

# Remote Delivery of a Mindfulness-based Intervention for Tics

NCT06408662

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|-------------------|--------------------------|
| <b>Status</b>     | RECRUITING               |
| <b>Phase</b>      | Not Applicable           |
| <b>Sponsor</b>    | Johns Hopkins University |
| <b>Enrollment</b> | 150 participants         |

## Key Eligibility Criteria

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### Inclusion (7)

- be ≥18 years of age;
  - meet diagnostic criteria for a primary or co-primary diagnosis of Tourette Syndrome or a Persistent Motor or Vocal Tic Disorder on a structured clinical interview;
  - have moderate or greater tic severity as evidenced by a YGTSS Total Tic Score of >14 (when motor and vocal tics are present) or >10 (when only motor or vocal tics are present);
  - be medication free and/or on a stable dose of psychiatric medication 8 weeks prior to study participation;
  - be not engaged in psychotherapy for non-TS conditions and/or be on a stable course of therapy for 6 months prior to study participation
- ... and 2 more (see full listing online)

### Exclusion (4)

- a current diagnosis of substance use disorder, psychosis, mania or another condition that requires another form of care;
- severe current suicidal/homicidal ideation and/or self-injury requiring medical intervention;
- concurrent psychotherapy for TS;
- prior extensive experience with mindfulness and/or meditation.

## Locations (1 total)

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Johns Hopkins University School of Medicine, Baltimore, Maryland, United States