Subjective Memory Complaints: Objective Assessment and Impact of Individual Variables

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INTRODUCTION

Subjective memory complaints (SMC) are frequently reported with aging (Montejo et al., 2017).

Scientific evidence highlights the complexity of the relationship between SMC and objective memory (Mitchell et al., 2014).

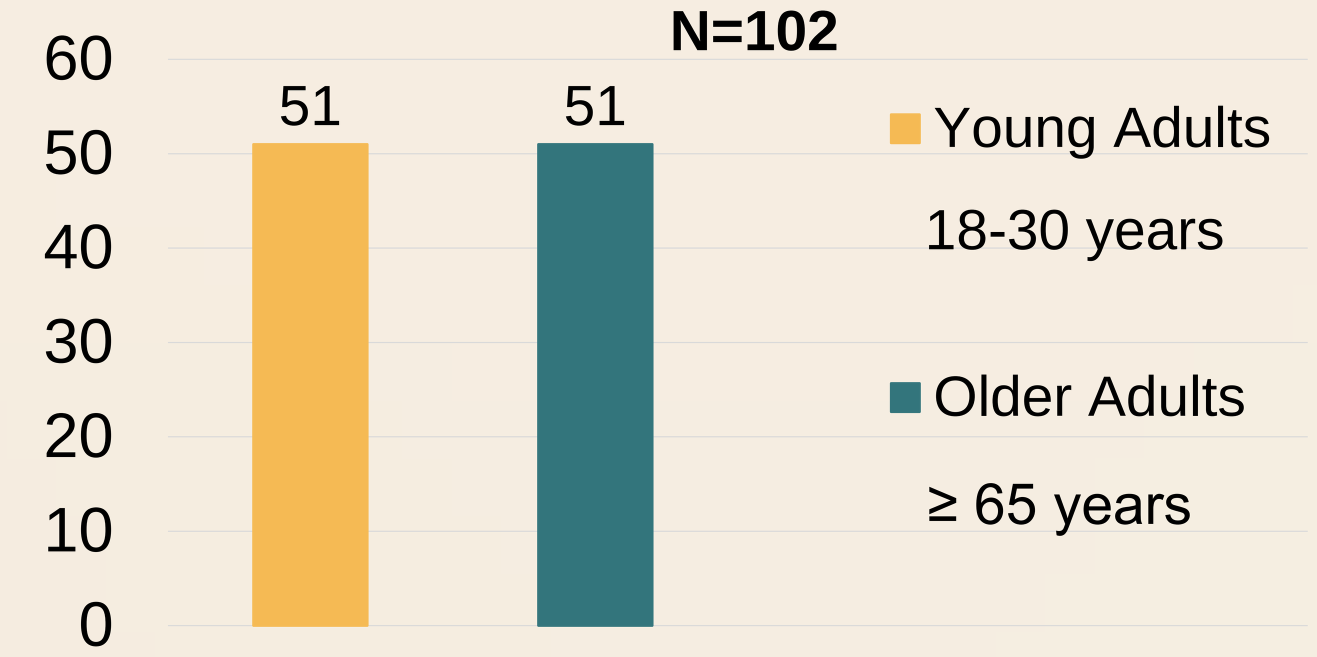
This study aimed to examine the relationship between SMC and objective memory performance.

The influence of metamemory, personality and education on SMC were also investigated.

