

# **ADHD and Frontal Lobe Dysfunction**

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## **Question(s):**

Is ADHD caused by frontal lobe dysfunction? What is the influence of frontal lobe dysfunction? What are executive functions?

## **Answer:**

The frontal lobe of the brain is a very important part of a complex cognitive processing system, and has many connections to different areas of the brain. It has a special role in planning and organising different tasks like a supervisor. Many aspects of everyday life are mainly controlled by the frontal lobe system:

Decision-making and planning of new situations

Error detection and correction and developing plans for trouble-shooting

Technically difficult or new situations with demand for new solutions

Resisting temptations and habitual responses

Impulse control and dealing with frustrations

So intention, planning and goal directed behaviour are mainly controlled by the frontal lobe. These higher cognitive functions of the brain are also called executive functions: They are necessary to set goals, plan to achieve them, carry out plans and directions and maintain interest and efforts to finish a task.

Impairments of the executive functions will cause severe problems to adapt to new situations.

## **Sources:**

Clinical experience of Dr. Martin Winkler