# Problem

Drop in concentration is associated with depression in several ways.

Indeed it is a diagnostic criterium (among others) in 3 types of depression (DSM-5)[[1]](#footnote-1):

* Major Depressive Disorder
* Persistent Depressive Disorder
* Premenstrual Dysphoric Disorder

# Relation with depression

* Poor concentration is characteristic of a major depressive episode.
* Poor concentration or difficulty making decisions is one of the diagnostic criteria of Persistent Depressive Disorder in DSM-5
* In Major Depressive Disroder: “Many individuals report impaired ability to think, concentrate, or make even minor decisions (Criterion A8). They may appear easily distracted or complain of memory difficulties. Those engaged in cognitively demanding pursuits are often unable to function. In children, a precipitous drop in grades may reflect poor concentration. In elderly individuals, memory difficulties may be the chief complaint and may be mistaken for early signs of a dementia (“pseudodementia”). When the major depressive episode is successfully treated, the memory problems often fully abate.”

# Keyword origin

trouble staying on task

trouble paying attention

trouble concentrating

tests? for (add|adhd|attention deficit hyperactivity disorder)

struggl(e|ing).{0,15} with attention

struggl(e|ing).{0,15} maintain(ing)?.{0,15} concentration

struggl(e|ing) (a lot )?with (a lot )?the concentration

struggl(e|ing) to maintain concentration

struggl(e|ing) to (be able to )?(focus|concentrate|stay focused|stay concentrated)

scatter ?brained

quickly los[et] focus( quickly)?

problems with concentrat(ing|ion)

problems sustaining attention

often lose focus on

my concentration is (horrible|terrible)

my concentration (isnâ€™?'?t|is ?not) good

my brain just says "?no"?

los[te] concentration

lack of (focus|concentration|attention)

inattentive (brain|mind)

impossible to (stay focused|pay attention)

impossible .{1,15} stay focused

hyper.?focus .\* (problem|issue)

having a short attention

have trouble staying on topic

have (terrible|horrible) concentration

have (little to )?no concentration

get easily sidetracked

find concentrating hard

easily distracted by noise

easily distracted

distracted easily

difficulty sustaining focus

difficult to (concentrate|focus)

diagnosed add

(couldnâ€™?'?t|could ?not) retain information

consistently distracted

concentration problem

concentration difficulty

concentration deficit

concentrating problem

concentrating issue

brain runs on autopilot

avoid tasks? that require long periods? of mental focus

attention deficit

difficulty (concentrating|paying attention|focusing|sustaining focus)

(trouble|difficult|hard|difficulty).{0,15} sticking to tasks

(trouble|difficult|hard|difficulty).{0,15} staying focused

(trouble|difficult|hard|difficulty).{0,15} staying concentrated

(difficult|hard|difficulty).{0,15} concentrating

(problem|issue) .\* hyper.?focus

(make|makes|made|making) focusing on \w+ so hard

(lose|losing) concentration

(difficult|unable|hard|challenging|impossible|not able) to stick to tasks

(difficult|unable|hard|challenging|not able) to stay focused

(difficult|unable|hard|challenging|impossible|not able) to focus

(difficult|unable|hard|challenging|impossible|not able) to concentrate

(could not|couldnâ€™?'?t) stay focused

(concentration|concentrating|attention) (issue|deficit|difficulty|problem)

(canâ€™?'?t|not|couldnâ€™?'?t|unable to|inable to|not able to|can not|can no longer|inable to|not) (focus|concentrate|stay focused|stay concentrated)

(canâ€™?'?t|can ?not) seem to focus

(canâ€™?'?t|can ?not) concentrate

i (do ?not|donâ€™?'?t) know what to do

i (am|â€™?'?m) indecesive

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)