METHOD

SAMPLE

N=102



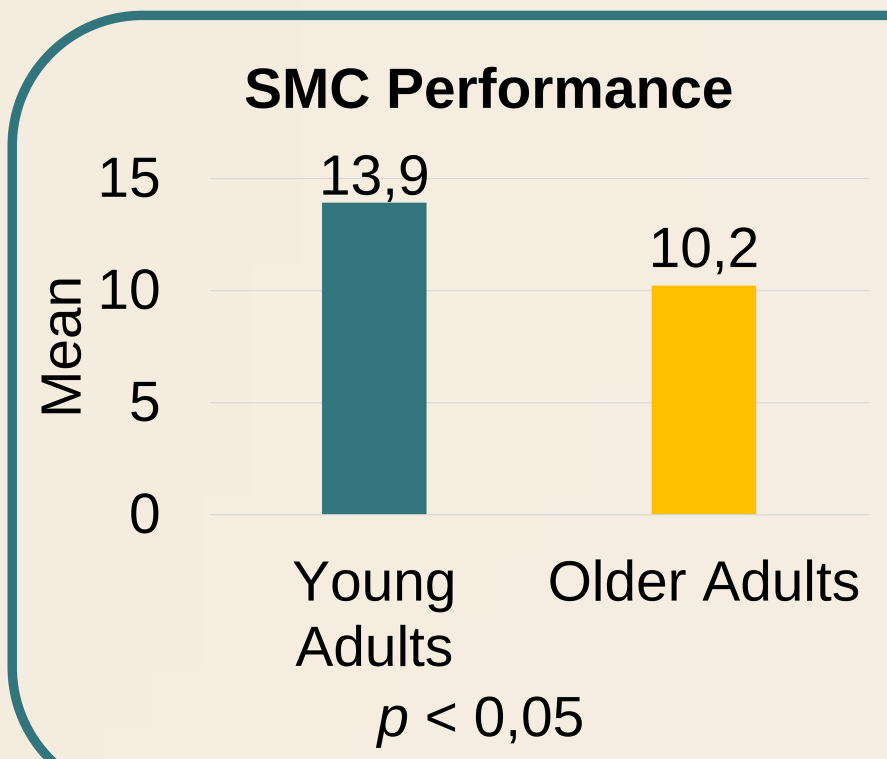
INSTRUMENTS

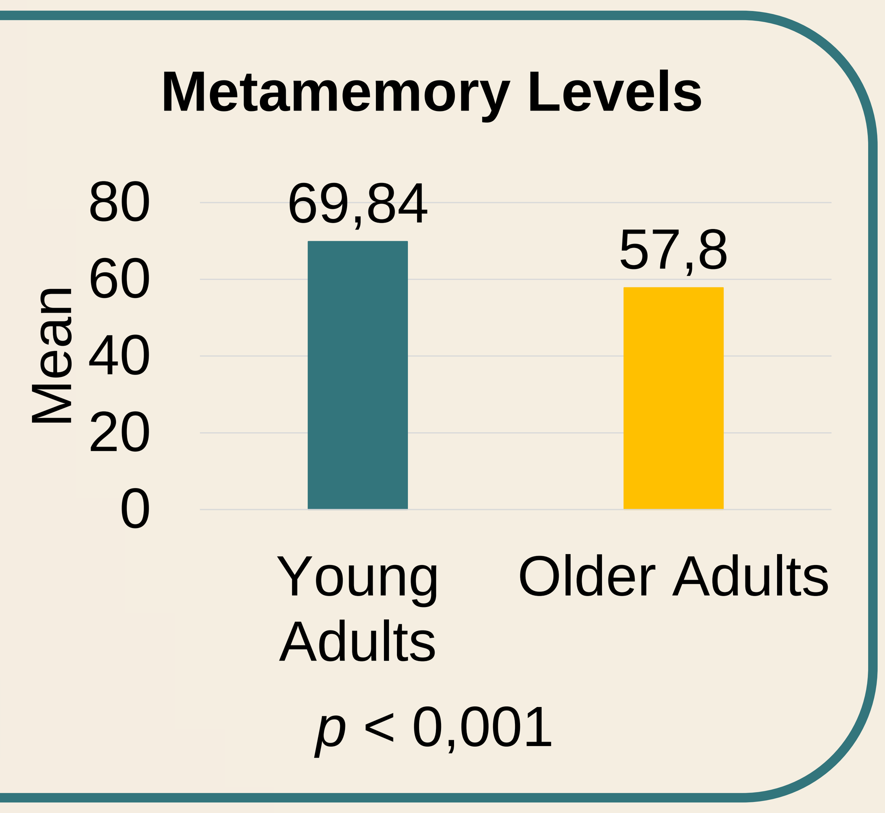
Sociodemographic Questionnaire → Metamemory Questionnaire for Adults (Moreira et al., 2024) → Everyday Memory Questionnaire (Ribeiro et al., 2023) → NEO-FFI-20 Questionnaire (Bertoquini & Pais Ribeiro, 2005) → Montreal Cognitive Assessment (Simões et al., 2008) → Wechler Memory Scale III (Weschler, 2008)

PROCEDURE

Formal authorizations → Participant recruitment → Informed consent → Instrument/ Tasks Administration → Data Analysis

RESULTS





Objective Memory Performance

Standardized results

Significant group differences: **older adults** performed better on **Logical Memory I** and **overall average performance** ($p < .05$).

Raw results

Young adults performed significantly better on Logical **Memory I, Faces I and Sequence of letters and numbers I** ($p < .001$).

Personality Traits

- **Agreeableness** was significantly higher in older adults ($p = 0,04$) but **not a significant predictor** of SMC or metamemory.

High vs. Low Performance

- **Young adults with high performance** reported significantly **higher metamemory** than older adults ($p = 0,014$). This difference was **even greater** in **low-performance subgroups** ($p < 0,001$). No significant differences were found in SMC.

Within-Group Comparisons (Older Adults)

- **Age groups (65–75 vs. 76–83):** No significant differences in SMC, metamemory, or objective performance.
- **Education levels:** Older adults with lower education reported more SMC ($p < 0,05$ and also performed worse on the Letter-Number Sequencing test ($p < 0,001$).

Predictive Models – SMC and Metamemory

- In young adults, **SMC** and **metamemory** significantly predicted performance on **Logical Memory I** ($p < 0,05$). In older adults, both predictors were significantly associated with performance on the **Letter-Number Sequencing** test and the **overall memory score** ($p < 0,05$).

CONCLUSIONS

SMC do not always reflect objective performance (Mitchell et al., 2014). Factors such as metamemory, education, and age-related strategies may influence cognitive functioning (Roberts & Allen, 2016; Stern, 2009). A multidimensional approach is essential to understand and promote healthy cognitive aging.

REFERENCES

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