

NDAU Task Information

Cognitive Flexibility

What is cognitive flexibility?

Cognitive flexibility is the ability to think flexibly and to transition from thinking about one concept to another.

Why is cognitive flexibility important?

Greater cognitive flexibility will allow the individual to be more flexible in their thinking and to switch their behavioural response depending on changes in the environment.

How does the NDAU measure cognitive flexibility?

We measure cognitive flexibility using the Dimensional Change Card Sort task from the NIH Toolbox on a computer tablet. Pictures are presented and the child matches the pictures based on either the dimension of 'shape' or 'colour'. The dimension for sorting is indicated by a cue word on the screen.

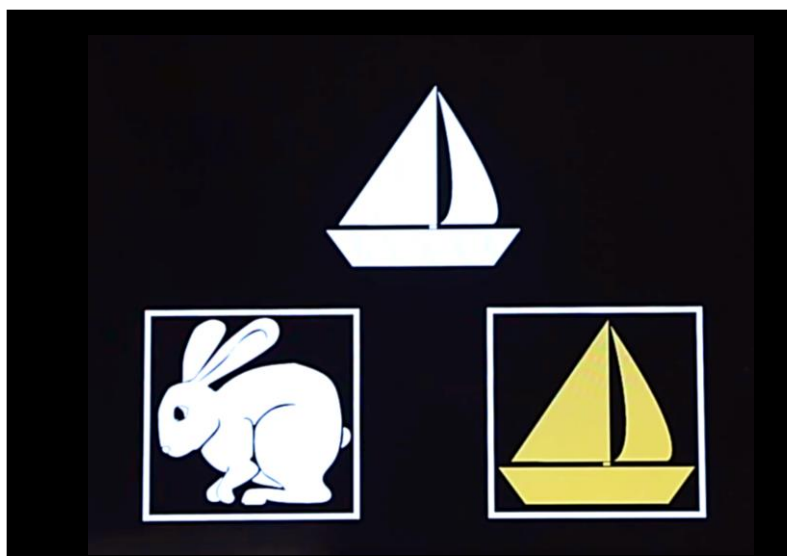


Figure 1. DCCS task