



# Stroop Task

**An Exercise in Understanding  
Inhibitory Control in relation to  
multiple stimuli**

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# Volunteer Please?



# Task A

Say out the colours that the words are in

Red

Green

Yellow

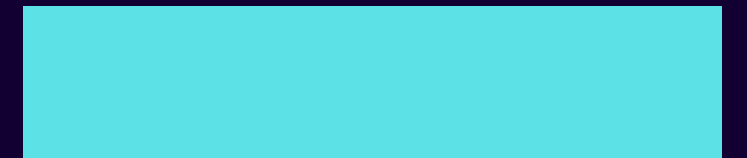
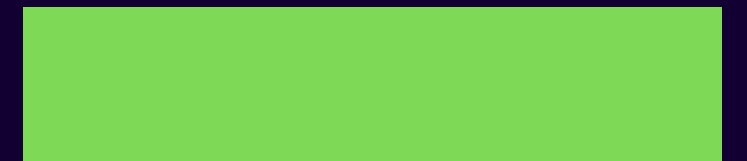
Blue

Green

Red

# Task B

Say out the colours





# Task C

Say out the colours that the words are in

Red

Blue

Green

Blue

Yellow

Green



# Which Task was the hardest?

In General:  
Task A - Hardest  
Task B - Intermediate  
Task C - Easiest

## Why?

- Task A has 2 Stimuli (Visual & Verbal) but they are contradictory
- Task B has 1 one stimulus (Visual)
- Task C has 2 stimuli (Visual & Verbal) and they are congruent



# Inhibitory Control

One of the definitions stems from the results of this experiment

- The selective inhibition of Stimuli towards a goal oriented process.
- Voluntary decisions to inhibit happen in the Prefrontal Cortex
- How this is achieved on a cellular level is explained by understanding Inhibitory Post-Synaptic Potential (IPSP)