

Expanded Summary: Concentration Deficit Disorder (Sluggish Cognitive Tempo, SCT)

Based on the chapter by Russell A. Barkley in Attention-Deficit Hyperactivity Disorder (4th Edition, edited by Russell A. Barkley, Guilford Press)

Introduction

Concentration Deficit Disorder, more commonly referred to as **Sluggish Cognitive Tempo (SCT)**, is a distinct cognitive and attentional syndrome characterized by **persistent daydreaming, mental fogginess, slow processing speed, and hypoactivity**. Although frequently confused with ADHD, SCT presents unique cognitive and behavioral features that differentiate it from traditional ADHD subtypes. Russell A. Barkley's research suggests that **SCT may represent a separate but related attention disorder**, warranting distinct assessment and intervention strategies.

Key Characteristics of SCT

Unlike ADHD, which is primarily characterized by impulsivity, hyperactivity, and inattention, SCT is associated with:

- **Excessive Daydreaming:** A persistent, internally focused cognitive state that impairs task engagement.
- **Mental Confusion or "Brain Fog":** Individuals with SCT often report feeling cognitively "slow" or "foggy," leading to difficulties in comprehension and task execution.
- **Low Initiation and Motivation:** Difficulty starting or completing tasks due to decreased arousal and mental energy.
- **Slow Processing Speed:** Delayed cognitive response times, affecting both verbal and non-verbal tasks.
- **Hypoactivity & Lethargy:** Reduced physical and mental alertness, in contrast to the hyperactivity commonly seen in ADHD.