

ADHD Cognitive Domain Mapping Card

Maps CNS Vital Signs domains to the seven core cognitive domains implicated in adult ADHD, supporting data-informed diagnostic decision-making and tailored intervention planning.

1. Attention & Processing Speed

(Deficits: Inattention, slow cognitive processing, distractibility, difficulty sustaining focus, reduced cognitive efficiency)

CNS VS Neurocognitive Domains:

- **Simple Attention** → Measures the ability to detect and respond to stimuli, directly linked to ADHD-related inattentiveness.
- **Sustained Attention** → Assesses the ability to maintain focus over time, crucial for identifying attentional lapses.
- **Processing Speed** → Evaluates how quickly an individual can take in, process, and respond to information, a key challenge in ADHD.

Relevance to ADHD:

- Deficits in **processing speed** correlate with **delayed task completion, slow reading, and difficulty keeping up with work demands**.
 - **Simple and sustained attention deficits** contribute to **frequent mind-wandering and forgetfulness** in ADHD.
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2. Executive Functioning (Inhibition, Planning, Cognitive Flexibility)

(Deficits: Poor response inhibition, difficulty shifting between tasks, weak planning and organization skills)

CNS VS Neurocognitive Domains:

- **Executive Function** → Directly measures **impulse control, planning, and goal-directed behavior**, essential for self-regulation in ADHD.
- **Cognitive Flexibility** → Assesses the ability to shift between tasks, a core skill for adaptive thinking in ADHD.