

# Continuous Performance Testing



## Overview

Continuous Performance Testing is an objective way to assess and monitor treatment responses for Attention Deficit/Hyperactivity Disorder (ADHD), particularly when using stimulant medications. This testing is often completed as part of full psychoeducational testing but can also be used independently in order to assess medication response.

The Conner's Continuous Performance Test (CPT-3), Continuous Auditory Test of Attention (CATA), and Kiddie Continuous Performance Test (K-CPT-2) are computer-based assessments developed to objectively identify attention related problems. The purpose of these tests is to assess attention related problems by focusing on four major areas:



- CPT-3: a performance based test for individuals ages 8 years and older
- CATA: a test of auditory attention for individuals ages 8 years and older
- K-CPT-2: a performance based test for children ages 4-7 years old

## What is being assessed?

The CPT-3 and K-CPT-2 provide objective information not only about the individual's overall performance in attentional tasks, but also within the four major areas listed on the chart above.

The CATA provides objective information about an individual's performance in attention tasks, and provides descriptive information about the respondent's auditory laterality and mobility, complementing information obtained from the CPT-3.

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## What will be required?

The CPT-3, CATA, and K-CPT-2 are conducted as independent testing sessions. Oftentimes, the CPT-3 and CATA are used in combination with each other. These measures require simple auditory and performance based activities to be carried out on a computer for ~15 minutes per test administered. Often medication modifications are made for each of these testing sessions, and results are compared on vs. off medications as well as on different medications and dosages as needed.

## How are the results reported?

Assessment reports are provided for each single administration, in addition to progress reports which provide an overview of change over time combining, comparing, and presenting the results of up to four testing sessions. By comparing administrations over time, various medication dosages can be tested and the results are often useful in determining the most effective dosage for an individual. These comprehensive reports are typically discussed between the patient and his/her mental health provider during their follow-up appointments in order to make decisions about future care.

## Who do I contact to find out more?

Referrals for testing are often made by mental health professionals, other allied health professionals, or from patients and parents directly. If you are interested, please speak with your mental health professional or contact us as listed below.

### **Mind Health Institute, Newport Beach**

450 Newport Center Drive, Suite 380 • Newport Beach, CA 92660  
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### **Mind Health Institute, Laguna Beach**

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