

Cognitive bias

Cognitive **bias** refers to a systematic error in **thinking** or **decision-making** that can lead to **irrational** or inaccurate **judgments**. These biases are often rooted in our brain's attempt to simplify and streamline information processing, but can also be influenced by social and cultural factors.

Survival bias

Survival bias

There are many different types of cognitive biases, including:

Confirmation bias: The tendency to seek out and interpret information that confirms our existing beliefs and ignore or discount information that contradicts them.

Availability bias: The tendency to give greater weight to information that is readily available in our memory or that comes easily to mind.

Anchoring bias: The tendency to rely too heavily on the first piece of information we receive when making decisions or estimates.

Overconfidence bias: The tendency to overestimate our abilities or the accuracy of our judgments.

Hindsight bias: The tendency to believe, after an event has occurred, that we would have predicted or expected it all along.

Cognitive biases can have a significant impact on our decisions and actions, leading to poor judgment, irrational behavior, and even discrimination. To overcome these biases, it is important to be aware of them and actively seek out information that challenges our assumptions and beliefs. It can also be helpful to seek out diverse perspectives and engage in critical thinking and reflection.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

https://neurosurgerywiki.com/wiki/doku.php?id=cognitive_bias

Last update: **2024/06/07 03:00**

