

# NDAU Task Information

## Cognitive Inhibition

### What is cognitive inhibition?

Cognitive inhibition is one of the core cognitive skills that we use to control our thinking and behaviour. It is the ability to inhibit and control our cognitive responses by tuning out information that is irrelevant to the current task.

### Why is cognitive inhibition important?

Children who struggle with cognitive inhibition may find it difficult to control their impulses to stop thinking or doing something.

### How does the NDAU measure cognitive inhibition?

We measure cognitive inhibition using the Flanker task from the NIH Toolbox. This task measures inhibitory control and attention. The child is asked to focus on the fish in the middle – and to choose the arrow that matches the way the fish is pointing – while inhibiting attention to the fish next to it.

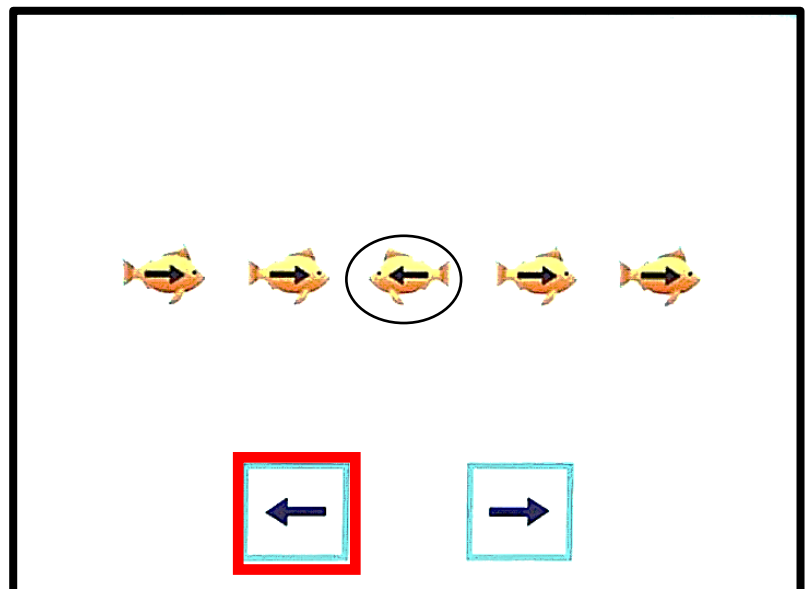


Figure 1. Flanker task