

Symposium | Neurodevelopmental disorder : [Symposium 112] A Multidimensional Approach to Tourette Syndrome in Japan and Korea

📅 Sun. Sep 28, 2025 4:30 PM - 6:00 PM JST | Sun. Sep 28, 2025 7:30 AM - 9:00 AM UTC 🏢 Session Room 5 (Conference Room A)

[Symposium 112] A Multidimensional Approach to Tourette Syndrome in Japan and Korea

Moderator: Yukiko Kano (The University of Tokyo), Jin-Hwa Moon (Hanyang University)

[SY-112-01] Development of an Intensive Psychoeducational Program for Tic Disorders using Internet-based Materials in Japan

*Yukiko Kano^{1,2}, Maiko Nonaka^{2,3}, Natsumi Matsuda^{2,4}, Yosuke Eriguchi^{2,5} (1. National Medical and Educational Consulting Center for children (Japan), 2. Department of Child Psychiatry, The University of Tokyo Hospital (Japan), 3. Department of Psychology, Faculty of Liberal Arts, Teikyo University (Japan), 4. Department of Developmental Psychology, Faculty of Human Studies, Shirayuri University (Japan), 5. Setagaya Yoga Mental Clinic (Japan))

Keywords : tic disorders、psychoeducation、internet-based、Comprehensive Behavioral Intervention for Tics (CBIT)、Tourette syndrome

Cognitive behavioral therapy focusing on tics, including Comprehensive Behavioral Intervention for Tics (CBIT), has been established as an evidence-based treatment in the United States and Europe. In Japan, however, only a few psychologists are interested in treating tics, and even psychoeducation, which could be an introduction to CBIT, has not been sufficiently conducted.

We aim to develop psychoeducational materials for tic disorders that include the essence of CBIT and are adapted to the current situation in Japan. The materials should be internet-based so that they can be accessed independently anywhere in Japan, and should be developed in collaboration with patients with tic disorders and their families.

Two child psychiatrists and two clinical psychologists with extensive experience in treatment and support of Tourette syndrome developed the first version of the psychoeducational materials through discussions with patients with Tourette syndrome and their families. Based on the input of several patients with tic disorders and their families, we revised this first version and completed the psychoeducational material.

With the collaboration of two patients and the family who are trying to raise social awareness based on their own experiences, we created psychoeducational materials consisting of four parts: (1) Basic Understanding of Tic Disorders and Structure of Treatment, (2) Learning about Functional Analysis, (3) Basic Understanding of Habit Reversal, and (4) Coping with Tic Disorders. In addition to lectures on these topics using slide presentations, several exercises were provided to encourage patients to view the materials actively. Based on the aforementioned input from patients and their families, videos of the treatment of a simulated patient were added to help patients understand how CBIT is actually implemented. Thus, we have developed Internet-based psychoeducational materials that address the unmet needs of patients with tic disorders and their families in Japan.