

The Stroop Test Instructions



What's the point?

The stroop test is designed to access a persons processing speed, their attentional capacity and their level of cognitive control (otherwise known as Executive function).

These skills are important in so many ways; especially how we interact with the world.

What do I need to do?

As you watch the presentation time how long it takes to read the NAMES of he colours.

Watch the presentation for a second time, but this time say aloud the COLOUR the word is written in. i.e. **BLACK**, you would answer RED.

What does it mean?

It should take longer to read the colours the words the words are written in. Our brains have to work harder to read the colour of the words instead of automatically reading the name.

It also tests your ability to think before you speak/act.

Red

Blue

Yellow

Green

Orange

Black

Purple

Pink

Blue

Green

Black

Pink

Red

Yellow

Orange

Purple

Yellow

Blue

Green

Red

Black

Purple

Pink

Orange