



Tourette Syndrome And Other Tic Disorders

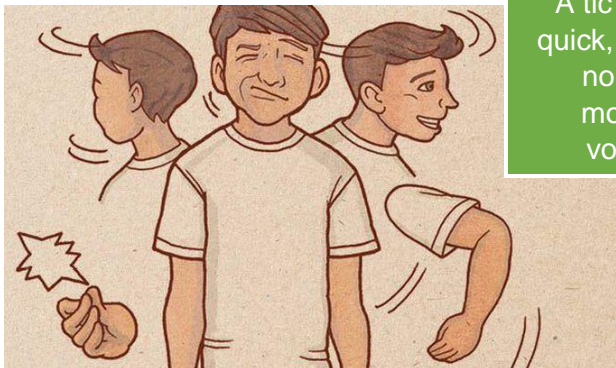
What Is Tourette Syndrome?

Tourette Syndrome occurs when there are at least two motor tics and at least one vocal tic. These tics don't necessarily occur simultaneously.

The frequency of the tics may vary, but must persist for at least a year.

The tics aren't due to medication, drugs or another medical condition.

Did You know?
A tic is a sudden, quick, recurrent and non-rhythmic movement or vocalization.



Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis. Elsevier Masson.

Other Tic Disorders

Persistent (Chronic) Motor Or Vocal Tic Disorder

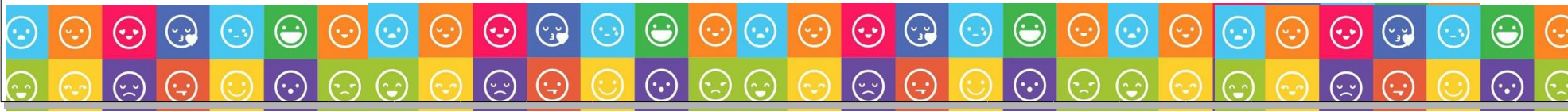
- Presence of one or several motor or vocal tics ;
- Frequency of tics may vary, but must persist for at least a year ;
- Presence of tics aren't due to a medication, drugs or another medical condition ;
- Criteria for Tourette Syndrome hasn't been met.

Provisional Tic Disorder

- Presence of one or several motor or vocal tics ;
- Presence of tics for less than a year ;
- Presence of tics aren't due to a medication, drugs or another medical condition ;
- Criteria for Tourette Syndrome or for Persistent Motor Or Vocal Tic Disorder hasn't been met.



Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.





Signs and Symptoms / When to Seek Help

Équipe Santé mentale jeunesse
Youth Mental Health Team
CIUSSS-ODIM

Motor tics are repetitive and semi-involuntary contractions of the muscles. They may present as very short **simple movements**.

- Blinking
- Head movements
- Shrugging
- Other

Motor tics may also be **complex movements** that last longer and can involve several muscle groups.

- Hopping
- Touching objects or people
- Grimaces
- Abdominal spasms
- Movement of hands or legs
- Movement of shoulders
- Involuntary sexual or obscene movements
- Other

Vocal tics may be **simple**.

- Coughing
- Sniffing
- Barking
- Clearing of the throat

Vocal tics may be **complexe**.

- Echolalia (repeating sentences)
- Coprolalia (swearing, repeating obscene sentences or sounds)

Did You Know?

Coprolalia is quite rare amongst people who have Tourette Syndrome or a Tic Disorder.

Reference :
<https://aqnp.ca/documentation/developpemental/syndrome-gilles-tourette/>

Internet

<https://aqst.com/en/>

<https://www.france-tourette.org/>

<https://tourette.ca/>

<https://www.tourette-romandie.ch/>



Livres / Books

Leclerc, J., Forget, J., & O'Connor, K. (2008). *Quand le corps fait à sa tête, Le syndrome de Gilles de la Tourette*. Éditions Multimondes.

Rogers DeMare, S. (2018). *Tourette Syndrome : Stop Your Tics by Learning What Triggers Them*. Association for Comprehensive NeuroTherapy.

Vézina, D. (2019). *Laisse-moi t'expliquer... Le syndrome de Gilles de la Tourette*. Midi Trente Éditions.



Ressources / Resources

Clinique de Tourette au CHU Sainte-Justine / Tourette's Clinic at CHU Sainte-Justine : <https://www.chusj.org/soins-services/N/Neurodeveloppement?viewContact=13473>

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>



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Please note that some information or resources may have changed since the last update (2021/08/17).

