PII-20: Memory Function among Taiwanese Older Adults

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Abstract:
Introduction: Despite the fact that the number of older adults is increasing rapidly, cognitive aging, specifically memory function is less systematically investigated in Taiwan than in Western countries. The purpose of this study was to explore the memory self-evaluation
phenomena, including metamemory and memory self-efficacy, and to increase the understanding of the objective memory performance among Taiwanese older adults. The research question was to examine the relationships among metamemory, memory self-efficacy and memory function among Taiwanese older adults.

Method(s): This was a cross-sectional, descriptive, and correlational study. A non-probability sample of 130 Taiwanese older adults from three senior citizen centers in central Taiwan completed the interview. The instruments were employed in measuring participants' memory knowledge and attitudes, namely metamemory (Metamemory in Adulthood), memory self-efficacy (Memory Efficacy), and memory function (Rivermead Behavioural Memory Test). Descriptive statistics and Pearson's correlation coefficient were employed to analyze the data.

Results: The mean age for the sample was 71.76 (SD = .553) with a range from 65 to 88 years. The findings indicated a few significant relationships among metamemory, memory self-efficacy and memory function. Memory achievement, capacity, strategy and task were positively correlated with memory function (r=.24, r=.21, r=.39, r=.32, p<.05, respectively). Memory self-efficacy was significantly related to memory function (r=.59, p<.01).

Discussion & Conclusions: Older adults who were motivated to perform better in memory tasks, had greater memory capacity, were capable of using more mnemonics and had better memory knowledge, also had better memory performance. Additionally, older adults with higher memory self-efficacy displayed a better memory function. Initiating a cognitively stimulating program concerning these factors may provide Taiwanese older adults with an enhancement of their knowledge, perceptions and beliefs about their own memory.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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