



Diagnostic Criteria

PANS

Pediatric Acute-onset
Neuropsychiatric Syndrome

- 1.** Abrupt, acute onset of
 - Obsessive-compulsive disorder and/or
 - Severe restricted food intake
- 2.** Concurrent presence of additional behavioral or neurological symptoms with similarly acute onset and severity from at least 2 of the 7 following categories:
 1. Anxiety, separation anxiety
 2. Emotional lability or depression
 3. Irritability, aggression, and/or oppositional behaviors
 4. Behavioral or developmental regression
 5. Deterioration in school performance (loss of math skills, handwriting changes, ADHD-like behaviors, executive functioning, etc.)
 6. Sensory or motor abnormalities, tics
 7. Somatic signs: sleep disturbances, enuresis, or urinary frequency
- 3.** Symptoms are not better explained by a known neurologic or medical disorder
- 4.** Age requirement – None

PANDAS

Pediatric Autoimmune Neuropsychiatric
Disorders Associated with Streptococcal Infections

- 1.** Presence of OCD and/or tics, particularly multiple, complex or unusual tics
- 2.** Age Requirement (Symptoms of the disorder first become evident between 3 years of age and puberty)
- 3.** Acute onset and episodic (relapsing-remitting) course
- 4.** Association with Group A Streptococcal (GAS) infection
- 5.** Association with Neurological Abnormalities

Note: Comorbid neuropsychiatric symptoms are universally present in PANDAS, similar to the diagnostic criteria for PANS with similarly abrupt onset/exacerbation as the primary symptoms of PANDAS. In particular, the somatic symptoms such as urinary frequency, mydriasis, and insomnia, help differentiate PANDAS from Tourette syndrome or non-PANDAS OCD.