

INHIBITION

Worksheet



RETTORE
REMEMBER TO REMEMBER



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INHIBITION

INTRODUCTION

Note for the administrator

Principle of the task

The principle of go/no go tasks is to respond to one stimulus while the response to another stimulus is inhibited. It is related to a cognitive function called inhibition (inhibitory control). It is the ability to withhold or inhibit an inappropriate behavior, response, or motor reaction before it is initiated. Inhibitory control is an important aspect of human functioning because it allows us to evaluate the consequences of inappropriate responses. At the same time, the selection and application of a more appropriate response to a particular stimulus occurs.

Reasons for practice

Inadequate inhibitory control leads to poorly regulated and impulsive behaviour. The ability to resist temptation or delay gratification (e.g. a reward) may be reduced. The inability to prevent ineffective behavioural responses may be associated with difficulties in learning through repeated attempts (missed experiences). Reduced inhibitory control is also often associated with attention deficit hyperactivity disorder (ADHD).

Information for the client

Exercise helps to train the ability to respond quickly and appropriately to different stimuli. Inhibitory control helps us to cope better with situations that may arise when dealing with a variety of everyday problems. It helps to suppress inappropriate reactions, resist temptation and thus prevent some of the problems associated with impulsive behaviour.

Equipment

- Stationery
- Client Worksheet
- Administrator Worksheet



INHIBITION

TASKS

1) Task

I will show you some pictures. If you see the sun, make a line. If you see a cloud, make a dot. If you see something else, do nothing.

Appendix 1/2



Appendix 2/2

2) Task

I will show you some letters. Clap if you see a blue letter K.

Note: All shades of a blue K count.

