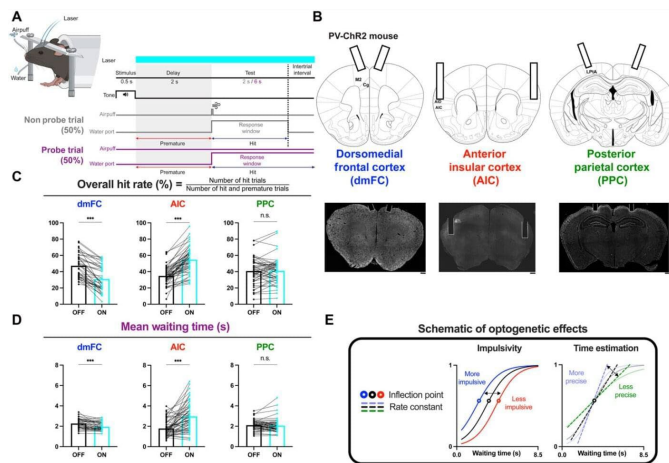




14 April 2026

Scientists uncover brain circuits for impulsivity



Scientists from the Lee Kong Chian School of Medicine at Nanyang Technological University, Singapore, have uncovered how different brain regions work together to enable self-control—the ability to suppress impulsive behaviors and wait for the right moment to act. Their findings advance the understanding of conditions such as attention-deficit hyperactivity disorder (ADHD) and addiction, and could lead to more effective management of these disorders.

According to the researchers, this is the first time that this interplay underlying self-control has been found in the brain. The findings were reported in *Science Advances*.

<https://lifeboat.com/blog/2026/04/scientists-uncover-brain-circuits-for-impulsivity>