

Stroop effect

Information interference test

Demonstration: Stroop Test

State the colors as fast as you can

Row 1



Row 2



Row 3



Now state the colors as fast as you can

Row 1 **Red** **Blue** **Green** **Yellow**

Row 2 **Yellow** **Green** **Blue** **Red**

Row 3 **Green** **Red** **Yellow** **Blue**

From John Gosbee, MD, MS, VA National Center for Patient Safety

Again, state the colors as fast as you can

Row 1 **Red** **Blue** **Green** **Yellow**

Row 2 **Yellow** **Green** **Blue** **Red**

Row 3 **Green** **Red** **Yellow** **Blue**

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STROOP TEST

This test is considered to measure [selective attention](#), cognitive flexibility and processing speed, and it is used as a tool in the evaluation of [executive functions](#). An increased interference effect is found in disorders such as [brain damage](#), [dementias](#) and other [neurodegenerative diseases](#), [attention-deficit hyperactivity disorder](#), or a variety of [mental disorders](#) such as [schizophrenia](#), [addictions](#), and [depression](#).

-Wikipedia