


Decision Making and Personality: Implications for Health and Well-Being

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ABSTRACT

The association between decision making, personality traits, and health and well-being is an area of increasing interest in psychological and health research. This letter aims to explore the implications of personality on decision making in the context of health and well-being, supported by recent research findings. The relationship between decision making, personality, and health and well-being is complex and multifaceted. Personality traits significantly influence how individuals make health decisions, which in turn affects their health outcomes and overall well-being. By incorporating personality assessments into healthcare practices, providers can offer more personalized and effective care, ultimately improving patient satisfaction and health outcomes. Future research should continue to explore the mechanisms underlying the relationship between personality and decision making, with a focus on developing interventions that enhance health and well-being through tailored decision-making support. Understanding these dynamics will enable healthcare professionals to better address the diverse needs of patients, leading to more successful health outcomes.

Keywords: *Decision-Making, Personality, Health, Well-Being.*

To the Editorial Board,

Personality traits significantly shape how individuals approach decision making. Traits such as conscientiousness, openness, and neuroticism influence the strategies people use to make decisions, their risk tolerance, and their responses to uncertainty (Bojanowska & Urbańska, 2021; Joshanloo, 2022; Murakoshi et al., 2020). Joshanloo (2022) explored the reciprocal relationships between personality traits and psychological well-being, highlighting that certain traits can foster better decision-making processes, leading to improved health outcomes (Joshanloo, 2022).

Conscientious individuals, for instance, tend to be more diligent and cautious, often engaging in thorough information gathering before making health-related decisions. This trait is associated with better adherence to medical advice and proactive health behaviors. On the other hand, high levels of neuroticism can lead to anxiety and indecisiveness, negatively impacting health decisions and leading to poorer health outcomes (Murakoshi et al., 2020).

Health decision making is a complex process influenced by individual values, personality, and contextual factors. Bojanowska and Urbańska (2021) demonstrated that the alignment of individual values with personality traits significantly affects well-being. For example, individuals who value health and possess traits like conscientiousness and openness are more likely to make decisions that positively impact their health (Bojanowska & Urbańska, 2021).

Moreover, shared decision making in healthcare settings, which involves patients actively participating in their treatment choices, is highly influenced by personality. Glass et al. (2012) found that patients who engage in shared decision making report higher satisfaction with their health care decisions. Personality traits such as extraversion and openness facilitate better communication with healthcare providers, enhancing the decision-making process (Glass et al., 2012).

Implications for Reproductive Health Decision Making

Personality traits also play a crucial role in reproductive health decision making. Darteh et al. (2019) conducted a multi-country analysis in sub-Saharan Africa, revealing that women's autonomy in reproductive health decisions is influenced by their personality traits and social context. Traits such as assertiveness and independence, often associated with higher levels of extraversion and openness, empower women to make informed reproductive health

decisions, thereby improving health outcomes for themselves and their families (Darteh et al., 2019).

The relationship between decision making and personality extends to risky health behaviors, such as alcohol consumption. Davis-Stober et al. (2019) examined the influence of decision making on alcohol consumption and its implications for health policies. They found that individuals with high levels of impulsivity and low conscientiousness are more likely to engage in excessive drinking, highlighting the need for targeted interventions that consider personality traits (Davis-Stober et al., 2019).

For older adults, patient-centered care and decision making are critical for maintaining health and well-being. Jayadevappa (2017) emphasized the importance of patient-centered outcomes research in enhancing the quality of care for older adults. Personality traits like agreeableness and conscientiousness are associated with greater satisfaction and better adherence to treatment plans, underscoring the need for personalized care approaches (Jayadevappa, 2017).

The influence of personality on decision making is also mediated by early life experiences. Murakoshi et al. (2020) found that personality traits mediate the association between perceived parental bonding and well-being in adulthood. Individuals who experienced positive parental bonding tend to develop personality traits that promote better decision making and health outcomes (Murakoshi et al., 2020).

Understanding the decision-making needs of individuals is crucial for effective health coordination. O'Connor et al. (2003) surveyed Canadians facing complex health decisions, identifying a need for tailored support based on personality traits (O'Connor et al., 2003). Similarly, Vrijhoef (2021) highlighted the shift from care coordination to health coordination, emphasizing the importance of considering individual differences in decision-making processes (Vrijhoef, 2021).

The relationship between decision making, personality, and health and well-being is complex and multifaceted. Personality traits significantly influence how individuals make health decisions, which in turn affects their health outcomes and overall well-being. By incorporating personality assessments into healthcare practices, providers can offer more personalized and effective care, ultimately improving patient satisfaction and health outcomes.

Future research should continue to explore the mechanisms underlying the relationship between personality and decision making, with a focus on developing interventions that enhance health and well-being through tailored decision-making support. Understanding these

dynamics will enable healthcare professionals to better address the diverse needs of patients, leading to more successful health outcomes.

Sincerely,

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethics Considerations

None.

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