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Tourette Syndrome: Perception and Adaptation within Society

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ABSTRACT

Tourette syndrome, TS is a neurological disorder that causes people to have sudden involuntary and unwanted movements or rapid vocal sounds which are known as tics [1]. TS exact cause is still yet to be known however scientists state that maybe genetic and environmental factors could be the cause. The disorders could occur to all people but men are more likely to have them than females [1]. The objective of this study is to conduct a campaign that helps to create awareness of tourette syndrome in our society by introducing them with what is tourette syndrome. This is because most people are not aware of this disease and some people with tourette syndrome do not receive appropriate care in the society. Thus, it could increase the public's knowledge about this disorder. This campaign was designed using a five minutes informative video which contains tourette syndrome information; causes of Tourette syndrome, symptoms, treatment and how to prevent it from getting worse. As a platform to share this video to the society, Youtube platform was used. Besides, a google form also was attached together in Youtube to see the viewers responses about TS. From the survey, out of 19 people from 25 are aware about Tourette syndrome even before watching the video, however most of them do not know what the causes, symptoms, treatment and way to prevent it. To conclude, the Tourette syndrome information has successfully been proposed to the society via this campaign therefore people will be more aware and concerned about this disease in the future.

Keywords: TS; neurological disorder; awareness

INTRODUCTION

The majority of individuals in the world are unconcerned about Tourette syndrome. The issue that we're all dealing with is how little people in society actually know about these illnesses. A video educating society about diseases is an innovation. The goal of this study is to produce a cutting-edge educational video on Tourette syndrome in order to raise awareness among the general public. The innovation motivation of this project is to include informative content such as the causes, symptoms, treatment, and prevention of Tourette syndrome. The details about these diseases will be discussed further in our report below.

Tourette syndrome (TS) is a neurological condition that results in tics, which are brief, uncontrollable, and unpleasant movements or fast vocalisations [3]. Tics are sudden, repetitive twitches, motions, or noises. There are two types of tics: motor and vocal. Body motions are known as motor tics. The sounds a person creates with their voice are called vocal tics. Tics can also be straightforward or intricate. Simple tics, such as squinting the eyelids or sniffing, only affect a few body areas. Complex tics can involve multiple bodily parts and can follow a pattern, such as bobbing the head while jerking an arm, followed by springing up [3]. In addition, more

boys than girls are affected by tourette syndrome, and early adolescence is usually when TS patients experience the worst tic symptoms, but by late adolescence or early adulthood, tics usually diminish and become under control [1].

Next, the most commonly co-occurring illnesses along with TS are anxiety, obsessive-compulsive disorder or behaviours (OCD), and attention deficit hyperactivity disorder (ADHD).[1] Although TS students frequently perform well in a typical classroom setting, other factors such as ADHD, learning difficulties, obsessive-compulsive symptoms, and frequent tics can seriously hamper academic achievement or social adjustment. Children with Tourette syndrome can demonstrate difficulties with peer and adult social relationships. One of the possible signs of impaired social skills with Tourette syndrome is difficulty initiating peer engagement [2].

INNOVATION DEVELOPMENT

In order to spread awareness about this disease to the public, we have produced a video that explains Tourette syndrome. This video has some details on the causes, symptoms, treatment for the disease and some prevention that can be done. To produce this video we have done a lot of research about this disease through Google, official health websites and also lecturers. Once we gained the information from various platforms, we did some discussion among the group members to make sure that each of us had accurate information about Tourette syndrome.

The video we have produced as shown in Figure 1 consists of some parts that provide some information regarding this disease. Society also can refer to this video to know what to do when there is someone who has this disease. Then, we upload it on one of our group member YouTube channels which is 'aleeyalts' for the public to watch. Besides that, we also made a survey regarding Tourette syndrome by using Google Form. We have attached the link of the survey at the description box under the video we have posted so that the viewer can easily access it. In the survey we have prepared a few questions such as 'Do you know the causes of Tourette syndrome?' for the viewers so that we can know their level of understanding about Tourette syndrome before and after watching our video as shown in Chart 1 and Chart 2, 1 indicates the lowest level of understanding while 3 is the highest. As we can see from the chart, we can know that before watching the video 48 % of the respondent did not know what is the causes for this disease but after watching it 60 % of them have knew the causes of the syndrome, this shows that our video is able to help public understand Tourette syndrome better. Next, we shared the link of the video and the survey through social media such as WhatsApp as shown in Figure 2, Instagram and Telegram. We shared the links to our family, friends and also students in UiTM Dengkil. Lastly, we collected all the information based on the responses from our viewers that have answered our surveys.

