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## Examining association between cognitive flexibility and creative thinking tendency

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**S**tatement of the Problem: Creativity is a fundamental concept that promotes innovation and productivity, while cognitive flexibility has several positive effects on mental well-being. Investigating the interaction between creative thinking disposition and cognitive flexibility enriches well-being research. This study aims to examine the relationship between Cognitive Flexibility and Creative Thinking Tendency. Methodology and Theoretical Orientation: A total of 312 adults, 193 (61.9%) female and 119 (38.1%) male, participated in this study in which [correlational survey model](#) was used. In addition to the "Cognitive Flexibility Scale" and the "Marmara Creative Thinking Tendency Scale", a Demographic Information Form was used to obtain the [demographic data](#) of the participants. Pearson correlation analysis were used to investigate the correlation between the variables, while simple regression analysis predicted the creative thinking tendency. Findings: The study revealed that there was a positive and significant correlation between cognitive flexibility levels and creative thinking tendency scores. In addition, individuals aged 45 years and older had higher creative thinking tendency scores compared to individuals in the 18-24 age category. [Cognitive flexibility](#) was found to predict 41% of the variance in creative thinking tendency scores. Conclusion and Significance: This study underlines the positive effect of cognitive flexibility on mental health and explains its association with creative thinking tendency. In addition, age-related change in creative thinking tendency was investigated. These insights are expected to inform the development of interventions and studies aimed at enhancing individuals' mental well-being.

### Biography

Completed bachelor's degree with a double major in Psychology, followed by an academic internship experience at Palacky university in the Czechia. Did a three- month internship at the Norwegian University of Science and Technology in a team focused on emotion regulation. Currently studying for a master's degree in psychological counseling and guidance.

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