

# Quantifying autobiographical memory

## Overview

What kinds 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

Students recalled and rated 16 memories about their lives.

These results summarize the responses of 46 students.

Error bars in graphs 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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