

An innovative take on the traditional trail-making task



LEARN MORE



A language free test of executive function

The **Trails-X®** is a trail-making task that includes additional executive function demands by requiring examinees to connect circles of alternating colors with no designated start or end point. The examinee is asked to draw straight, nonoverlapping lines connecting circles of alternating colors and continue until all circles are connected. Individuals must work carefully to avoid crossing lines or being forced to discontinue before the task is complete.



TRAILS-X

PURPOSE Assess adaptive planning and executive function through an innovative trail-making task

AGE 8–79 years

FORMAT Paper and pencil

TIME 5–10 minutes

QUAL C



Examinees must plan their path and adapt while working as quickly as possible.



TRAILS-X TEST REVIEWS

Buros Center for Testing Reviews

Trails-X: A recent review in the Mental Measurements Yearbook had this to say about the Trails-X.

[The Trails-X] expands the accessibility and rigor of trail-making tests and offers a culture-fair measure of adaptive, executive functioning in this population. It is highly recommended as a screening measure of an examinee's performance in executive planning if it is used as part of a comprehensive neuropsychological battery.

Chittooran, M. M., & Sywulka, K. J. (in press). [Test review of Trails-X]. In J. F. Carlson, K. F. Geisinger, J. L. Jonson, & N. A. Anderson (Eds.), The twenty-second mental measurements yearbook. Retrieved from <http://marketplace.unl.edu/buros/>.



FEATURES AND BENEFITS

- Individually administered, the Trails-X offers nine trails that assess adaptive planning, combined with psychomotor speed, cognitive flexibility, impulse control, flexible attention, and the ability to adapt to novel or changing situations.
- Removes the requirement of numeracy and literacy as there is no need to be able to recognize letters or numbers, making this task language free and more culturally fair.
- Circles are yellow and blue, as they are colors that are least likely to be problematic for individuals who are colorblind.