

Scoring Key: How I Feel About My Memory

Name: _____ Date: _____

Below are statements about feelings that people may have about their memory. Read each statement and think about your feelings over the past *two weeks*. Then, check the box next to the response that best describes how much you agree or disagree.

1. I am generally pleased with my memory ability.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

2. There is something seriously wrong with my memory.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

3. If something is important, I will probably remember it.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

4. When I forget something, I fear that I may have a serious memory problem, like Alzheimer's disease.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

5. My memory is worse than most other people my age.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

6. I have confidence in my ability to remember things.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

7. I feel unhappy when I think about my memory ability.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

8. I worry that others will notice that my memory is not very good.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

9. When I have trouble remembering something, I'm not too hard on myself.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

Please turn page over to complete the questionnaire.

10. I am concerned about my memory.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

11. My memory is really going downhill lately.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

12. I am generally satisfied with my memory ability.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

13. I don't get upset when I have trouble remembering something.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

14. I worry that I will forget something important.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

15. I am embarrassed about my memory ability.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

16. I get annoyed or irritated with myself when I am forgetful.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

17. My memory is good for my age.

4 Strongly Agree **3** Agree **2** Undecided **1** Disagree **0** Strongly Disagree

18. I worry about my memory ability.

0 Strongly Agree **1** Agree **2** Undecided **3** Disagree **4** Strongly Disagree

Scoring Key: Memory Mistakes

Name: _____ Date: _____

Below is a list of common memory mistakes that people make. Decide how often you have done each one in the *last two weeks*. Then, check the box next to the appropriate response.

1. Forget to pay a bill on time.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

2. Misplace something you use daily, like your keys or glasses.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

3. Have trouble remembering a telephone number you just looked up.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

4. Not recall the name of someone you just met.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

5. Leave something behind when you meant to bring it with you.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

6. Forget an appointment.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

7. Forget what you were just about to do; for example, walk into a room and forget what you went there to do.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

8. Forget to run an errand.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

9. In conversation, have difficulty coming up with a specific word that you want.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

10. Have trouble remembering details from a newspaper or magazine article you read earlier that day.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

11. Forget to take medication.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

12. Not recall the name of someone you have known for some time.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

13. Forget to pass on a message.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

14. Forget what you were going to say in conversation.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

15. Forget a birthday or anniversary that you used to know well.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

16. Forget a telephone number you use frequently.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

17. Retell a story or joke to the same person because you forgot you already told him or her.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

18. Misplace something that you put away a few days ago.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

19. Forget to buy something you intended to buy.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

20. Forget details about a recent conversation.

0 All the Time **1** Often **2** Sometimes **3** Rarely **4** Never

Scoring Key: Use of Memory Strategies

Name: _____ Date: _____

People often use different tricks or strategies to help them remember things. Several strategies are listed below. Decide how often you used each one in the *last two weeks*. Then, check the box next to the appropriate response.

1. Use a timer or alarm to remind you when to do something.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

2. Ask someone to help you remember something or to remind you to do something.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

3. Create a rhyme out of what you want to remember.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

4. In your mind, create an image of something you want to remember, like a name and face.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

5. Write things on a calendar, such as appointments or things you need to do.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

6. Go through the alphabet one letter at a time to see if it sparks a memory for a name or word.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

7. Organize information you want to remember; for example, organize your grocery list according to food groups.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

8. Say something out loud in order to remember it, such as a phone number you just looked up.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

9. Use a routine to remember important things, like checking that you have your wallet and keys when you leave home.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

Please turn page over to complete the questionnaire.

10. Make a list, such as a grocery list or a list of things to do.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

11. Mentally elaborate on something you want to remember; for example, focus on a lot of the details.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

12. Put something in a prominent place to remind you to do something, like putting your umbrella by the front door so you will remember to take it with you.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

13. Repeat something to yourself at increasingly longer and longer intervals so you will remember it.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

14. Create a story to link together information you want to remember.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

15. Write down in a notebook things that you want to remember.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

16. Create an acronym out of the first letters in a list of things to remember, such as carrots, apples, and bread (cab).

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

17. Intentionally concentrate hard on something so that you will remember it.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

18. Write a note or reminder for yourself (other than on a calendar or in a notebook).

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never

19. Mentally retrace your steps in order to remember something, such as the location of a misplaced item.

4 All the Time **3** Often **2** Sometimes **1** Rarely **0** Never
