

BÖLÜM 13

ÖZGÜL ÖĞRENME BOZUKLUĞU VE TİK BOZUKLUKLARI

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Çukurova Üniversitesi Tıp Fakültesi, Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları AD

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Çukurova Üniversitesi Tıp Fakültesi, Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları AD

TANIM VE ÖZELLİKLER

Tikler; ani, hızlı, beklenmedik, amaçsız ve düzensiz olarak ortaya çıkan, ritmik olmayan, ayırık, tekrarlayan aralıklı kas kasılmalarının neden olduğu motor hareketler veya seslerdir. Motor ve sesli tikler olarak iki ana grupta ele alınır. Her bir grupta yer alan tikler basit veya karışık (kompleks) yapıya sahip olabilir (Tablo 1). Kas kasılmaları laringeal-faringeal kasları içerdiğinde ses üretir ve bu tikler “sesli” veya “vokal” tikler olarak adlandırılır (1). En sık görülen motor tikler göz kırpma, çeneyi sallama, baş döndürme ve omuz silkmedir (2). Vokal tikler; homurdanma, koklama, burun çekme gibi basit seslerin yanı sıra, koprolali (kaba veya müstehcen kelimeler söyleme), ekolali (bir başkasının son kelimesi veya kelime öbeğinin tekrarı), palilali (kişinin kendi son kelimesi veya kelime öbeğinin tekrarı) şeklinde de görülebilir (2,3). Pek çok küçük çocuk kasıtlı olarak diğer çocukları veya yetişkinleri taklit ettiğinden, yankı fenomeni (ekolali) içeren karmaşık tikler genellikle kasıtlı davranış olarak yanlış yorumlanabilmektedir (4). Motor ve vokal tikler arasındaki ayrım sıklıkla vurgulanırken, bazı seslendirmeler nazal, faringeal, göğüs veya abdominal motor tiklere ikincil olabilir. Örneğin, göğsün veya karının hızlı bir şekilde kasılması, havanın dışarı atılmasına ve basit bir sesin üretilmesine neden olabilir (5).

Basit tikler anlamsız görünme, anatomik olarak bir bölgeye izole olma veya kısa süreli olma eğilimindedir, ancak sıklık veya yoğunluk bakımından aşırıdır (1). Karmaşık tikler; jestsel veya dilsel bir amacı taklit edebilen, iki veya daha fazla kas grubunu içeren veya bir postürün sürdürülmesi gibi daha uzun süreli olabilen tiklerdir. Basit motor tiklerin bir kümesini veya daha koordineli amaçsız hareket dizisini içerebilir. En tuhaf ve rahatsız edici karmaşık tiklerden bazıları, küfürlerin veya sosyal olarak tabu kelimelerin istem dışı söylenmesi (koprolali) veya müstehcen yada sosyal olarak uygunsuz hareketleri (kopropaksi) içeren istemsiz hareketlerdir (1,3,4). Yaygın olmayan tikler arasında dış kulağın ön-arka hareketleri, işaret dili tikleri, damak hareketleri, hava yutma, kusma ve öğürme sayılabilir (5). Tiklerle ilgili sınıflamaya Tablo 1’de yer verilmiştir (5,6).

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