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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

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IMPLICIT BIAS: AN INNATE ADAPTATION OR AN ACQUIRED CAPACITY?

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Background and Aim: Implicit bias refers to automatic, involuntary cognitive associations and affective evaluations that occur beyond conscious awareness, frequently leading to discriminatory behaviours toward social groups and their members. It is a highly pervasive phenomenon that contributes to poorer health outcomes by inducing chronic stress, while simultaneously perpetuating systemic injustices. To understand the persistence of this widespread issue, this study investigates the evolutionary origins of implicit bias.

Materials and Methods: A narrative literature review was conducted across medical, psychological, and philosophical databases using keywords related to evolutionary theory, social cognition, and predictive processing, with complementary articles identified through backward citation search, yielding 129 sources.

Results: This review first considers evolutionary psychology perspectives that conceptualise implicit bias as an innate capacity of the human brain. From this viewpoint, ancestral populations faced recurring selection pressures in specific social domains, driving the development of psychological adaptations – specialised brain circuits – to successfully address these pressures. This review critically evaluates such perspectives, demonstrating that they are highly speculative and lack support from current empirical neuroscientific evidence. An alternative explanation is presented that views the human brain as innately plastic, functioning to efficiently regulate internal physiological systems by anticipating metabolic demands through active modelling of the world. From this perspective, implicit bias emerges as a consequence of the brain predictively modelling a biased social environment.

Conclusions: This work concludes that evolutionary psychology interpretations of implicit bias lack theoretical validity and empirical grounding, proposing instead that implicit bias emerges as the brain's general-purpose systems learn statistical regularities from the environment.

Keywords: evolutionary psychology, implicit bias, predictive processing