

Sleep, Internalizing Problems, and Social Withdrawal: Unique Associations in Clinic-Referred Youth With Elevated Sluggish Cognitive Tempo Symptoms

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Journal of Attention Disorders, 2018

DOI: <https://doi.org/10.1177/1087054718756197>

Abstract

Objective:

We compared clinic-referred youth with ADHD + sluggish cognitive tempo (SCT; $n = 34$), ADHD Only ($n = 108$), and SCT Only ($n = 22$) on demographics, co-occurring symptomatology, comorbid diagnoses, and social functioning.

Method:

In total, 164 youth (age = 6-17 years, $M = 9.97$) and their parent(s) presented to an outpatient clinic for a psychoeducational assessment. Between-group analyses and regressions were used to examine study variables.

Results:

SCT groups were older and exhibited more parent-reported internalizing problems, externalizing problems, sleep problems, and social withdrawal on the Child Behavior Checklist. No significant differences emerged between groups on the Teacher Report Form. Regression analyses involving multiple covariates revealed that SCT symptoms were uniquely related to social withdrawal but not general social problems.

Conclusion:

Based on parent report, SCT symptoms have a unique relationship with internalizing problems, sleep problems, and social withdrawal. Future research should explore correlates of SCT in youth using multiple informants.