

## TOURETTE SYNDROME

Tourette Syndrome (TS) is a neurological disorder characterized by tics – involuntary, rapid, sudden movements that occur repeatedly in the same way. The tics may occur many times a day nearly every day or intermittently. Tics periodically change in number and frequency, type and location and wax and wane in their severity. While some persons with TS have limited control of their symptoms from seconds to hours at a time, suppressing them may merely postpone more severe outbursts. Tics increase as a result of stress, anxiety, excitement and fatigue. They often decrease with relaxation or concentration on an absorbing task.

### **MOTOR TICS**

Eye blinking	Hair tossing
Eye rolling	Arm flexing
Head jerking	Arm flapping
Facial grimaces	Abdominal jerking
Facial contortions	Tearing things
Nose twitching	Squatting
Scratching	Skipping
Kissing gesture	Stepping backwards
Hitting self	Walking on toes
Clapping	Twirling
Pinching	Knee bending
Shoulder shrug	Foot tapping
Knee Knocking	Foot shaking
Leg jerks	Foot dragging
Stooping	Chewing on clothes
Jumping/Hopping	Kicking
Stomping	Pulling at clothes
Finger tapping	Somersaults
Lip pouting	Body slamming
Lip licking	Mouth stretching
Tongue Thrusting	Smelling fingers

### **VOCAL TICS**

- Throat clearing
- Grunting
- Sniffing
- Belching
- Spitting
- Snorting
- Squeaking
- Coughing
- Humming
- Yelling
- Whistling
- Hissing
- Laughing
- Screaming
- Yelping
- Barking
- Moaning
- Saying words
- Clicking
- Gaspings
- Guttural sounds

### **COMPLEX TICS**

Repeating phrases, words, parts of words; animal sounds; stuttering; amplitude of speech; muttering; Palilalia – Repeating one’s own words; Echolalia – Repeating other’s words; Coprolalia – using obscenities/socially taboo phrases.

# OBSESSIVE COMPULSIVE DISORDER

Obsessions are repetitive, unwanted thoughts. Compulsions are repetitive, ritualistic acts that must be performed to rid oneself of the obsession.

## OBSESSIONS

- Concern for symmetry/order
- Concern for cleanliness
- Over focusing on minute details
- Having to have “just right” feeling
- Over focusing on moral issues
- Over focusing on one idea/object
- Focusing on specific numbers
- Needing to experience sensations
- Preoccupation with knives/blood, etc.
- Worrying about harming self or others
- Concerned about germs/dirt
- Hoarding/collecting
- Thinking about forbidden behaviors
- Mental coprolalia (Sexual thoughts/images)
- Aggressive thoughts/images
- Obsessive fears

## ADHD

- Often fidgets with hands/feet
- Difficulty remaining seated
- Easily distracted/Engages in physically dangerous activities
- Blurts out answers – loses everything

## COMPULSIONS

- Adjusting clothing to feel just right
- Evening things up
- Counting objects
- Excessive Ordering/arranging/fiddling with
- Checking & rechecking
- Repeating actions
- Needing to say or do what told not to do
- Needing to start over if interrupted
- Repeating the same question
- Perseverating on a task
- Not able to change tasks
- Echopraxia (repeating the actions of others)
- Touching objects, others, self
- Sexually touching self
- Picking skin/sores
- Cracking knuckles
- Vomiting
- Smelling hands or objects
- Licking self or others
- Excessive hand-washing/bathing
- Erasing repeating
- Nail biting

- Difficulty waiting turn
- Difficulty following through on instructions/organizing work
- Shifts from one uncompleted task to another