

Research publications evaluating the Memory and Aging Program

Group Memory and Aging Program:

- Troyer, A. K. (2001). Improving memory knowledge, satisfaction, and functioning via an education and intervention program for older adults. *Aging, Neuropsychology, and Cognition*, 8(4), 256-268. <https://doi.org/10.1076/anec.8.4.256.5642>
- Wiegand, M. A., Troyer, A. K., Gojmerac, C., & Murphy, K. J. (2013). Facilitating change in health-related behaviours and intentions: A randomized controlled trial of a multidimensional memory program for older adults. *Aging and Mental Health*, 17(7), 806-815. <https://doi.org/10.1080/13607863.2013.789000>
- Vandermorris, S., Davidson, S., Au, A., Sue, J., Fallah, S., & Troyer, A. K. (2017). "Accepting where I'm at" - A qualitative study of the mechanisms, benefits, and impact of a behavioural memory intervention for community-dwelling older adults. *Aging and Mental Health*, 21(9), 895-901. <https://doi.org/10.1080/13607863.2016.1181709>
- Baker, S., Vandermorris, S., Verhoeff, N. P., & Troyer, A. K. (2022). A cost-benefit analysis of a group memory intervention for healthy older adults with memory concerns. *Canadian Journal on Aging*, 41(4), 531-539. <https://doi.org/10.1017/S0714980821000726>
- Vandermorris, S., Au, A., Gardner, S., & Troyer, A. K. (2022). Initiation and maintenance of behaviour change to support memory and brain health in older adults: A randomized controlled trial. *Neuropsychological Rehabilitation*, 32(4), 611-628. <https://doi.org/10.1080/09602011.2020.1841656>

Self-guided E-learning Memory and Aging Program:

- Yusupov, I., Vandermorris, S., Plunkett, C., Astell, A., Rich, J. B., & Troyer, A. K. (2022). An agile development cycle of an online memory program for healthy older adults. *Canadian Journal on Aging*, 41(4), 647-656. <https://doi.org/10.1017/S0714980821000763>
- D'Amico, D., Yusupov, I., Zhu, L., Lass, J., Plunkett, C., Levine, B., Troyer, A. K., & Vandermorris, S. (2024). Feasibility, acceptability, and impact of a self-guided e-learning memory and brain health promotion program for healthy older adults. *Clinical Gerontologist*, 47(1), 4-16. <https://doi.org/10.1080/07317115.2022.2088325>
- Yusupov Rose, I., Lass, J. W., D'Amico, D., Zhu, L., Rich, J. B., Levine, B., Vandermorris, S., & Troyer, A. K. (2025). A self-guided e-learning program improves metamemory outcomes in healthy older adults: A randomized controlled trial. *Aging and Mental Health*, 29(6), 1090-1099. <https://doi.org/10.1080/13607863.2024.2438839>