



EVERYDAY MEMORY QUESTIONNAIRE [13-ITEMS]: PILOT STUDY FOR THE PORTUGUESE POPULATION

Bruna Ribeiro¹, Pedro F. S. Rodrigues² & Sara M. Fernandes²

¹Portucalense University Infante D. Henrique, Portugal, bruna_ribeiro@hotmail.co.uk

²Portucalense Institute for Psychology (I2P), Portucalense University Infante D. Henrique, Portugal, prodrigues@upt.pt

²Portucalense Institute for Psychology (I2P), Portucalense University Infante D. Henrique, Portugal, sarab@upt.pt

Introduction

Subjective Memory Complaints (SMCs) are ever more frequent and are shown to be important in helping identify the probability of future cognitive impairment or the subsequent development of dementia (Glodzick-Sobanska et al., 2007). These subjective memory complaints can be described as forgetfulness, increased distractibility, and some difficulty in being mentally alert (Aasvik et al., 2015). Various variables such as emotional and psychological characteristics seem to contribute to these difficulties. In Portugal, questionnaires to assess SMCs are scarce and in high demand as the population is aging. The EMQ was devised to assess these SMCs, the revised version presents good internal reliability, with a Cronbach α of 0.80 (Aasvik et al., 2015).

Objectives

This study aims to translate and characterize the Everyday Memory Questionnaire (EMQ-13; Royle & Lincoln, 2008) for a Portuguese sample; this will look to combat the shortage of instruments available for this population. In this poster, we present preliminary results.

Materials and Methods

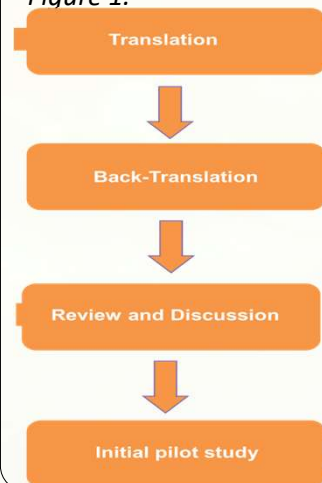
Participants: The data is comprised of a sample of $n=85$ participants, 65 (76.5%) are females, and 20 (23.5%) are males. With ages ranging from 18 to 62, ($M = 34.35$). This data was collected by the online way.

MATERIALS.

- **Sociodemographic questionnaire.** Participants that reported neuropsychological problems in this questionnaire were excluded.
- **Everyday Memory Questionnaire- [13 Revised]** (Royle & Lincoln, 2008)
- **BDI-II.** (Steer & Brown, 1996; adapted by Campos & Goncalves, 2011).

Procedures:

Figure 1.



Results

We conducted a principal component analysis with varimax rotation. The application of the test Kaiser-Meyer-Olkin ($KMO = .84$) and Bartlett's sphericity test [$\chi^2(78) = 941.027, p \leq .001$] allowed us to verify that the data is factorizable. Items 7, 8 and 9 were excluded due to loadings inferior to .40.

Figure 2.

Items	Components	
	1	
Q1	.65	
Q2	.81	
Q3	.84	
Q4	.48	
Q5	.76	
Q6	.86	
Q10	.89	
Q11	.78	
Q12	.89	
Q13	.71	
Eigenvalue	6.05	
% explained variance	60.54%	

We also ran a multiple regression analysis with a stepwise method in order to predict the subjective memory complaints, resorting to the variables age and score on BDI-II with this analysis, we were able to identify that both are statistically significant of subjective memory complaints, contributing to the explanation of $F(1,82) = 14,693, p < .001$. The variable that contributes the most to this prediction is the total obtained on the BDI-II ($\beta = .594, p \leq .001$). The variable age contributes to this prediction ($\beta = -.224, p = .020$).

Discussion

We were able to identify a positive correlation between the presence of depressive symptoms and the appearance of SMCs. This means the higher the score on the BDI-II the more SMCs registered. A recent study with the Portuguese population identified that older adults with no cognitive alterations who reported depressive symptoms had more SMCs. This appears to be one of the more important predictors of these complaints (Sousa et al, 2015). However, we identified an inverse relationship between age and the presence of SMCs, the younger the age the more complaints. Literature has identified that SMCs increase over time meaning that usually the older population, 10.5%, reports some form of perceived cognitive difficulties, whilst the younger population only 6.3% report these (Begum et al., 2013). The main limitation of this preliminary study is the small sample size, this could be the main factor in the results we obtained. For the advancement of the project, we will collect a larger sample size, with bigger variability of ages, and a sub-sample where we will look to apply an objective memory task to measure this correlation.

References

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