

**DEFINITION**

- 1 **Stereotype/habit disorder** is a movement disorder which does not meet the criteria for a tic disorder or a pervasive development disorder.

**CLINICAL MANIFESTATION**

- 2 The essential features are intentional, repetitive, non-functional (ie serve no constructive, socially acceptable purpose) behaviours such as hand shaking, body rocking, and head banging.
- 3 The condition is only diagnosed if the disturbance causes physical injury or markedly interferes with normal activities.
- 4 The condition is usually one of childhood and adolescence.

**AETIOLOGY**

- 5 Individuals with mental retardation or handicap are more predisposed to develop the condition.
- 6 The condition is more common in non-stimulating institutional environments and thus may serve the adaptive function of attracting self attention.
- 7 The condition may be associated with sensory handicaps such as blindness or deafness, especially when congenital.
- 8 The condition may also be associated with degenerative and central nervous system disorders (Lesch-Nyham syndrome, temporal lobe epilepsy, post encephalitic syndrome), and other mental disorders.
- 9 The condition may be induced by certain psychoactive substances such as amphetamine.
- 10 In other cases the aetiology is unknown.

**CONCLUSION**

- 11 **Stereotype/habit disorder** is a movement disorder which is usually found in childhood and adolescence. Although the aetiology is usually unknown, the condition is found in association with other conditions which have been listed above.

**REFERENCE**

American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders. 3<sup>rd</sup> Ed. (Revised). 1987. Washington D C. American Psychiatric Association. p93–95.

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