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Executive Functioning

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Synonyms

Executive processes; Executive system

Definition

A multifaceted construct involving a collection of interrelated, higher-level mental abilities believed to underlie independent goal-directed behavior, problem solving, and efficiency of knowledge acquisition. Abilities commonly associated with executive functioning include: initiation, planning, organization, working memory, attention, mental flexibility or shifting, inhibition, emotional regulation, and self-monitoring. Historically, this set of abilities was believed to be narrowly

associated with the frontal lobe region of the brain; however, more recent research suggests that executive functioning relies on a number of networks that extend to other regions of the brain, including the frontal and posterior regions of the cerebral cortex, and the subcortex.

See Also

- Executive Abilities
- Executive Interview
- Frontal Lobe
- Frontal Lobe Syndrome
- Frontal Lobotomy
- Problem Solving

References and Readings

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- Lezak, M. D., Howieson, D. B., Bigler, E. D., & Tranel, D. (2012). *Neuropsychological assessment* (5th ed.). New York: Oxford University Press.