

# Digital therapy for chronic tic disorders and Tourette syndrome: early value assessment

Information for the public

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NICE has said that Online Remote Behavioural Intervention for Tics (ORBIT; Mindtech) can be used with standard care in the NHS to treat chronic tic disorders and Tourette syndrome in children and young people 9 to 17 years.

The NHS is collecting more evidence for this technology. You might be asked if details of your or your child's treatment can be collected as evidence. You can ask your healthcare professional about how this information will be stored and used.

ORBIT is a 10-week online guided self-help treatment programme for chronic tic disorders and Tourette syndrome in children and young people 9 to 17 years. It first provides information and support to help children and young people, and their family and carers, understand their condition (called psychoeducation). The programme follows this with behavioural therapy called exposure and response prevention, which teaches people to tolerate and resist the urge to tic. ORBIT uses videos, animation and interactive scripts, and is supported by an online therapist and 'e-coaches'.

## Is this treatment right for me or my child?

Your healthcare professionals should give you clear information, talk with you about your or your child's options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my or my child's day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment or do not want my child to have it?  
Are there other treatments available?
- How will my information be used, if it is collected?

## Information and support

The [NHS webpages on tics](#) and [Tourette syndrome](#) may be good places to find out more.

[Tourettes Action](#) ([help@tourettes-action.org.uk](mailto:help@tourettes-action.org.uk)) can give you advice and support.

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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