

Table 9-1

Self Report Memory Questionnaire

AGE:

SEX: M, F

The following questionnaire refers to memory problems that are common to many people. Some, however, occur more frequently for different people. Could you please read each question carefully and tick the response which most accurately shows how frequently such experiences occur in your daily living.

| | ≥1 time daily | 2 to 6 times a week | A few times a month | A few times a year | Never |
|---|---------------------|---------------------------|---------------------------|--------------------------|-------|
| (1) How often do you forget the names of people minutes after being introduced? | | | | | |
| (2) When calling someone that you regularly call, do you ever have to look up his or her number? | | | | | |
| (3) How often would you fail to remember the address of someone you frequently write to? | | | | | |
| (4) Think of times when someone has given you directions to get to an unfamiliar place. How often do you forget these before you get there? | | | | | |
| (5) When you go out to run a few errands, how often do you forget to do at least one of them? | | | | | |
| (6) How often do you find at the end of a conversation that you forget to bring up a point or question that you had intended to? | | | | | |
| (7) How often are you unable to find something that you put down only minutes ago? | | | | | |
| (8) How often do you discover when you have gone out that you must return for something that you left behind? | | | | | |
| (9) If someone says that they have told you something earlier, how often are you unable to recall them doing so? | | | | | |
| (10) When someone asks you to give a friend a message, how often do you forget to do so? | | | | | |
| (11) How often do you find that when you want to introduce people you know, you can't remember someone's name? | | | | | |
| (12) How often do you forget birthdays or dates when you intended to do something special? | | | | | |
| (13) When you want to remember a story or an experience, how often are you unable to do so? | | | | | |
| (14) If you need to know what the date is, how often do you look it up or ask someone because you can't remember? | | | | | |
| (15) How often do you think of something a person told you but forget who said it? | | | | | |
| (16) Do you ever begin to tell someone a story only to learn that you have already told them? | | | | | |
| (17) If you go to a supermarket to buy 4 to 5 items without a list, how often do you forget at least one item? | | | | | |
| (18) How often do you find that you have failed to button or zip part of your clothing? | | | | | |
| (19) How often do you forget that you have already done something and begin to do it again (eg, set alarm clock)? | | | | | |

(continued)