EVERYDAY COGNITIVE FAILURES AND MEMORY COMPENSATION EFFORTS: A SELECTIVE OPTIMIZATION WITH COMPENSATION (SOC) ANALYSIS

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Memory

• 70% of people in midlife are worried about memory decline (Ponds, Commissaris, & Jolles, 1997).

• About 40% of middle-aged report high levels of forgetfulness. (Ponds, et al., 1997).

• Onset of *objective* memory decline within the fifth decade of life.
Who Compensates

- Older adults
- Those reporting higher levels of forgetfulness
- Healthy individuals/higher subjective health
- Higher cognitive reserve
- Personality traits – agreeableness & neuroticism
Selective Optimization with Compensation
(SOC Baltes & Baltes, 1990)

Individuals, who select goals (selection) and strive to attain (optimization) and maintain (compensation) those goals are more likely to experience positive developmental outcomes.
Study

• The current study focuses on the occurrence of cognitive failures in the context of the theory of Selective Optimization with Compensation.

• Specific attention is given to the moderating effects that mood may have on the benefits of SOC and on the effects that SOC may have on individual’s memory compensation efforts.
Hypotheses

1. Higher levels of SOC endorsement will be associated with
   a. lower reports of cognitive failure
   b. more effective compensation efforts

2. Beneficial effects of SOC on cognitive failures are moderated (diminished) by low mood.
Procedure
Participants

- 409 normal functioning individuals from the general population in New Zealand
- (241 females & 168 males)
- Mean age was 48.10 years of age ($SD = 12.94$, range = 18-85).
Measures

• Selection, Optimization, and Compensation Questionnaire (SOC); Freund, & Baltes, 2002).

• Cognitive Failures Questionnaire (CFQ) (Broadbent, et al., 1982)

• Memory Compensation Questionnaire (MCQ) (Dixon et al, 2001)

• Self Rating of mood
Measures

- Selection, Optimization, and Compensation Questionnaire (SOC); Freund, & Baltes, 2002).
  - Selection
    - Elective
    - Loss Based
  - Optimization
  - Compensation
3 Factors of CFQ

1) Forgetfulness  
   – tending to forget something known or planned  
     e.g., intentions, names, appointments

2) Distractibility  
   – being absentminded or a proneness to loosing  
     focused attention e.g., daydreaming

3) False Triggering  
   – being prone to interrupted information processing  
     in sequences of cognitive and/or motor actions  
     e.g., not knowing why went to part of house
Memory Compensation Questionnaire (MCQ; Dixon et al., 2001)

• External
  – Notes & calendars

• Internal
  – Mnemonic strategies

• Time

• Effort

• Reliance on others
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<table>
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The effects of SOC endorsement and mood-ratings on frequency of cognitive failures
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1. Higher levels of SOC endorsement will be associated with
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   b. more effective compensation efforts

2. Beneficial effects of SOC on cognitive failures are moderated (diminished) by low mood.
Everyday cognitive failures and memory compensation efforts: A selective optimization with compensation (SOC) Analysis

Scheibner, G

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