Impulsivity

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Definition

Impulsivity is defined as a personality trait characterized by the inclination of an individual to initiate behavior without adequate forethought as to the consequences of his or her actions (impulse action), thus acting on the spur of the moment. It is thought to result from impaired executive functioning. Some related behaviors are risk-taking, lack of planning, and rush to judgment or decision-making. Impulsivity is linked to several psychological disorders such as ADHD, bipolar disorder, schizophrenia, and substance abuse disorders. In addition to a potential genetic link, impulsivity may also be acquired via neurodegeneration, traumatic brain injury, hypoxia, infection, or neurotoxicity.

Cross-References

- [Disinhibition](#)
- [Distractibility](#)
- [Habituation](#)
- [Irresistible Impulse](#)

References and Readings

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