Abstract (323 words)
Stating the problem: the role of mental health and wellbeing in determining our decision. The role of mental health and well-being in decision-making processes is a significant aspect of human behavior. Mental health and well-being have been found to play a crucial role in shaping our thoughts, emotions, and cognitive processes, ultimately influencing the choices we make in various aspects of life.
Firstly, Kusev et al. (2020) emphasize the role of cognitive biases in decision-making. They suggest that higher well-being is associated with more rational decisions through considering both short-term and long-term consequences.
Secondly, Sutherland et al. (2021) discuss the influence of cultural factors on decision-making. Cultural norms and values shape individuals' preferences and mental health, highlighting the importance of considering cultural influences in understanding decision-making processes.
Thirdly, Coricelli and Dolan (2019) delve into the impact of aversive outcomes on decision-making. Their research uncovers the neural mechanisms involved in learning from negative experiences, which can influence future decision-making processes.
Additionally, Pompili et al. (2014) examine the relationship between mental health disorders, such as posttraumatic stress disorder (PTSD), and decision-making. Their review highlights the increased suicide risk among veterans with PTSD, underscoring the profound impact of mental health on decision-making outcomes.
Lastly, Qu and Ploeger (2021) explore decision-making in anxiety disorders. Their research suggests that individuals with anxiety disorders may exhibit biased decision-making due to heightened sensitivity to potential threats.
Collectively, these studies emphasize the critical role of mental health and well-being in shaping decision-making processes. Cognitive biases, cultural influences, the impact of aversive outcomes, and the presence of mental health disorders all contribute to the complex dynamics of decision-making.
Understanding the interplay between mental health, well-being, and decision-making has significant implications. It enables the development of interventions and support systems to promote better decision-making outcomes and overall mental well-being. By recognizing the influence of mental health on decision-making, individuals and societies can strive to optimize decision-making processes and improve overall quality of life.

References

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