**CANTAB Stop Signal Task (SST) Instructions**

Say:

*For this next task, I am going to ask you to place your index fingers on these two buttons. Try to get in a comfortable position as this task takes several minutes.*

*In just a moment, you will see a large white circle appear in the center of the screen. An arrow will appear in the circle pointing either to the left or to the right. When the arrow points to the left, you should press the left button. When it points to the right, press the right button. Press the button as quickly as you can, but do your best to avoid making mistakes.*

*Are you ready to begin?*

Press the spacebar to begin the SST.

After the first round, the screen will say *“Please Wait.”*

Say:

*This next part will be very similar to what you were doing before. Again, you will press the left button when you see the left arrow and the right button when you see the right arrow. This time we are just going to add one rule. Sometimes you will hear a beep. Whenever you hear this beep, I want you to stop yourself and not press either button. You will not always be able to stop yourself – just try your best.*

Press the spacebar to continue the SST. After several trials, there will be a graph. Point to the blue bar and say:

*This bar shows how fast you went. You are going to do the same thing again. Try to go even faster than last time while continuing to stop when you hear the beep. Ready?*

Repeat above instructions each time the graph appears.