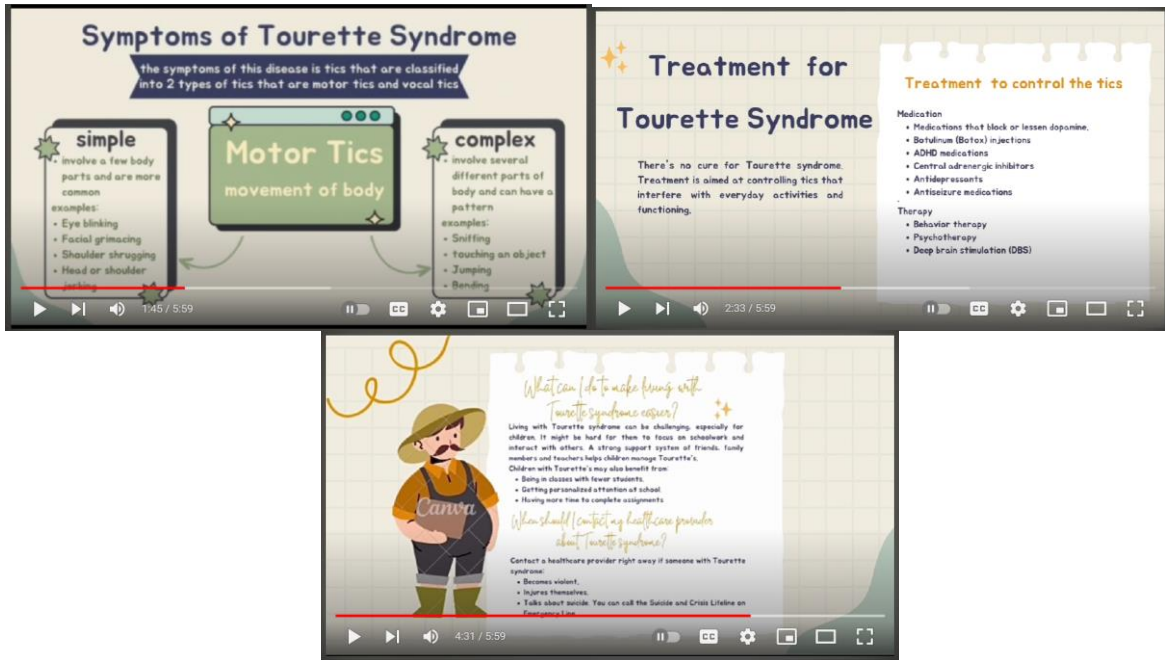


Figure 1: Our Tourette syndrome video

Do you know the causes of Tourette syndrome? Coq
 25 responses

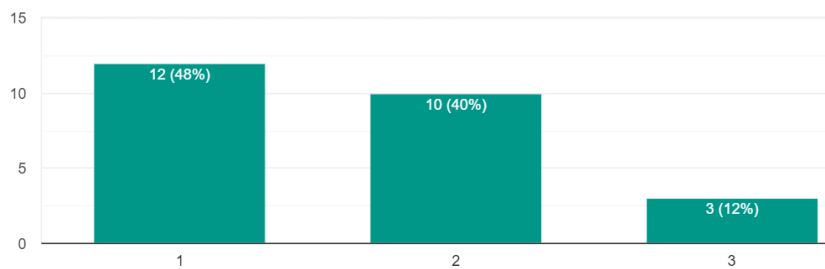


Chart 1: Before watching our video

Do you know the causes of Tourette syndrome? Coq
 25 responses

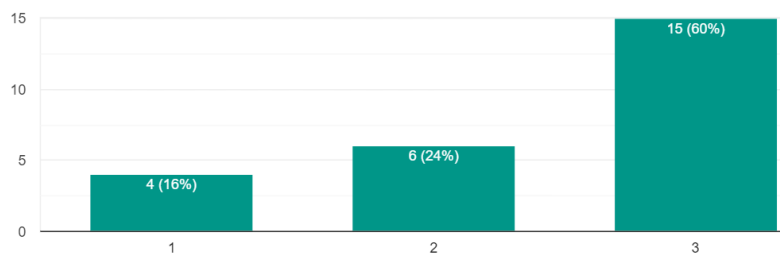


Chart 2: After watching our video

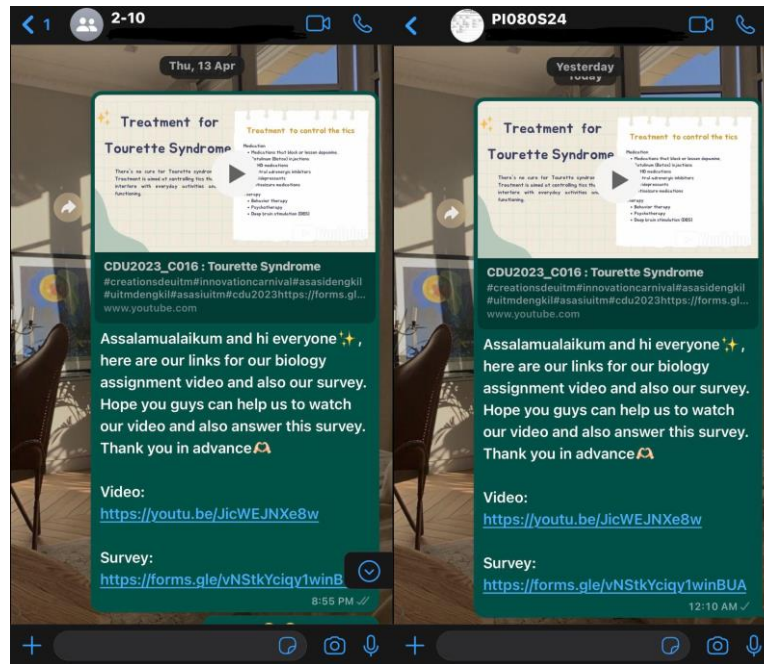


Figure 2: Sharing links at social media

COMMERCIAL POTENTIAL

We did this kind of approach to give people awareness and exposure about people who suffered from tourettes. We collected the data of people's knowledge about tourettes by giving them some likert scale questions to evaluate themselves. This is because we would like to interpret whether they have knowledge about this disease or not. The approach of the product is to give awareness and information about this disease to people who have zero to bare minimum knowledge about tourettes. In addition, the product is most likely to be launched during Tourettes Syndrome Awareness Month which is on May 15 to June 15 [4]. So, it is a great step to provide additional information to the people about this disease. Furthermore, people who suffered from this disease most likely would feel reserved and appreciated. It also gives them a chance to get properly treated and cared for by the people around them. Due to this approach, probably in the near future the technology to create the cure for this disease.

With the information we get from the respondents we decided to create a video on a platform called Canva which we create using templates and voiceover from the members of the group. This can give people more understanding about Tourette's disease because we included causes, symptoms, treatments and preventions. This will give people more exposure on how they should treat people with this disease as they know about the disease inside and out.

CONCLUSION

In conclusion, the tics can be controlled with medicines even though there is no known cure for Tourette syndrome. Numerous Tourette syndrome sufferers have tics that do not interfere with their everyday activities and are hence not in need of therapy. If tics do, however, result in discomfort or harm, disruption of academic, professional, or social life, or stress, medicines and behavioural therapies are available. However, the objective to spread awareness about these diseases was achieved. This is proved by the result of the google form shown. Many people had looked at the video we created. They showed a good response about this disease. Our hope for

the future is that society can be more alert and sensitive about these diseases in our daily life as we should never look down upon this disease.

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