Appendix 1

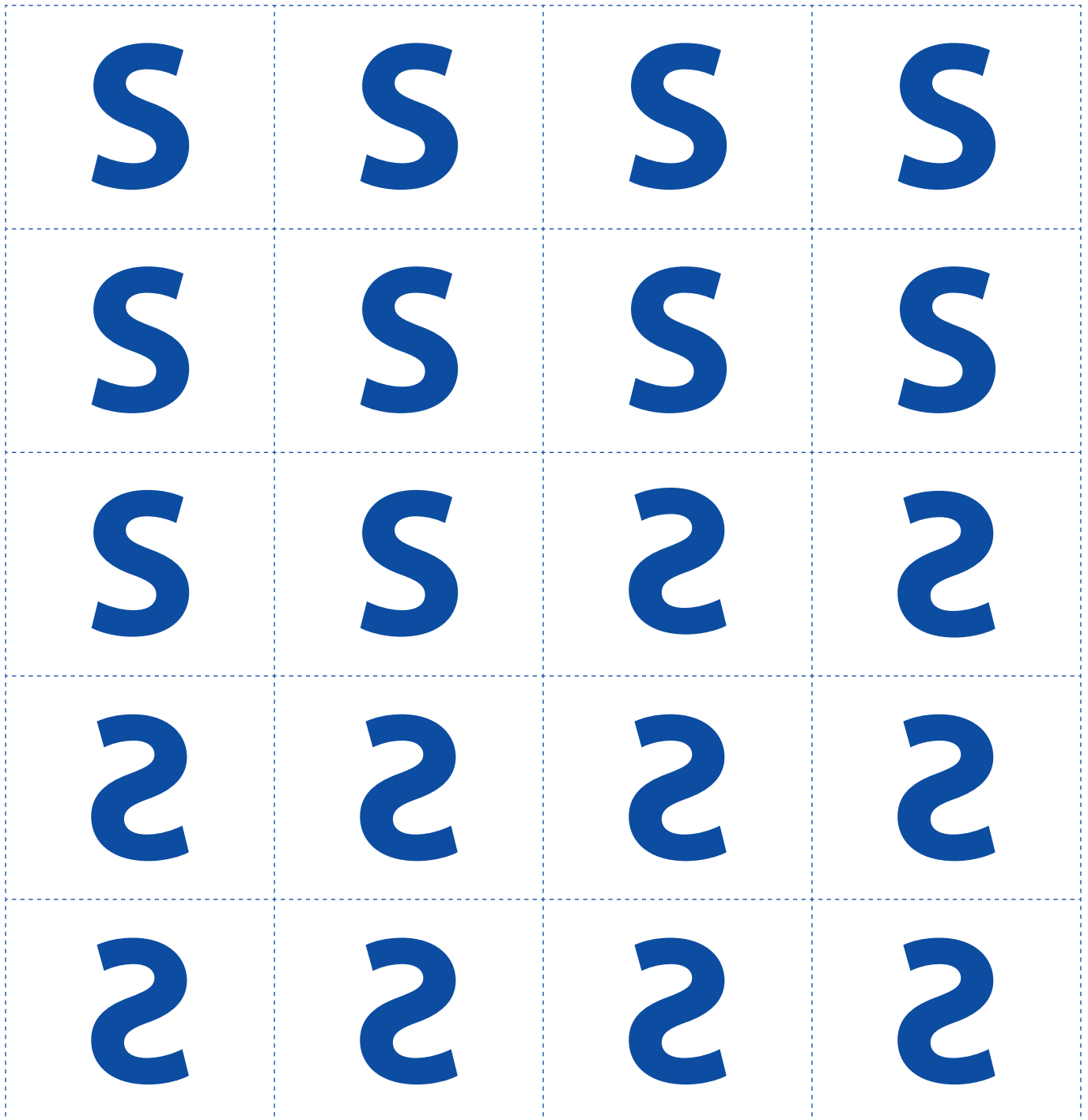
A	A	A	S
K	K	K	K
K	B	B	S
R	K	R	K



3) Task

I will show you some pictures. Raise your hand only if you see the following image: an inverted S (task A)/a regular M (task B).

