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Chapter 28.

What is Cognitive Psychology?

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1. INTRODUCTION.

Cognition is the mental processes behind behaviors. **Cognitive psychology** was a new science branch born in 1967 and is the study of perception, thinking, attention, language, learning, problem-solving, and, importantly, MEMORY. Before 1967, psychology was a *behavioral science* only rooted in psychoanalysis. Cognitive psychology focuses on *observable behavior*, and research targets brain *anatomy and physiology* to combat *memory problems*.

While cognitive psychology is not typically a part of anesthesiologists' training, its relevance becomes apparent when they encounter cognitive phenomena such as fatigue, inattention, distraction, and forced multitasking. These factors can lead to Anesthesia Medication Administration Process (AMAP) errors. Recognizing this, anesthesiology leaders should delve into cognitive science to find ways to enhance anesthesia practice and reduce AMAP errors. It's surprising how little cognitive psychology has been applied to the study of anesthesia drug administration errors, considering the potential for simple yet effective remedies.

(This book chapter has 25 pages and 33 scientific references.)