

## **FOR TARN 2019- Dr Tammy Hedderly Comorbidity, Labels and Lets talk**

### 1. Misophonia in Children with Tic Disorders: A Case Series

March 2018 *Journal of Developmental & Behavioral Pediatrics* 39(6)

DOI: [10.1097/DBP.0000000000000563](https://doi.org/10.1097/DBP.0000000000000563)

#### Abstract

Objective: Misophonia is a condition characterised by the dislike or hatred (miso) of specific sounds (phonia) that results in an extreme emotional response. There has been growing interest in misophonia, with emerging evidence from neurodevelopmental populations and on-going debate regarding psychiatric classification and the mechanisms underlying this phenomenon. This is the first article to report on misophonic experiences and associated clinical characteristics in young people with tic disorders. Method: In this article we present the cases of 12 children and young people with tic disorders who have attended clinics in the UK and Italy who report misophonia. Misophonia was classified as a selective aversive response in accordance with the criteria proposed by Schröder. Results: These cases support the view that a range of auditory stimuli may lead to negative/aversive emotional responses of varying degrees, with misophonia appearing to contribute to behavioural reactions. Among these the most frequent was anger outbursts, followed by an increase in tics, trigger avoidance, repetition of the sound and self-injurious behaviour. No single treatment approach was effective, with some patients responding to cognitive behavioural therapies and others to pharmacological support. Discussion: We postulate that misophonia could be an underestimated causative phenomenon for abrupt emotional dysregulation in individuals with tic disorders and should be considered as part of a comprehensive clinical assessment. This article presents findings of relevance to general discussions regarding the classification of misophonia, as well as the potential relationship between sensory abnormalities and the broader phenotype of tic disorders during development.

2.

### **Childhood tic disorders: diagnosis and management**

**August 2018**

DOI: [10.1016/j.paed.2018.07.007](https://doi.org/10.1016/j.paed.2018.07.007)

#### Abstract

Tics are considered to be benign but often cause great distress to the child and family, especially when there is a lack of understanding about their nature and the related conditions. This article is a clinical guide to assessment, diagnosis and management; with focus on practical aspects, caveats and catches and most importantly recognising and managing developmental and psychiatric co-morbidities in Tourette Syndrome and other Tic conditions.

### 3. Interoceptive Accuracy in Youth with Tic Disorders: Exploring Links with Premonitory Urge, Anxiety and Quality of Life

October 2018 *Journal of Autism and Developmental Disorders* 48(4)

DOI: [10.1007/s10803-018-3608-8](https://doi.org/10.1007/s10803-018-3608-8)

Pile, Lau, Topor Hedderly and Robinson

Aberrant interoceptive accuracy could contribute to the co-occurrence of anxiety and premonitory urge in chronic tic disorders (CTD). If it can be manipulated through intervention, it would offer a transdiagnostic treatment target for tics and anxiety. Interoceptive accuracy was first assessed consistent with previous protocols and then re-assessed following an instruction attempting to experimentally enhance awareness. The CTD group demonstrated lower interoceptive accuracy than controls but, importantly, this

group difference was no longer significant following instruction. In the CTD group, better interoceptive accuracy was associated with higher anxiety and lower quality of life, but not with premonitory urge. Aberrant interoceptive accuracy may represent an underlying trait in CTD that can be manipulated, and relates to anxiety and quality of life.