**Aim**

*To preliminary evaluate a novel treatment*

- Exposure with response prevention (ERP)
- Internet-based
- Therapist-guided

**Method**

- **N=31 patients** (N=3 still in treatment)
- 8 modules
- 10 weeks
- YGTSS pre and post
- ATQ weekly
- Internet platform
  - Texts
  - Worksheets
- Therapist support:
  - Replies in 1 day
  - Problem solving
  - Inactivity monitoring

**The Ticstimer**

- **Expose** oneself to situations where tics occur
- **Practice resisting** tics with **increased** duration
- **Expose** oneself to **more challenging situations**

**Findings (N=28)**

**Reach**

Out of N=77 screened
N=46 excluded. 56% no confirmed tics disorder

**Adherence**

N=15 out of 28 completed all 8 modules. N=6.75 modules completed on average.

- **YGTSS Tic Severity**
  - Cohen’s $d = 0.44$
- **YGTSS Total**
  - Cohen’s $d = 0.70^*$

- **ATQ**
  - Cohen’s $d = 0.56^{**}$
  - GTS Quality of Life
  - Cohen’s $d = 0.37$

96.4% would recommend the treatment. 82.1% were explicitly positive towards their treatment.

The participants gained awareness about the function of tics, learned how to identify urges and interrupt tics.

**Better understanding of the disorder and less shame.**

The treatment will be refined based on the results of the current trial. Further evaluation is being planned.

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**Ticstimer (ERP) – a feasible intervention**

Clearly understood, accepted and used creatively by both patients and therapists.

**Good patient adherence**

ERP-focused modules completed by the vast majority of participants

**Symptom change**

- Small reduction in YGTSS-TTSS (non-significant)
- Medium symptom reduction when self-rated and when life impairment is taken into account (statistically significant)

**Main challenges**

- Defining and measuring clinically meaningful tics reduction
- A possibility to register tics in one’s phone while practicing is needed

Figure to the left: YGTSS-TTSS – Yale Global Tic Severity Scale – Total Tic Severity Scale; ATQ – Adult Tic Questionnaire; 95% CI.

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**Internet-based behaviour therapy for adults with Tourette Syndrome/Chronic Tic Disorder (TICNET): a pilot trial**

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