



ADHD and Sluggish Cognitive Tempo: Overview of Theory, Assessment, and Management

Presented by

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Attention-deficit/hyperactivity disorder (ADHD) is one of the most common psychiatric disorders in childhood, affecting 5-7% of school-aged children and often persisting into adulthood. ADHD also presents with substantial heterogeneity, and there is rapidly accumulating evidence on the nature and importance of sluggish cognitive tempo (SCT) in children with and without ADHD. This program will provide up-to-date information on leading theories of ADHD, in addition to an overview of its presentations, co-occurring conditions, and associated impairments across the life span. It will also cover the latest scientific evidence on SCT, including its history as related to and distinct from ADHD and other mental health conditions, currently available measures to guide assessment, impact on major domains of daily life functioning, and possible treatment approaches.

Clinical Features, Presentations, and Course of ADHD

- History of ADHD
- ADHD diagnostic criteria and presentations
- ADHD developmental course and persistence (01:33:08)

Theories and Causes of ADHD

- Executive functioning
- Brain and genetic factors
- Environmental factors (01:30:58)

Impairments and Long-Term Outcomes

- Peer and social impairments
- Academic and neuropsychological impairments
- Adult outcomes (01:31:01)

ADHD Comorbidity and Heterogeneity

- Comorbid conditions
- Emotion dysregulation
- Sleep problems (01:31:36)

Assessment of ADHD and Associated Impairments

- Evidence-based ADHD assessment
- Assessment of associated features and comorbidity
- Assessing functional impairment (01:32:16)

Behavioral Treatments for ADHD

- Behavior parent training
- School-based interventions
- Treatments for teens and adults with ADHD (01:35:32)

History and Validity of Sluggish Cognitive Tempo (SCT)

- History of SCT and distinction from ADHD
- Functional outcomes and impairments linked to SCT
- Phenomenology of SCT (01:29:25)

Assessment and Treatment of SCT

- SCT assessment
- Possible behavioral treatments for SCT
- Current Evidence on Medication and SCT (01:25:35)

Objectives— Participants will be able to:

- describe primary characteristics of ADHD, including its diagnostic criteria and presentations;
- identify key considerations for evaluating ADHD and comorbid conditions;
- identify evidence-based behavioral interventions for treating ADHD;
- identify the history of sluggish cognitive tempo (SCT) as related to ADHD and other mental health conditions;
- review recent scientific findings of SCT in children and adults;
- describe the nature of executive function deficits and impairments associated with ADHD and SCT.

Stephen P. Becker, PhD, is Associate Professor of Pediatrics, Director of Research, and Endowed Chair in the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center and the Department of Pediatrics at the University of Cincinnati College of Medicine. His research, funded by the U.S. National Institutes of Health and Department of Education Institute of Education Sciences, examines attention-deficit/hyperactivity disorder (ADHD), sleep, and sluggish cognitive tempo in children and adolescents. Dr. Becker's focus is on better understanding the developmental pathways of ADHD, co-occurring psychopathologies, and functional impairments.

He has published over 175 articles on these and related topics and recently edited a book on ADHD in adolescents (Guilford Press). Dr. Becker is a Joint Editor of JCPP Advances and serves on the editorial boards of Research on Child and Adolescent Psychopathology, Journal of Consulting and Clinical Psychology, Journal of Attention Disorders, Journal of Youth and Adolescence, and Adolescent Research Review, and on the advisory board of The ADHD Report. He can be found online at www.stephenbecker.com or on Twitter at [@spbecker](https://twitter.com/spbecker).

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