

EVERYDAY COGNITIVE FAILURES AND
MEMORY COMPENSATION EFFORTS:
A SELECTIVE OPTIMIZATION WITH
COMPENSATION (SOC)
ANALYSIS

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Memory

- 70% of people in midlife are worried about memory decline (Ponds, Commissaris, & Jolles, 1997)
- About 40% of middle-aged report high levels of forgetfulness. (Ponds, et al., 1997).
- Onset of *objective* memory decline within the fifth decade of life.

Who Compensates

- Older adults
- Those reporting higher levels of forgetfulness
- Healthy individuals/higher subjective health
- Higher cognitive reserve
- Personality traits – agreeableness & neuroticism

Selective Optimization with Compensation

(SOC Baltes & Baltes, 1990)

Individuals, who select goals (selection) and strive to attain (optimization) and maintain (compensation) those goals are more likely to experience positive developmental outcomes.

Study

- The current study focuses on the occurrence of cognitive failures in the context of the theory of Selective Optimization with Compensation.
- Specific attention is given to the moderating effects that mood may have on the benefits of SOC and on the effects that SOC may have on individual's memory compensation efforts

Hypotheses

1. Higher levels of SOC endorsement will be associated with
 - a. lower reports of cognitive failure
 - b. more effective compensation efforts
2. Beneficial effects of SOC on cognitive failures are moderated (diminished) by low mood.

Procedure

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What's on your mind?

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Information

Birthday: November 19, 1974

Friends

19 friends See All

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Jan Scheibner Amelle Zweyer Denise Blake

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2 hours ago Comment Like See Wall-to-Wall

RECENT ACTIVITY

Gunnar and Irene Niland are now friends. Comment Like

Gunnar and Nina Aliff are now friends. Comment Like

Gunnar and Jan Scheibner are now friends. Comment Like

John Landers Hey Gunnar what a surprise! I see you don't have a photo. Have you become uglier than before? I didn't think this was possible. Anyway, good to hear from you.

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RECENT ACTIVITY

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Internet 100% 11:33 a.m.

Participants

- 409 normal functioning individuals from the general population in New Zealand
- (241 females & 168 males)]
- Mean age was 48.10 years of age ($SD = 12.94$, range = 18-85).

Measures

- Selection, Optimization, and Compensation Questionnaire (SOC); Freund, & Baltes, 2002).
- Cognitive Failures Questionnaire (CFQ) (Broadbent, et al., 1982)
- Memory Compensation Questionnaire (MCQ) (Dixon et al, 2001)
- Self Rating of mood

Measures

- Selection, Optimization, and Compensation Questionnaire (SOC); Freund, & Baltes, 2002).
 - Selection
 - Elective
 - Loss Based
 - Optimization
 - Compensation

3 Factors of CFQ

Rast, Zimprich, van Boxtel & Jolles, (2009)

1) Forgetfulness

- tending to forget something known or planned
e.g., intentions, names, appointments

2) Distractibility

- being absentminded or a proneness to losing
focused attention e.g., daydreaming

3) False Triggering

- being prone to interrupted information processing
in sequences of cognitive and/or motor actions
e.g., not knowing why went to part of house

Memory Compensation Questionnaire (MCQ; Dixon et al., 2001)

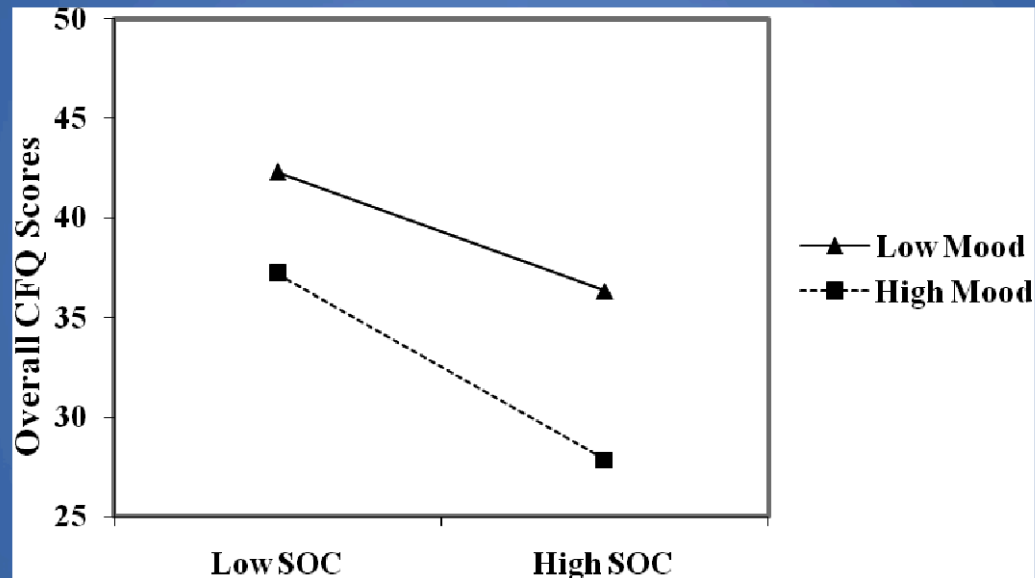
- External
 - Notes & calendars
- Internal
 - Mnemonic strategies
- Time
- Effort
- Reliance on others

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<u>Psychometric Scales</u>		<i>M</i>	<i>SD</i>	<i>α</i>	1	2	3	4	5	6
1	CFQ-Forgetfulness	25.24	4.61	.84	-					
2	CFQ-Distractibility	27.01	5.48	.84	.88**	-				
3	CFQ-False Triggering	26.34	5.09	.83	.92**	.86**	-			
4	CFQ-Overall	48.68	9.12	.90	.94**	.97**	.95**	-		
5	MCQ-Strategy	78.06	13.67	.90	.36**	.29**	.35**	.33**	-	
6	SOC	22.66	10.90	.71	-	-	-	-	.11*	-
					.19**	.15**	.15**	.17**		
7	Mood-ratings	2.12	0.75	-	-	-	-	-	-.08	.11*
					.26**	.31**	.26**	.30**		

The effects of SOC endorsement and mood-ratings on frequency of cognitive failures



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Everyday cognitive failures and memory compensation efforts: A selective optimization with compensation (SOC) Analysis

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