

Studies show that the PFC, mainly the dorsolateral prefrontal cortex, functions to downregulate the hippocampal activity to suppress unwanted thoughts ¹⁾ ²⁾

The [frontal operculum](#) rostral to the ascending ramus of the [lateral fissure](#) is associated with the [prefrontal association cortex](#) and plays a role in thought, cognition, and planning behavior.

¹⁾

Schmitz TW, Correia MM, Ferreira CS, Prescott AP, Anderson MC. Hippocampal GABA enables inhibitory control over unwanted thoughts. Nat Commun. 2017 Nov 03;8(1):1311.

²⁾

De Raedt R, Remue J, Loeys T, Hooley JM, Baeken C. The effect of transcranial direct current stimulation of the prefrontal cortex on implicit self-esteem is mediated by rumination after criticism. Behav Res Ther. 2017 Dec;99:138-146.

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