

# Happiness 1st Institute



## Happy Doctors Are More Accurate

Physicians in a study by Cornell University scientists revealed better clinical reasoning resulting in more accurate diagnosis when the physicians were made to feel better prior to making the diagnosis.

Studies show that even a small gift given prior to making the diagnosis can increase positivity sufficiently to increase a physician's accuracy.

Imagine the benefits of a physician who has learned to self-regulate his or her own happiness levels, imagine the increased accuracy, the increased consistency and the greater connection both the patient and physician feel (another benefit of increased happiness).

From a patient standpoint this is a win-win.

From a practice management and E&O standpoint it is clear that increased happiness would be healthy for the business.

Physicians are one of the groups discussed in our Happiness Brief titled "Benefit Yourself: Deliberately Train Your Brain to Serve You" who, as a group, would benefit greatly from learning happiness skills because their profession is one that teaches them to focus on problems and without a balance of being able to focus upon what is right, especially

in their relationships, but in other areas as well, physicians risk their happiness due to this focus.

### Citations:

Isen, A. M., A. S. Rosenzweig, and M. J. Young (1991), "The influence of positive affect on clinical problem solving," *Medical Decision Making* 11:221-27

Estrada, C.A., Isen, A. M., & Young, M. J. (1997), "Positive affect facilitates integration of information and decreases anchoring in reasoning among physicians," *Organizational Behavior and Human Decision Processes*, 72: 117 - 135

Tags: Physician diagnosis, Broaden and Build Theory, cognition

Happiness 1st Institute takes the best information from a variety of disciplines including Positive Psychology, neuroscience, quantum physics, emotional intelligence and ancient philosophies to create courses that provide skills and tools individuals can use to make themselves happier, more optimistic, more resilient and more emotionally intelligent.

Visit our website today for more information and to enroll.

[www.happiness1st.com](http://www.happiness1st.com)