

Sluggish Cognitive Tempo (SCT)

- Similar to attention deficit but has distinct characteristics:
 - Mind wandering
 - Daydreaming
 - Slow pace completing tasks
 - Predisposition to anxiety or depression
 - Sleep problems
- Characteristics overlap with ADHD
- Does your child have a combination of difficulties that may indicate SCT
- SCT may present an opportunity for cognitive behavioral therapy to address anxiety/ depression or sleep problems.
- SCT will usually fall diagnostically under ADHD primarily inattentive type
- Clinicians have separate set of question to diagnose SCT as primary or coexisting issue along with ADHD
- Check out Russ Barkley video, listed under Websites and Podcasts.