

Tic disorders

Definition

- sudden, rapid involuntary **movements** or **vocalization** without purpose e.g. constant blinking
- temporarily **suppressible** → followed by an **urge** to do the tic

Types of tic disorders

- Tourette syndrome
- sporadic transient tic disorder (in 25% of children): persistence < 1 year
- persistent motor/vocal tic disorder (> 1 year)

Types of tics

- motor tic x vocal tic
- simple tic (e.g. grunting) x complex tic (e.g. echolalia)

Tourette syndrome

At what age does it manifest?

- must be in childhood (before 18 years) → this is a diagnostic criteria

Etiology

- **multifactorial etiology**, association with ADHD and OCD

Clinical features

- multiple times per day
- vocal: coprolalia, throat clearing, grunting, lip smacking, barking
- motor: facial grimacing, blinking, shoulder shrugging, twisting of the body

Diagnosis

- clinically **tics are present for > 1 year**, diagnosed **before** the age of **18**, presence of multiple motor tics

Treatment

- Behavioral therapy
- Treatment of **psychiatric comorbidities** (e.g. methylphenidate for ADHD)
- in some cases: atypical antipsychotics, benzodiazepines, antidepressants

DDx for tics

- huntington, tardive dyskinesia, seizures, psychic stress