

Marginalization of individuals with Tourette's syndrome



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ABSTRACT

Tourette syndrome is a neurodevelopmental disorder that manifests as tics and stereotypies. This condition affects the motor system, generating

irregular forms that cause social, academic, and professional harm. The objective of this article is to present how Tourette's syndrome directly and indirectly affects the individual's relationship with society and the consequences. The studies were carried out in the Scielo and Google Scholar databases, using as inclusion criteria articles published in the period from 2015 to 2022, in the Portuguese language, with studies carried out in Brazil and as exclusion criteria, articles from other languages and which did not have connection with the theme. It was concluded that the practice of self-medication is still very recurrent among people and can bring health risks, it was observed that the main risks of self-medication are drug interactions, adverse effects caused by prolonged use and inadequate use of medications, and therefore physical and psychological tolerance and dependence.

Keywords: Tourette syndrome, Tics, Stereotypies.

1 INTRODUCTION

Tourette's syndrome is a neuropsychiatric disorder characterized by involuntary nervous tics that occur in different ways and frequencies in the individual. The disease usually appears in childhood, and, although the cause is still unknown, it is believed to be related to genetics (although in a complex way, not obeying Mendel's laws of genetic transmission) but also with its interaction with environmental and neurobiological factors, determining the phenotype. (HOUNIE; MIGUEL, 2012).

Symptoms can include motor tics, such as involuntary movements and gestures (kicking, shaking the head, blinking, abruptly contracting various muscles, and even some obscene gestures are some examples of motor tics) and vocal tics such as coughing, sniffing, and uttering words or parts of words. In addition, in more evolved cases, compulsions, attention deficit, impulsivity, anxiety and even depression may occur, as a consequence, aggressive behaviors and difficulty in social relationships, requiring greater care on the part of the individual. (LOUREIRO, et al. 2015).

The present work aims to study and analyze how Tourette's syndrome directly and indirectly affects the individual's relationship with society and its consequences.



2 METHODOLOGY

This article is a literature review that aimed to answer the objective through a qualitative bibliographic research, and sought to answer the following question: how does Tourette's syndrome directly and indirectly affect the individual's relationship with society and its consequences?

The databases consulted were Scielo and Google Scholar, with the keywords Tourette's syndrome, tics, stereotypies. As inclusion criteria, articles published in the period from 2015 to 2022, in the Portuguese language, with studies carried out in Brazil, were selected. Articles originating from secondary data and/or duplicates in databases, or articles that did not address this topic were excluded. As exclusion criteria, articles from other languages and that had no connection with the theme were not considered.

3 RESULTS

The table below presents a compilation of the data collected on this topic, taking into account the title of the study, the authors, the year of publication, the objectives of the study, and the considerations made.

Table 1. Compilation of data

TITLE	AUTHORS	YEAR	OBJECTIVES	CONSIDERATIONS
Tourette's syndrome in childhood: a pharmacological approach to tic resolution	MENDONÇA, et al	2022	To elucidate the best drugs to be used for the treatment of TS in children, in order to help ensure a better quality of life for those affected by this disorder.	The management of TS should be carried out on an individualized basis, with concern for comorbid neuropsychiatric issues.
Tourette's syndrome and cognitive-behavioral therapy: a case study	GONCALVES, et al	2019	To present the effective clinical management in the case of a patient diagnosed with Tourette's syndrome.	It showed how cognitive-behavioral strategies can help reduce the symptoms of these patients. The strategies employed helped to improve the patient's quality of life and reduced the damage caused by tics.



Tourette's: Inside the Syndrome	LOUREIRO, et al	2015	Address several aspects related to this disease, including etiology, epidemiology, neurobiological aspects, clinical picture, diagnosis, associated pathologies and treatment (classic and alternative)	There is still a need for a better understanding of the biological, genetic, and behavioral aspects of TS, including its wide dissemination in society in general, and not only in the medical community, in order to facilitate the diagnosis, treatment, and prognosis of patients with TS
Neuroscientific Updates in Tourette's Syndrome: An Integrative Review	MARMORA, et al	2016	To clarify and guide the clinical practice directed to patients with this disease in different areas of Health.	To conclude that the scientific community is interested in investigating TS, especially with regard to new forms of intervention, from alternatives to pharmacological ones, such as behavioral intervention and brain stimulation.
Challenges in the treatment of individuals with Tourette's syndrome: an integrative review.	DANTAS, et al	2022	Understand the challenges in treating the individual with Tourette's Syndrome.	It has been noted that there are effective medications available for use, such as antipsychotics and alpha-agonists; However, due to the burden of associated adverse effects, adherence is often difficult for patients and families.

Source: Prepared for this study.

4 DISCUSSION

Tourette's syndrome has tics as its main characteristic, but current psychology defines limits for the symptom to be characterized as the syndrome: tics must appear with a constancy of at least one year and must negatively impact the individual's life, since the need for treatment of the problem depends on the real damage to the person's daily life. Therefore, this analysis and diagnosis does not necessarily happen in a single moment, but rather through some analyses over time. (HOUNIE, A. G.; MIGUEL, E. C., 2012).

Regarding the syndrome, (Rodrigues, et al 2021), pointed out that prejudice and marginalization of the disease are the main social symptoms easily observed in relation to the society-individual with the syndrome, the causes are not clear, but ignorance of the problem can be considered as the main factor.

According to the Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV,



American Psychiatric Association), tics, in addition to the situations already mentioned, should also not fail to occur for a period of more than 3 consecutive months, symptoms should begin in the patient at an age of less than 18 years and disorders should not be due to physiological disorders caused by the effect of substances or other medical conditions. (LOUREIRO, et al. 2015).

The origin of the syndrome is associated with several factors, such as genetic, psychological and neurobiological. (TEIXERA et al., 2011). Studies indicate that individuals with this syndrome are commonly susceptible to acquiring other psychological conditions such as anxiety, depression, and mood disorders. (RODRIGUES, et al 2021).

There are also some other conditions that may be present in these patients, such as personality disorder, self-harming or aggressive behaviors, learning disabilities, autism, and sleep disorders. (ROBERTSON, 2000).

The treatment of tics, both in the simplest and most complex cases, and regardless of the different types of these, is usually done through drugs. In most cases, the use of drugs indicates effective improvements from the beginning of treatment. The difficulties faced by clinicians regarding this type of treatment are due to the need to manage medication dosages and the concomitant anxiety of the patient with the reduction of symptoms. The possible side effects of medications, which lead clinicians to suspend them or reduce dosages, can lead to exacerbation of symptoms, causing negative psychological effects in patients, with a feeling of treatment failure and incurability of the disease. (SANTOS, M. G. P; LEIPO, A.M.L.C, 1994).

5 FINAL THOUGHTS

Despite efforts to improve society's understanding of the disorder, people with Tourette's syndrome have difficulty interacting socially with others. This is because their tics create a session of unfamiliarity and alienation on the part of people who don't know how to treat them. Taking into account that early diagnosis is necessary because the condition gradually improves. Therefore, it is very important to know the general aspects that determine its pathogenesis, clinical presentation, and treatment of the disease



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