

Episodic memory: subjective complaints, objective assessment and their relationship with individual variables

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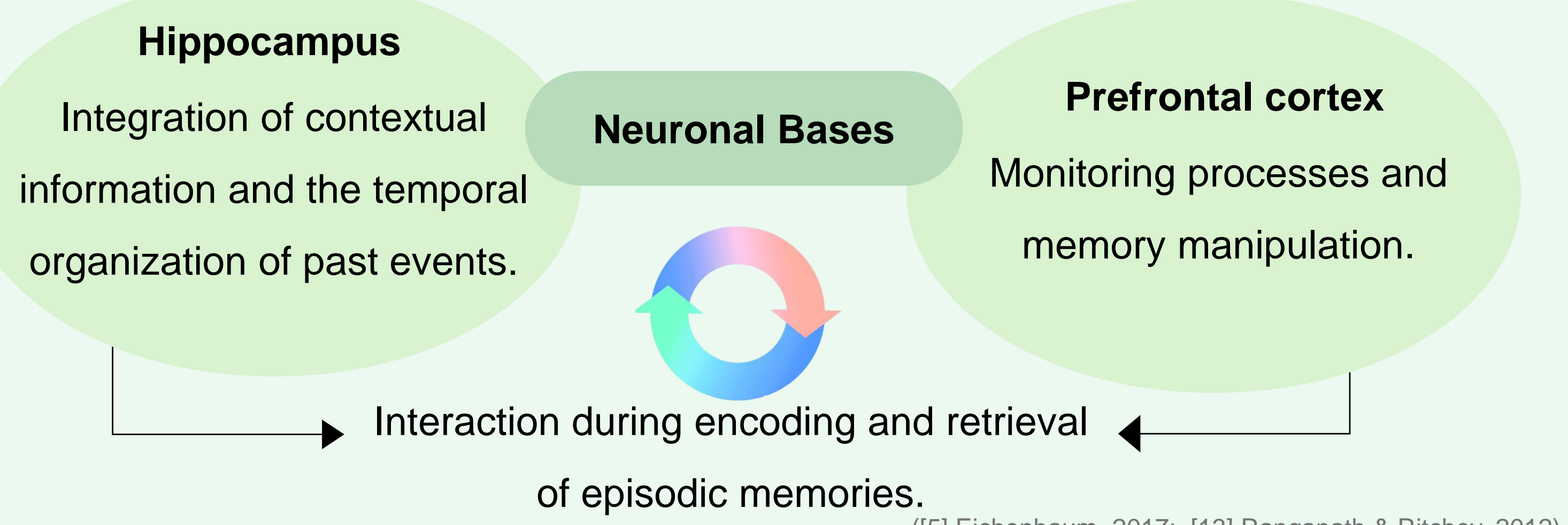
INTRODUCTION

Normal aging process is associated with a **progressive decline of memory**.

Episodic Memory Measurable ability of an individual to **retain and retrieve** specific information related to **personal events in time and space**. ([2] Asperholm et al., 2019)

It undergoes significant changes throughout adulthood and old age.

([16] Rocha & Chariglione, 2020; [18] Sobral et al., 2023)



Subjective memory complaints

- ✓ Subjective individual perceptions of memory difficulties reported by individuals. ([22] Zapater- Fajari et al., 2022)
- ✓ Potential early marker of cognitive impairment, although there are inconsistencies in the literature. ([19] Sousa et al., 2017; [20] Warren et al., 2022; [8] Jessen et al., 2014)

The **awareness** and **control** that an individual has over their own memory processes involves **metacognitive capabilities** that allow effective **monitoring, evaluation** and **regulation** of memory, including the recognition of **limits** and **strategies** to improve memory performance. ([4] Drigas et al., 2022; [9] Lenti et al., 2023)

