CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Persistent motor or vocal tic disorder

Motor or vocal tics, but not both types, present for more than one year and with onset before the age of 18.

COMMON SIGNS

- Repeated motor (or vocal) tics
- Worse with stress or tiredness
- Can be held back for a while, with effort

TIPS FOR YOU

1. Reduce stress and look after your sleep
2. Ask about behavioural intervention for tics (CBIT)
3. Get help if they cause distress or limitations

FOR FAMILY AND FRIENDS

1. Reduce stress at home and look after rest
2. Avoid comments about the tics

WHEN TO ASK FOR HELP

1. If they interfere with daily life
2. If they cause pain or injury

TO OBSERVE AND NOTE DOWN

☐ I have repeated movements or sounds I can't control
☐ I have had the tics for more than a year
☐ They increase when I'm stressed
☐ I feel an urge before the tic
☐ I try to hide them
☐ They bother or embarrass me
☐ They appear several times a day
☐ They interfere with my activities

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-tics-motores-o-vocales-persistente
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com