Quantifying autobiographical memory

Overview

What kids of details get included in memories about our own lives? How do the quality and contents of these memories change as time passes?

This in-class assignment is based on methods from the following study:

Gardner, R. S., Vogel, A. T., Mainetti, M., & Ascoli, G. A. (2012). Quantitative Measurements of Autobiographical Memory Content. PLOS ONE, 7(9), e44809. https://doi.org/10.1371/journal.pone.0044809

Instructions given to students

Results

These results summarize the responses of 46 students.

Error bars represent the standard error of the mean.

Frequency of memories by age

Number and type of elements in the memories

Gender effects

Correlations among the types of elements retrieved

Lower mean correlations indicate that a type of element was retrieved independently of other element types.

Valence and intensity of emotion elicited by memories

Gender effects

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