

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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Gunnar Scheibner

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This is your Publisher. Use it to post content, like photos or links to your wall.

What's on your mind?

Attach: [Image] [Video] [Link] [File] [Share]

Options

RECENT ACTIVITY

- Gunnar and Chef Jason Johnson are now friends. Comment · Like
- Gunnar and Colleen Maria Guy are now friends. Comment · Like
- 2 more similar stories

Caitriona Martyn Great to hear from you Gunnar. How is life treating you and Joan? Where are you these days? Can't wait to hear all of your news. :-)

2 hours ago · Comment · Like · See Wall-to-Wall

Remove

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.

11 hours ago · Comment · Like · See Wall-to-Wall

RECENT ACTIVITY

- Gunnar and John Landers are now friends. Comment · Like
- Gunnar and Julia Fischer are now friends. Comment · Like

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Blackcaps vs Australia, Fourth ODI: 11th March, Eden Park, Auckland

Like

nzherald.co.nz

Brian Tamaki - cult leader or church leader? Become a fan of nzherald.co.nz and have your say.

start Facebook | Gunnar S...

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)

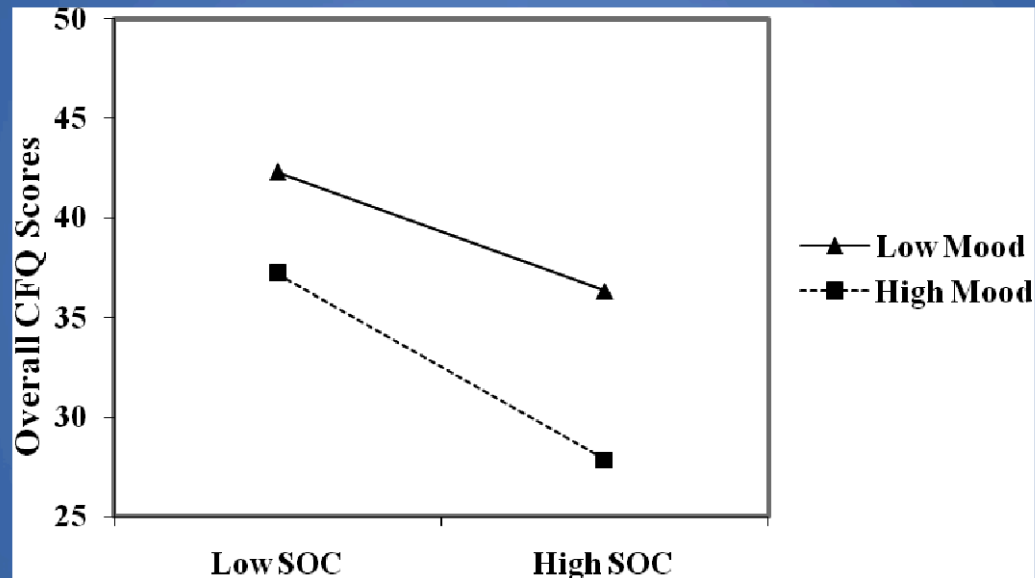
- External
 - Notes & calendars
- Internal
 - Mnemonic strategies
- Time
- Effort
- Reliance on others

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<u>Psychometric</u>		<i>M</i>	<i>SD</i>	α	1	2	3	4	5	6
<u>Scales</u>										
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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