	-5.60 (4.05)	0.59	0.50	0.03
Physical	-7.84 (2.31)	-4.48 (2.36)	0.99	0.33	0.02	-11.81 (2.76)	-6.41 (2.96)	1.70	0.21	0.07
Obs./Comp.	-6.93 (3.01)	-5.49 (3.08)	0.11	0.74	0.003	-8.08 (3.33)	-3.98 (3.58)	0.66	0.43	0.03
Cognitive	-6.56 (2.65)	-2.28 (2.70)	1.23	0.27	0.03	-8.35 (3.50)	-9.21 (3.77)	0.03	0.88	0.001
Self-Esteem <i>(CFSEI-II; Battle, 1992)</i>										
Total	-1.16 (.36)	-0.12 (.38)	3.91	0.05*	0.10	-1.20 (.47)	-1.20 (.58)	0.00	0.10	0.99
General	-0.78 (.21)	-0.44 (.22)	1.27	0.27	0.03	-0.73 (.29)	-0.81 (.36)	0.03	0.86	0.002
Parent	-0.02 (.07)	-0.02 (.08)	0.11	0.74	0.003	0.20 (.10)	-0.10 (.13)	3.17	0.09	0.15
Academic	-0.19 (.15)	-0.03 (.16)	0.59	0.45	0.02	-0.31 (.14)	-0.24 (.17)	0.11	0.75	0.01
Social	-0.03 (.15)	-0.02 (.16)	0.002	0.97	0.00	-0.18 (.20)	-0.33 (.24)	0.23	0.64	0.01

* $p < .05$

7

7

RESULTS

Table 3. Multiple Regression Models Predicting Change in Quality of Life and Self-Esteem

	Post-Treatment to Baseline				Follow-Up to Baseline			
	B	SE	t	p	B	SE	t	p
STOP (<i>O'Connor, 2002</i>)								
Total	0.61	1.73	0.36	0.72	0.66	3.44	0.19	0.85
Over-Preparedness	1.20	0.95	1.26	0.22	0.83	1.15	0.73	0.48
Inflexibility	0.66	0.97	0.68	0.50	0.10	1.88	0.05	0.96
Over-Anticipation	-0.15	0.61	-0.25	0.80	0.04	1.33	0.03	0.98
Over-Activity	-0.44	0.36	-1.25	0.22	-0.27	0.58	-0.46	0.65
Perfectionism (<i>A/M-PS</i> ; Rice & Preusser, 2002)								
Total	-0.40	1.15	-0.35	0.73	-1.65	1.57	-1.05	0.31
Sensitivity to Errors	-0.46	0.51	-0.90	0.38	-0.42	0.40	-1.04	0.31
Contingent Self-Esteem	0.05	0.34	0.14	0.89	0.55	0.49	1.11	0.28
Compulsivity	0.53	0.47	1.13	0.27	-1.07	0.63	-1.70	0.10
Need for admiration	-0.50	0.39	-1.30	0.20	-0.53	0.53	-1.01	0.32

8

8

DISCUSSION

- CBIT & CoPs led to comparable improvements in quality of life.
- A transient improvement in self-esteem was observed following CBIT (not maintained at follow-up).
- Tic-specific traits did not predict psychosocial changes.

LIMITS

Sample size
Attrition

FUTURE RESEARCH

Mediators
Therapeutic components

9

9

CONCLUSION

- Quality of life and self-esteem appear to be shaped by processes beyond tic reduction.
- This study highlights the need to complement symptom-focused treatments with approaches targeting positive mental health and self-esteem.
- Develop a diverse range of evidence-based psychotherapies for tics.



10

10

THANK YOU!

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Current RCT comparing CoPs alone vs combined with biofeedback... Results still pending!



11

11

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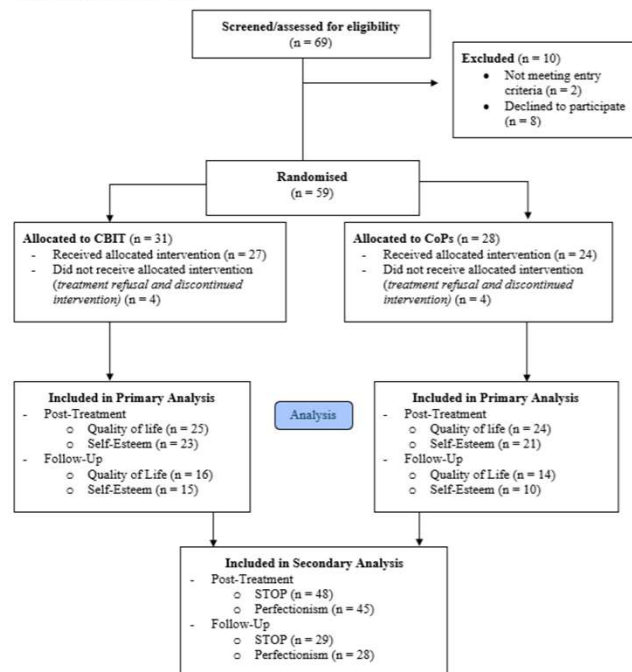
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12

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13

Figure 1. Consort Flow Chart



14