Appendix 1/2



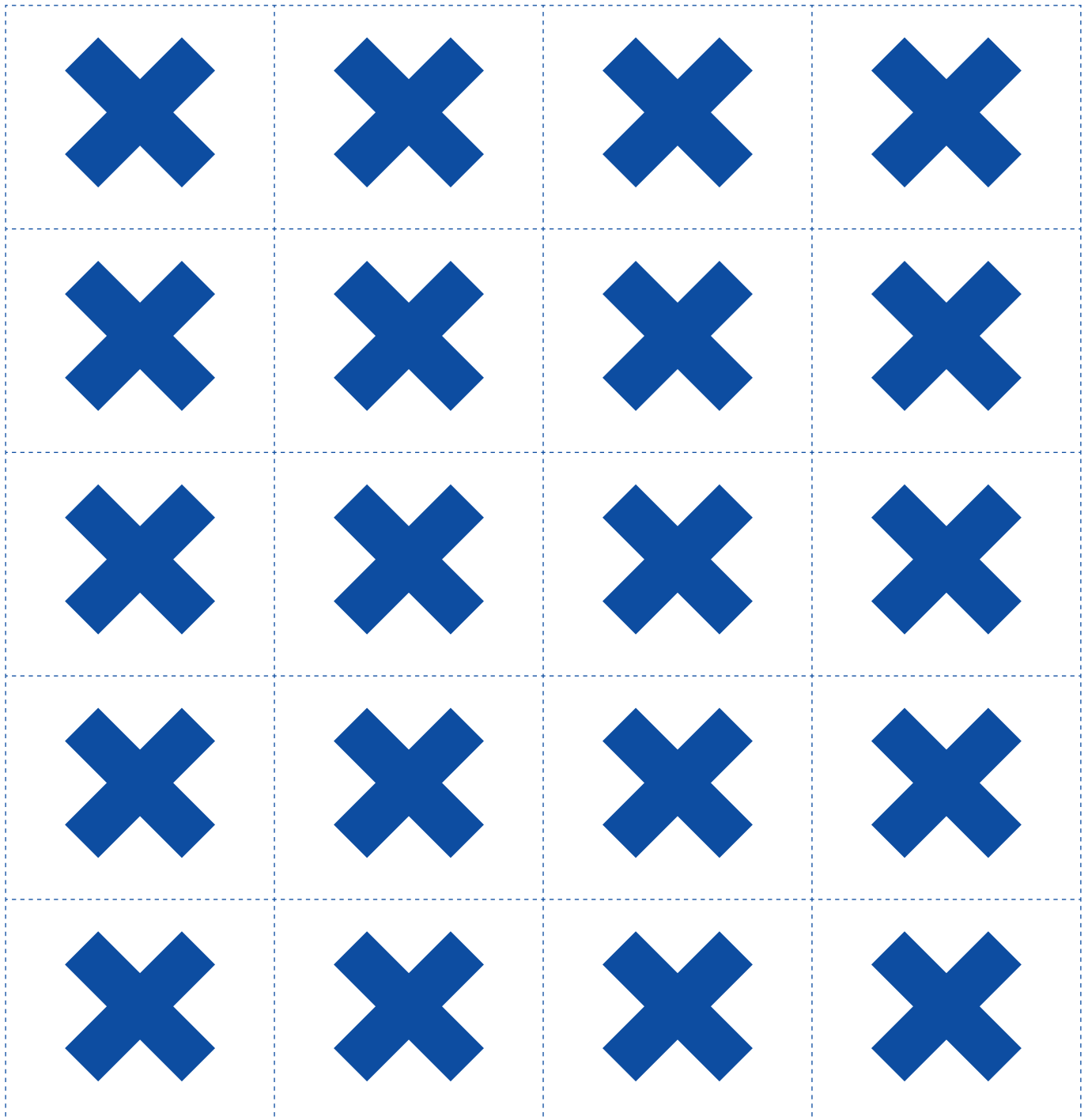
Appendix 2/2



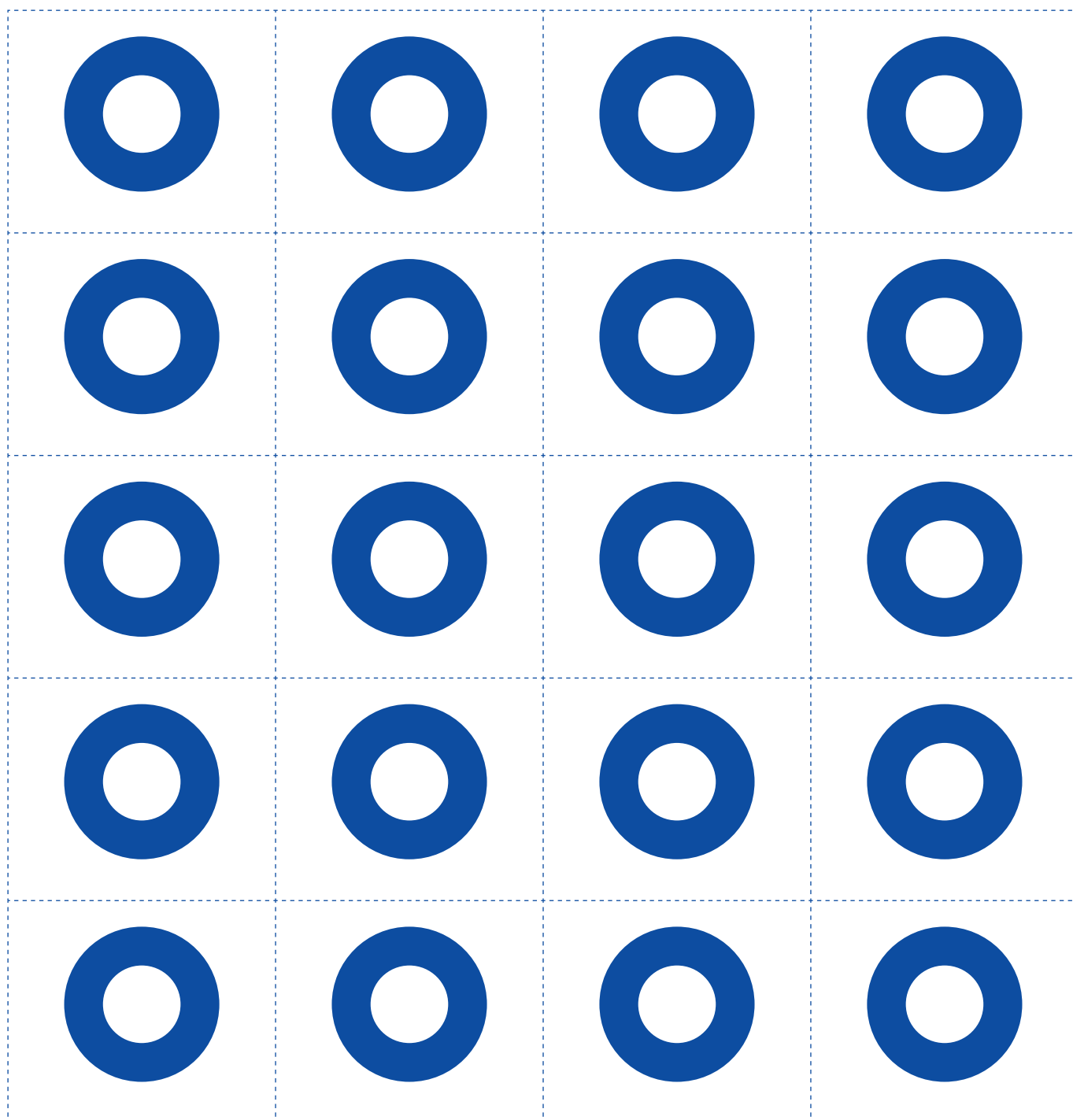
4) Task

I will show you some pictures. If you see a circle, clap with your hands. If you see a cross, do nothing. When I say the word "change", you clap twice if you see a cross.

Appendix 1/2



Appendix 2/2



5) Task

I will read a series of letters. If you hear a letter A, tap on the table.

a)

BHBBSAKAAPHHHPFAUEAAAWWMKGGASADRAATEEPROSO

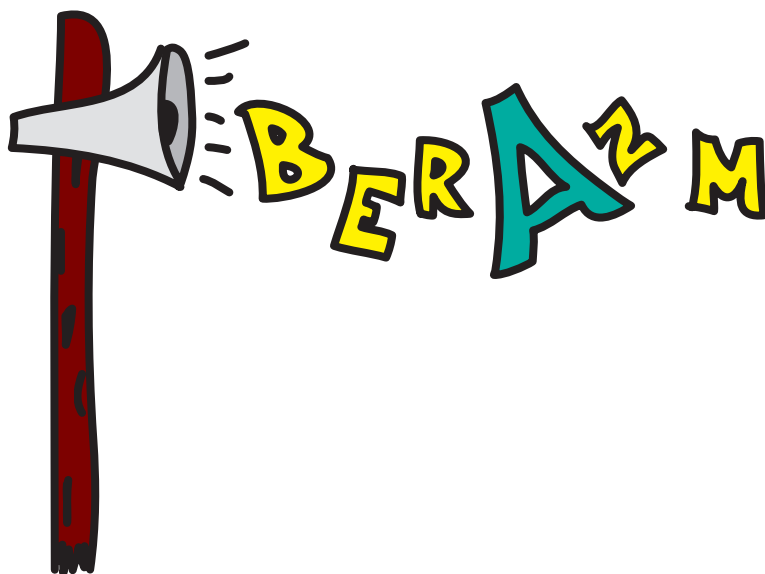
b)