Metamemory

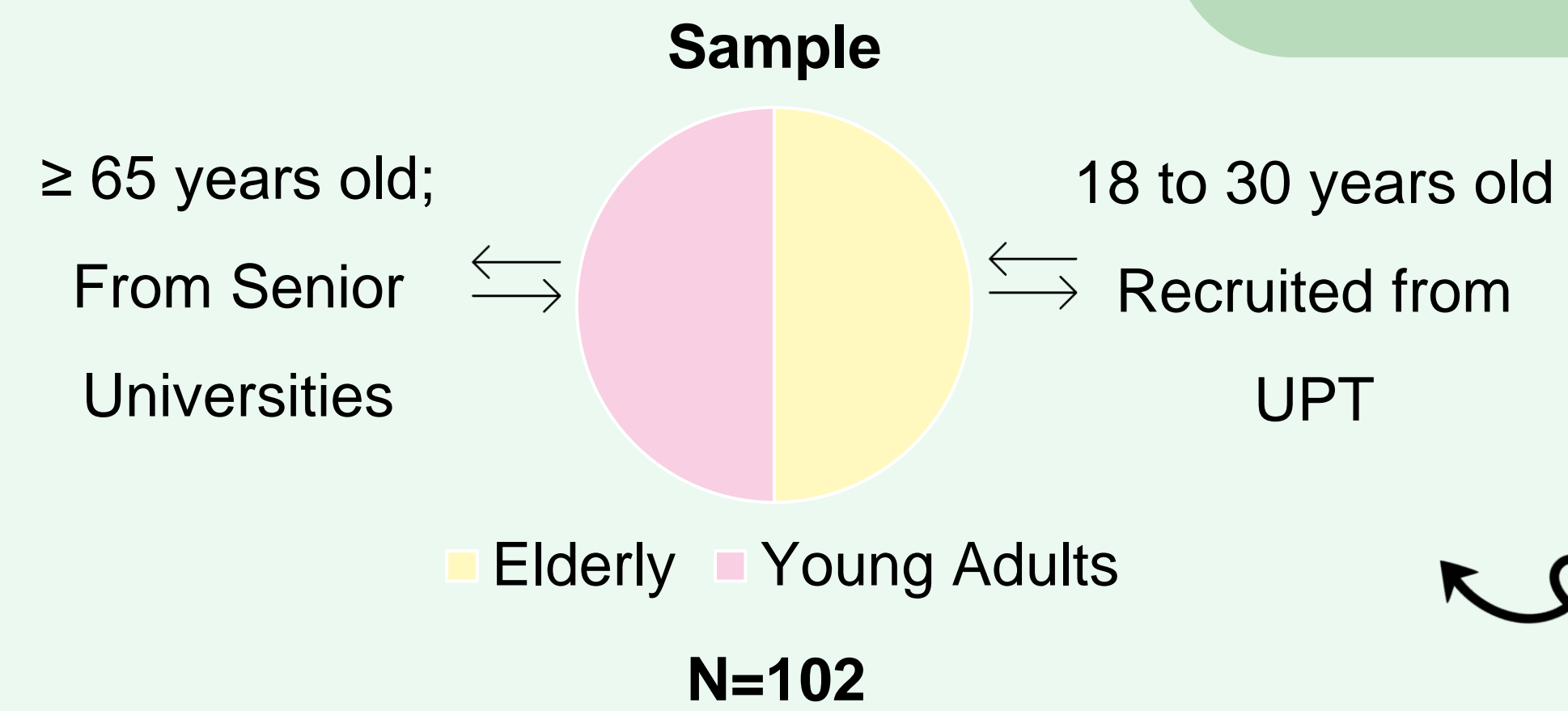
- Significant associations between subjective complaints and memory objectively measured in older adults, although this relation is influenced by individual factors such as **personality**. ([6] Farias et al., 2008; [1] Amariglio et al., 2015; [10] Montejo Carrasco et al., 2017)
- The literature explores the associations between metamemory, personality, and actual memory performance, suggesting that **positive beliefs about own capacity of memory had a positive influence on memory**. ([7] Hurt et al., 2012; [12] Pearman, 2021; [9] Lenti et al., 2023)

AIMS



- To understand the relationship between subjective memory complaints and performance on objective tests of episodic memory, both in young adults and older adults.
- To understand the influence of personality on the relationship between subjective memory complaints and performance on objective memory tests, both in young adults and older adults.

METHOD



DESIGN

- ✓ Cross-sectional design
- ✓ Sample selected for convenience

INSTRUMENTS

- Sociodemographic Questionnaire**
- Metamemory Questionnaire for Adults**
 - Translated and adapted into European Portuguese as part of this study by Moreira et al. (2024; [11]); with 20 items.
 - Aim: To collect data relating to individuals' perception of their own memory.
- Everyday Memory Questionnaire**
 - European Portuguese validation by Ribeiro et al. (2023; [14]) with 13 items.
 - Aim: To evaluate subjective memory complaints.
- NEO-FFI-20 Questionnaire**
 - European Portuguese validation by Bertoquini and Pais Ribeiro (2005; [3]) with 20 items.
 - Aim: To evaluate the five personality traits.
- Montreal Cognitive Assessment**
 - European Portuguese validation by Simões et al. (2008; [17]).
 - Aim: Identify signs of mild cognitive impairment.
- Weschler Memory Scale (Weschler, 2008; [21])**
 - Detailed assessment of important aspects related to memory functioning.
 - The tests Faces I, Logical Memory I and Sequence of Numbers and Digits were selected.

PROCEDURE

- Formal authorizations** - Obtained from Senior Universities. - Flyer with QR Code for young adults.
- Participant recruitment** - Young adults contacted after filling out an online form.
- Informed consent** - Individually, guaranteeing anonymity and explaining the objectives of the study.
- Data collection** - Instrument Administration.
- Data analysis** - Descriptive analysis, correlation coefficients, ANOVAs and simple and multiple linear regressions.

EXPECTED RESULTS



- ✓ Young adults will demonstrate **higher performance on episodic memory tests** compared to older adults;
- ✓ **Significant differences in memory perceptions between the two groups**. Older participants will report more subjective memory complaints, whereas younger participants will demonstrate more accurate metamemory;
- ✓ **Personality traits** will mediate **cognitive performance** and **memory perception**;
- ✓ **The relationships between metamemory, subjective complaints and cognitive performance will be different between age groups**. For example, we expected there will be a **stronger association** between metamemory and cognitive performance in **younger participants** than in older participants, which could indicate **differences in metacognitive awareness** and **understanding of one's memory** across different age groups.

REFERENCES

