# 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 viewed memory prompts (lists of randomly selected words), and 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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