KKGKOSWWAGAABBPATMAAATTSFGAMMADFAAAMOOA

You will hear a series of letters. If you hear the letter R, tap on the table.

c)

ATDFARAKPDFGRAWWBAAMRKRGSARRVBAAAAPPRTB

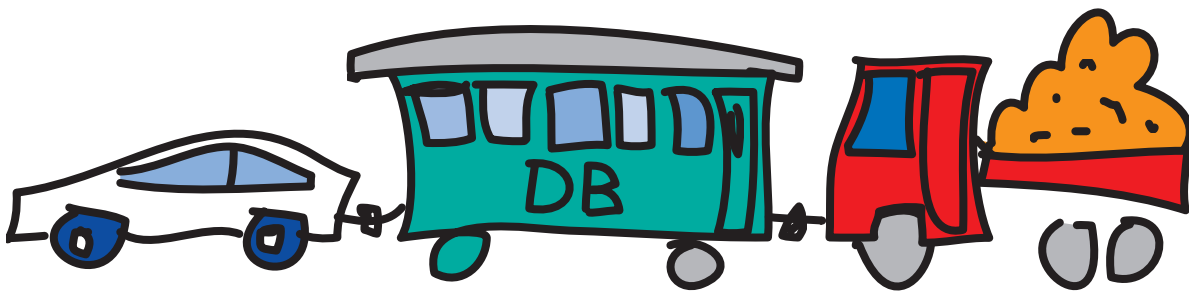


6) Task

I will read a series of words. If you hear the word **car** DIRECTLY before the word **train**, raise your arm.

Note: Correct answers are in bold.

train car bus car **train** train car bus bus train car car **train** train bus
car **train** car car



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