

## Introduction

- Sluggish Cognitive Tempo (SCT) is observed in some children and may include: daydreaming, inconsistent alertness, absentmindedness, behaving or thinking slowly, appearing tired even after a full night of sleep, and lacking energy. (Landberg, Becker, & Dvorsky, 2013)
- The symptoms are sometimes divided into two domains: cognitive and behavioral. (Lee et al. 2013)
- SCT is often associated with Attention Deficit Hyperactivity Disorder (ADHD), especially the Inattentive subtype (ADHD-I). (Barkley, 2013)
- It was originally thought that SCT may be its own subtype of ADHD-I, though factor analysis continues to demonstrate SCT and ADHD are two separate, often comorbid constructs, with a relationship similar to that between depression and anxiety. (Barkley, 2013)
- High SCT (HSCT) has been shown to have a negative impact on academic and social functioning and is associated with elevated anxiety and depression symptoms in children. (Barkley, 2013, Capdevila-Brophy et al., 2014, Landberg, Becker, & Dvorsky, 2013, Wilcutt et al., 2014)
- The majority of existing literature focuses primarily on Caucasian children.

## Method

### Purpose of the Study:

- The first purpose of this study was to examine if SCT exists in Latino youth in the United States. The study also examined academic functioning, social functioning, and anxiety and depression symptoms in relation to SCT. Finally, this study aimed to add to the transcultural validity of SCT.

### Participants:

- 13 parents of Latino children at a public charter school
- 4 parents reported SCT symptoms in their child

### The 4 children:

- 8 – 10 years old
- 3<sup>rd</sup> – 5<sup>th</sup> grade
- 2 girls; 2 boys

### Inclusion Criteria:

- A parent/guardian of any 1<sup>st</sup> – 6<sup>th</sup> grade student

### Exclusion Criteria:

- None

### Measures:

- Demographic questionnaire
- Child and Adolescent Disruptive Behavior Inventory (CADBI)
- Screen for Child Anxiety Related Disorders (SCARED)
- Patient Reported Outcomes Measurement Information System Parent Proxy Peer Relationships Short Form (PROMIS)

### Procedures:

- A series of questionnaires were completed on paper or online by a parent about their child
- A qualitative analysis examined the four children who were reported to have SCT symptoms.

## Comparison of Results

	Participant A	Participant B	Participant C	Participant D
Child's gender	F	M	F	M
Child's age	10	8	9	9
Child's grade level	5 <sup>th</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	4 <sup>th</sup>
<b>CADBI</b>				
Number of SCT symptoms	3	4	5	9
Low/high SCT (LSCT/HSCT)	LSCT	HSCT	LSCT	HSCT
Cognitive/behavioral symptom cluster	Cognitive	Behavioral	Cognitive/behavioral	Cognitive/behavioral
Anxiety domain(s) endorsed	none	generalized, social	social	generalized, specific phobia (storms), social, panic
Number of depressive symptoms (MDD ≥5 symptoms)	0	2	0	3
Number of ADHD-I symptoms (ADHD-I ≥ 6 symptoms)	0	7	0	9
Number of ADHD-HI symptoms (ADHD-HI ≥ 6 symptoms)	0	3	5	5
Social interactions(#)	MA - E	E	MA - E	MA - E
Academic performance(#)	MA - E	A - E	E	SD - MD
<b>SCARED</b>				
SCARED total	5	35	19	18
≥ 25 may indicate an anxiety disorder				
Panic	0	3	3	2
≥ 7 may indicate panic disorder				
Generalized Anxiety Disorder	0	14	8	7
≥ 9 may indicate GAD				
Separation	0	9	6	2
≥ 5 may indicate separation anxiety disorder				
Social	4	7	2	6
≥ 8 may indicate social anxiety disorder				
School	1	2	0	1
≥ 3 may indicate school avoidance				
<b>PROMIS</b>				
T	T = 53	T = 37	T = 56	T = 34
(mean T = 50; SD = 10)				

Red = significant impairment; Yellow = approaching significant impairment

# SD - severe difficulty; MD - moderate difficulty; SLD - slight difficulty; A - average; SLA - slightly above average; MA - moderately above average; E - excellent

## Results / Discussion

- Four out of thirteen respondents endorsed SCT symptoms for their child.
- Two children, or 15% of the small sample showed HSCT.
- One child showed a primarily cognitive presentation, one a primarily behavioral, and two a combined cognitive and behavioral presentation.
- Two children had enough symptoms to indicate ADHD inattentive type.
- One child was reported to have moderate academic difficulty.
- Two of the children were reported to have below average interactions with peers.
- One child met the indication for generalized anxiety disorder, and two met the indication for separation anxiety disorder.
- Sub-clinical symptoms of depression were endorsed for two of the children.
- The case study provides support for the continued study of SCT in a Latino population.
- The study found SCT to be prevalent across children of different ages, grade levels, and genders and to impact several domains of functioning.
- The study also provides support for the heterogeneity of SCT symptom presentation, and the presence of two symptom clusters: cognitive and behavioral.

## References

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