

# The role of authentic cognitive bias in upholding life satisfaction.

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## Abstract

**Cognitive bias refers to a systematic (that is, non-random and, thus, predictable) deviation from rationality in judgment or decision-making. According to this point of view, People behave rationally, close to optimally, as has been observed in several cognitive disciplines (especially psychology and economics). Agents capable of solving basic and complicated cognitive challenges and maximising the rewards from their interactions with regard to the environment In general, a rational agent would assess the prospective costs and rewards of their actions before deciding on the best alternative. Cognitive accounts of anxiety dysfunction attribute both heightened anxiety vulnerability and clinical anxiety to maladaptive patterns of selective information processing. They have been motivated by the observation that patients with anxiety disorders commonly report experiencing distinctly threatening thoughts of a type that plausibly could elicit, sustain, or intensify their anxiety symptoms. Clinically anxious patients reliably display an attention bias toward negative information, which is also sometimes shown by healthy individuals who reported elevated levels of trait anxiety.**

**Keywords:** Cognitive Bias, Anxious, Psychology, Pathology, Disorders.

## Introduction

### *Cognitive bias modification (CBM)*

Cognitive bias modification (CBM): direct manipulation of a target cognitive bias, by extended exposure to task contingencies that favour predetermined patterns of processing selectivity.

### *The nature of cognitive bias modification methodologies*

Cognitive behaviour treatment (CBT) for clinical anxiety disorders was inspired by the hypothesis that disordered thought processes may contribute to anxiety pathology. Conventional CBT interventions typically aim to (a) provide patients with insight into the roles their thoughts play in the generation and maintenance of their anxiety symptoms, (b) help them identify unhelpful thoughts that trigger such symptoms, and (c) encourage and enable them to challenge these thoughts in ways that reduce their credibility and emotional influence. CBM, on the other hand, is not intended to affect how people respond to antigenic ideas, but rather to change the cognitive processes that lead to such thoughts [1].

Cognitive failures are best understood in the context of how our brains manage and process information. The two principal modes, automatic and controlled, are colloquially referred to as “intuitive” and “analytic”; psychologists know them as Type 1 and Type 2 processes. Various From Mindless to Mindful Practice conceptualizations of the reasoning process have been

proposed, but most can be incorporated into this dual process system. This system is more than a model: it is accepted that the two processes involve different cortical mechanisms with associated neurophysiologic and neuroanatomical substrates. Functional magnetic resonance imaging scans vividly reveal the changes in neuronal activity patterns as processes move from one system to the other during learning. Although the two processes are often construed as two different ways of reasoning, in fact very little (if any) reasoning occurs in Type 1 processing it is largely reflexive and autonomous. The Augenblick diagnosis, made in the blink of an eye, is an impressive piece of medical showmanship and the stuff of television entertainment (and corridor consultations), but in real clinical life it is fraught with danger [2].

### *Cognitive bias modification targeting attentional selectivity*

Researchers began developing cognitive bias modification procedures to change attentional selectivity (CBM-A) around the mid-1990s provide an early review of this work. The CBM-A approach that has been most frequently employed across recent years represents a training version of the attentional probe task previously used to assess anxiety linked attention bias. In the assessment version of this task, probes are presented equally often in the screen locations where either the negative or neutral member of a stimulus pair just appeared [3].

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The majority of attentional bias modification studies to date have employed variants of this probe CBM-A approach, and its capacity to modify attentional selectivity is now well established. However, other approaches also have been developed [4].

### ***Cognitive bias modification targeting interpretive selectivity***

CBM research has mostly focused on the basis of selective attention and interpretation. However, the application of CBM approaches is expanding, to grow as clinical researchers look for new ways to directly influencing other types of selectivity, having the dual goals of testing models that are intrinsically linked to these specific sorts of cognitive bias and potentially reducing clinical outcomes symptomatology by altering their appearance. Despite the fact that much of this work is still in its early stages, several of these other CBM are briefly discussed. Techniques to convey their diversity and the expected flavour of things to come [5].

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