

# Memory questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

Read each of the statements, and mark the box that best describes your behaviour at present. It might be helpful to ask somebody who knows you well to complete the questionnaire and fill in the independent scorer column.

Scoring Agree = 2 Partially agree = 1 Disagree = 0

Question	Score					
	Self-score			Independent scorer		
	Agree	Partially agree	Disagree	Agree	Partially agree	Disagree
1 I often forget where I have put things in the house.						
2 I sometimes find a television story or the plot of a book difficult to follow.						
3 I often forget words, or find they are on the tip of my tongue and cannot quite find them.						
4 I often forget things, and have to go back for them.						
5 I sometimes forget things that I did the day before.						
6 I forget to do things that I have planned to do.						
7 I can tell somebody a story or joke that I have told before, or ask the same question twice.						
8 I sometimes forget to tell people important messages.						
9 I find it difficult learning a new skill (eg, working a computer, a game, a new gadget), or remembering a sequence of instructions.						
10 I sometimes fail to recognise places, or people's faces, that I have seen before and should be familiar with.						
<b>TOTAL SCORE</b>						

### INTERPRETATION

*Self-score*

8-20: This suggests that you may have a poor memory, and may benefit from using compensatory strategies.

*Discrepancy between self-score and independent score*

5-20: This suggests that you may not be fully aware of your memory problem, or you are denying it.

How relevant did you find this sheet? Very  Slightly  Not very  What was the most important point for you?

# Memory quiz

1 How bad do you think your short-term memory is compared with before your injury?

The same  Slightly worse  Much worse

2 Write down two external strategies that you could use to help compensate for your problem. For example: You have a doctor's appointment in three weeks time.....

*Write on calendar.*

- You keep misplacing your keys in the house ...
- You forget what you went to the shops to buy ...
- You forget what you did last weekend ...

3 Write down two internal strategies or mental activities that you can deliberately carry out that may improve your memory for:

- Remembering somebody's name ...
- Remembering a telephone number ...
- Remembering a list of 10 bits of information for an examination ...

4 Explain why you are more likely to remember something if you make a visual image of it – for example, imagining Mr Baker made of white dough.

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5 If you wanted to remember an article you read in the newspaper, what compensatory strategies could you try to use to remember it?

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6 Give one reason why 10 bits of information laid out in a 'spider diagram' are more memorable than the same information written on a list.

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7 What are some of the processes involved in memory?

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