

# HAVE UNCONTROLLABLE BODY MOVEMENTS? IT COULD BE TARDIVE DYSKINESIA (TD)

Tardive dyskinesia (TD) is a condition in which people taking certain mental health medicines (antipsychotics) experience uncontrollable movements in different parts of their bodies.

Use the questionnaire below to help guide your conversation with your healthcare provider during your next appointment in person, over the phone, or online.

1 Have you taken certain mental health medicines (antipsychotics) to treat any of the following conditions? (Select all that apply)

- Depression
  Anxiety disorder
  Other
  Schizoaffective disorder
  Bipolar disorder
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2 Do you have mild, moderate, or severe uncontrollable body movements?

- Yes
  No

3 Where on your body have you experienced uncontrollable movements, such as lip pursing or puckering, darting tongue, excessive blinking, twisting hands, dancing fingers, torso jerking, rocking, or twisting? (Select all that apply)

- Eyes
  Lips
  Torso
  Hands/Fingers
  Feet/Toes
  Tongue
  Jaw
  Arms
  Legs

4 How much of an impact have uncontrollable body movements had on your life?

Physically (e.g., household activities, sleeping, writing, typing)

- No impact
  Mild impact
  Moderate impact
  Significant impact

Socially (e.g., personal relationships, employment)

- No impact
  Mild impact
  Moderate impact
  Significant impact

Emotionally (e.g., frustration, anxiety, worry)

- No impact
  Mild impact
  Moderate impact
  Significant impact

Other topics to discuss with your healthcare provider:

- When your uncontrollable body movements started and how frequently they occur
- How your uncontrollable body movements affect your thoughts and feelings
- If others have noticed your uncontrollable body movements
- How your uncontrollable body movements affect your relationships with others

This questionnaire is not a validated assessment tool, nor a diagnostic tool for TD. TD must be diagnosed by a medical professional.

# SPEAK UP—START A CONVERSATION ABOUT TD WITH YOUR HEALTHCARE PROVIDER

Now that you're learning more about TD, you might have some questions for your healthcare provider about what TD is and the ways it can be treated. Be sure you write down your thoughts and questions in advance.

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Before having a discussion with your healthcare provider, fill out this guide to help drive the conversation.

## TELEMEDICINE TIPS

TD is best diagnosed and treated with an in-person visit with your healthcare provider. If that is not possible, you can still have a productive conversation with them. Use these tips to make the most of your next appointment online or over the phone.

### Online Video Appointment

You can use this guide to show your healthcare provider the exact location of your movements.

### Phone Appointment

If neither an in-person visit or video appointment is possible, you can use this guide to describe the location of your movements. Consider having someone record your movements, then share the video with your healthcare provider. This can help you have a more informative conversation.

The talking points and/or short videos you record of your uncontrollable body movements can help give your healthcare provider a better picture of your uncontrollable body movements, how they are impacting you, and if they are TD.

Your healthcare team can help you create a treatment plan that's right for you.

Visit [TalkAboutTD.com](https://www.talkabouttd.com) to learn more about tardive dyskinesia (TD).

If your uncontrollable body movements turn out to be TD, it's important to know that there are treatment options available. Ask your healthcare provider about a TD treatment plan that could make a real difference in your uncontrollable body movements while you continue to manage your mental health.

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