Sustained Attention

What is sustained attention?
Sustained attention is the ability to focus on an activity or task over a longer period of time.

Why is sustained attention important?
Children who struggle with sustained attention may find it difficult to focus their attention for the required time and avoid distraction, making it difficult to successfully complete tasks. It is a core cognitive skill because it is important that a child can control, direct and modulate their attention.

How does the NDAU measure sustained attention?
We use a task called Pursuit from the Amsterdam Neuropsychological Tasks (ANT). In the Pursuit task, the child has to follow a green star moving in unpredictable directions by using the computer mouse. The child’s ability to maintain their performance is assessed across the 5-minute duration of the task.

Figure 1. Pursuit Task