

THE IMPACT OF SOCIAL NETWORKS ON TOURETTE SYNDROME: A SYSTEMATIC REVIEW

Maria Eduarda Dib Novaes

Doctor graduated by: ``Universidade do Grande Rio`` (UNIGRANRIO, Campus Barra da Tijuca), Rio de Janeiro, Rio de Janeiro

João Victor Dib Novaes

Graduation student of medicine course at: ``Fundação Técnico-Educacional Souza Marques``, Rio de Janeiro, Rio de Janeiro

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Abstract: Tourette's Syndrome (TS), first described in 1885, is a neuropsychiatric disease whose main characteristics are the individual's involvement with motor and vocal tics, in addition to being associated with other psychiatric pathologies. With the COVID-19 pandemic and the consequent growth of social networks, several Mental Health disorders appeared and intensified, both due to isolation and the intense and massive amount of information conveyed in virtual environments. To the detriment of this, there is an important demand for discussion about psychosocial well-being and the impact of social networks on the same.

Keywords: Tics, AST, Pandemic, Neuropsychiatry, Tourette Syndrome (TS), first described in 1885

INTRODUCTION

TS is described by a neurodevelopmental disorder, characterized by multiple motor tics and at least one phonic-type tic, generally preceded by a premonitory impulse. According to the DSM-5, symptoms must be present for at least a period of one year, in addition to appearing before the age of 18. A higher prevalence of the syndrome is observed in males compared to females. During the COVID-19 pandemic and especially the period of isolation, many challenges arose from the intense interaction between individuals both at home and online. During this period, everyone's social needs found themselves dependent more than ever on clicks, likes and messages. This led to the rise of many applications, such as TikTok, a social network based on sharing content in video form. Together, a series of problems were observed for patients affected by TS. The objective of this study will be to evaluate the impact of social networks on individuals affected by Tourette Syndrome.

METHODOLOGY

This is a systematic bibliographic review that used the Scielo and Pubmed databases to carry out a search based on the following descriptors: Tourette's, tics, pathology, social network. The inclusion criteria were articles published in the last ten years, available online, written in English, totaling three articles used in this work.

THEORETICAL FOUNDATION

Since the beginning of the COVID-19 pandemic, there has been a significant increase in the sharing of virtual content, which is the only way for human beings to persevere in their socialization in such a turbulent time. This global phenomenon involving a great intensity of dissemination of information in the form of dances, songs and jargon directly contributed as a trigger for TS tics, as well as their intensification. Furthermore, the high level of exposure led to Tourette's Syndrome being a highly discussed topic in the online community by users, also verifying the stigmatization of the disease by many users, delegitimizing the condition. Many of these platforms were used as pastimes for teenagers, in order to follow trends that often went viral worldwide and had a recreational feel. However, it was found that TikTok is the social media platform that most addicts young people, especially during the COVID-19 pandemic. Social networks play a crucial role in the search for knowledge. However, they cease to be allies when they highlight false allegations and hate speech, triggering a series of personal harms. Numerous studies have shown that information about COVID-19 on TikTok is mostly unhelpful or actually misleading. There are currently abundant mentions about TS in the digital world, especially on TikTok, generally reinforcing stigmas and portraying the disease in a comical way, directly impacting the lives of

individuals who have it, with the components of TS in themselves already a difficulty. for dialogue and social interaction.

FINAL CONSIDERATIONS

The quality of life of individuals with TS can be severely impaired due to the high incidence of tics, the spread of erroneous information about the condition and, above all, prejudice. This phenomenon can have repercussions that compromise several aspects of their lives,

complicating the process of identity, as well as their belonging. Social media can indeed be a useful tool for everyone. However, it is necessary that professionals involved in the management of patients with TS are aware of where and how medical information is consumed and adequately educate patients themselves about diagnoses, treatments, etc. After all, the more the population as a whole is able to minimally understand TS and adopt a stance against intolerance, the better life prospects patients will have.

REFERENCES

1. Novotny, Michal et al. "Tourette Syndrome: A Mini-Review." *Frontiers in neurology* vol. 9 139. 9 Mar. 2018, doi:10.3389/fneur.2018.00139
2. Frey, Jessica et al. "TikTok Tourette's: Are We Witnessing a Rise in Functional Tic-Like Behavior Driven by Adolescent Social Media Use?" *Psychology research and behavior management* vol. 15 3575-3585. 5 Dec. 2022, doi:10.2147/PRBM.S359977 O'SULLIVAN, J.S, LYNE, A., VAUGHAN, C.J. **COVID-19-induced postural orthostatic tachycardia syndrome treated with ivabradine.** *BMJ Case Rep.*, v.14, n.6, 2021.
3. Scharf JM, Miller LL, Gauvin CA, Alabiso J, Mathews CA, Ben-Shlomo Y. Population prevalence of Tourette syndrome: a systematic review and meta-analysis. *Mov Disord.* 2015;30(2):221-228. doi:10.1002/mds.26089