

This rigorous thesis focuses on tic disorders and their treatment in children and adolescents. Theoretical section of the thesis provides a reader with a comprehensive overview of tic classification, etiology, as well as internal and external factors that contribute to variable nature of the disorders. Following the theoretical section, the thesis presents guidelines for tic disorder diagnosis needed for effective treatment. The author then evaluates available treatment methods, including traditional pharmacotherapy and a behavioral intervention that is less-known within the clinical context in the Czech republic. The author also further explores Comprehensive behavioral intervention for tics (CBIT) in consideration of the current trends in the clinical field. With the main concepts and methodology established, the research section presents a study that for the first time assesses the effectiveness of CBIT therapy with online delivery in population of children and adolescents with chronic tic disorders in Czech republic. The evaluation is based on data collected between 2020 and 2024 within the author's private therapeutic practice. The thesis concludes with a presentation of the results and specific steps to mitigate the negative impacts associated with tic disorders in affected individuals