

P01-254 - LIVING WITH TICS: DEVELOPMENT AND PILOT EXAMINATION OF A PSYCHOSOCIAL TREATMENT TO IMPROVE RESILIENCE AND COPING IN YOUTH WITH TICS

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Objectives: Many youth with tics experience distress about having tics and how others may perceive them. Such symptoms are often more impairing and distressing than are the tics and negatively impact self-concept, functioning, and quality of life. Although treatments exist that target the frequency and severity of tics, no intervention has been developed that helps youth with tics cope with their condition and limit associated functional impairment and distress. Given this, we developed a cognitive-behaviorally oriented psychotherapy protocol that promotes adaptive coping and resiliency among youth with tics in addressing varied issues commonly experienced by this population. This poster reports data from the Phase I component of this study.

Method: Phase I concentrated on developing the treatment protocol through expert opinion coupled with focus groups with parents and children with a tic disorder. Based on this, we developed a preliminary manual and piloted it in 6 youth with tics who met relevant inclusion/exclusion criteria. Phase II involves a preliminary test of the protocol in that focuses primarily on feasibility issues. All subjects participated in assessments (Screening, Baseline, Post-treatment) conducted by a blinded independent evaluator.

Results: Only Phase I data will be presented as Phase II is ongoing. Descriptive statistics related to improvement rates; tic severity; child self-esteem and self-efficacy; and child internalizing symptoms will be reported. Qualitative data from the focus groups will also be presented regarding domains of impairment for youth with tics.

Conclusions: This treatment shows early promise of helping youth with tics cope with their condition.