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Frustration Tolerance

Dawn E. Bouman
Neuropsychology and Medical Psychology,
Department of Neurology and Rehabilitation
Medicine, University of Cincinnati, Cincinnati,
OH, USA

Synonyms

[Short-fuse syndrome](#)

Definition

Frustration tolerance is the ability to withstand obstacles and stressful situations. Decreased frustration tolerance is a common behavior problem of people who have brain injuries. Low frustration tolerance can be a direct result of brain damage as well as a secondary reaction to the lifestyle changes and losses which might accompany a brain injury. Typically conceptualized as an executive functioning impairment, low frustration tolerance is viewed as a problem with self-regulation. Behavioral manifestations include

irritability, aggression, lability, and refusal to participate. As with other behavior problems, difficulties with frustration tolerance are often exacerbated by fatigue.

Cross-References

- ▶ [Agitation](#)
- ▶ [Catastrophic Reaction](#)
- ▶ [De-escalation](#)
- ▶ [Emotional Lability](#)
- ▶ [Executive Functioning](#)
- ▶ [Irritability](#)
- ▶ [Self-Regulation](#)

References and Readings

- Callahan, C. D. (2009). The assessment and rehabilitation of executive function disorders. In B. Johnstone & H. H. Stonnington (Eds.), *Rehabilitation of neuropsychological disorders* (2nd ed., pp. 75–106). Philadelphia: Psychology Press, Taylor and Francis Group.
- Lezak, M. D., Howieson, D. B., Bigler, E.D. & Tranel, D. (2012). *Neuropsychological assessment* (5th ed., pp. 39, 210, 705). New York: Oxford University Press.