

Tardive dyskinesia

Tardive dyskinesia, or TD, is a condition of uncontrollable movements affecting the face, torso, and/or other body parts. TD may develop after a few months of taking certain medications to treat bipolar disorder, depression, or schizophrenia. TD affects approximately 600,000 people in the U.S.¹⁻⁴ By declaring the first week of May as TD Awareness Week, NAMI Santa Barbara County is helping to raise awareness around:

- The impact TD can have on a person's physical, emotional, and social well-being
- The signs and symptoms associated with TD
- The importance of working with one's doctor to manage the condition, including talking about available treatment options.

The uncontrollable movements of TD may be disruptive to people's lives due to the symptoms themselves and the impact they can have on emotional and social well-being.⁶ Despite this, research shows a gap in awareness and need for further education.⁷ Data from the RE-KINECT study, the largest ever real-world screening study of patients with clinician-confirmed possible TD, demonstrated that the involuntary movements associated with TD had a negative impact on a patient's health-related quality of life. The study found that 75% of people in this group (n=204) affirmed feeling self-conscious or embarrassed about involuntary movements.⁸

Thank you for your commitment to raising awareness of tardive dyskinesia and in supporting the mental health community. We encourage everyone across California to acknowledge the first week of May as TD Awareness Week. To learn more about mental illness and TD, visit <https://www.nami.org/About-Mental-Illness/Treatments/Mental-Health-Medications/Tardive-Dyskinesia>

References

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