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Cognitive Aspects of Aboulomania

**Introduction**

Aboulomania is a mental disorder that comprises pathological indecisiveness of a patient. There are a lot of cognitive aspects associated with the disorder such as mental anguish, anxiety, depression, and stress. Aboulomania is one of the disorders that can cast a negative impact on the social attitude of a human being. There are a lot of people who suffer from indecisions, sometimes approaching obsession. Aboulomania is a disorder that deprives an individual of the cognitive aspects that are necessary to ensure a healthy and balanced life.

**Discussion**

The research associated with the identification and research of the disorder asserts that one of the parts of the brain that is meant for or designed for making rational choices can become overwhelmed whenever he/she is trying to make a decision (David). As a result, the decision is turned into something else that can cause suffered to overanalyze every situation in terms of critical analysis. This may result in a more classical or paralyzed by analysis situation. According to the researchers, it is highlighted that Aboulomania is an imbalance of the psychological and cognitive features that can ensure stability and balance in human nature that can promote positive approach to life. Although there are a lot of clinical aspects associated with Aboulomania still, cognitive aspects are more important and worth considering. The stance of clinical aspects can be treated effectively, and with clinical approach, still, there is a dire need to address the psychological and cognitive aspects. They shape the personality of an individual, make him prone or positive to world affairs.

Taking into account the notion of cognitive aspects, there are some strong cognitive aspects associated with Aboulomania. It is asserted that an individual who is suffering from this disease has to counter a lot of cognitive issues that can in return affect both social lives along with the decision-making power. Taking int account the analysis of cognitive aspects, a lot of issues are highlighted. Attention is one of the cognitive aspects that is affected by Aboulomania because an individual is not able to concentrate on the situation that way it is proposed (Taillefer, et al, pp. 91-98). In fact, a self-generated solution is introduced that can no longer be suitable for the situation. Knowledge is another major element that is associated with the cognitive aspect. It is found that a patient suffering from Aboulomania might not be able to decipher and employ knowledge in the time when it is required. Even the patients are not even able to form some subtle knowledge because they are so anxious and over-generalizing that they cannot understand what to extract and understand out of the presented scenario and how available or learned knowledge can be used by analyzing the situation in the required way (Chiang and Purdon, pp. 13-20). It is evident that if an individual is facing issues and trouble in gaining and making use of knowledge than there are rare chances of the adequate functioning of the memory. It is observed that an individual would not be able to recall things when he is supposed to so. Judgment and evaluation are one of the prime section of Aboulomania that is studied critically. It is highlighted that the patient suffering from Aboulomania might not be able to evaluate things in a critical manner and make a sound judgment about it (Boer and Bewley, pp. 667-677). Also, a patient is seen illusional by the non-existing ideas and facts that cannot lead anywhere. Comprehension, problem-solving and decision making are the most affected aspects of cognition which makes an individual complex in understanding and hard to be accompanied.

**Conclusion**

It is concluded that the patient suffering from Aboulomania suffers from different mental and cognitive aspects that are disorganized and hampered under the impact of unable psychological situation. In a nutshell, Aboulomania is a disorder that distorts the framework of mental abilities.

Works Cited

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