

## Introduction

- ★ **Memory strategy training for older adults: Practical impact?**
  - ◆ Immediate benefits to trained tasks; limited evidence of transfer Berry et al., 2010; Bottiroli et al., 2008; Fisher, 2012; Gross et al., 2000; Hertzog et al., 2009; West & Strickland-Hughes, 2017
- ★ **Self-regulation in training: Memory self-efficacy & effective strategy use**
  - ◆ Old < young; Positive correlates of performance (relationship ↑ with age) Aignoroaei et al., 2013; Beaudoin & Desrichard, 2010; Cavallini et al., 2010; Crumley et al., 2014; Gross & Rebok, 2011; Jaeggi et al., 2014; Valentijn et al., 2006; West & Hastings, 2011
  - ◆ Enhanced from training? Value-added to training?
- ★ **Evaluate abbreviated version of tested effective program (EMC)**
  - ◆ Multifactorial strategy training designed to enhance self-regulatory factors Bagwell & West, 2008; Hasting & West, 2009; West et al., 2008; West & Hastings, 2011

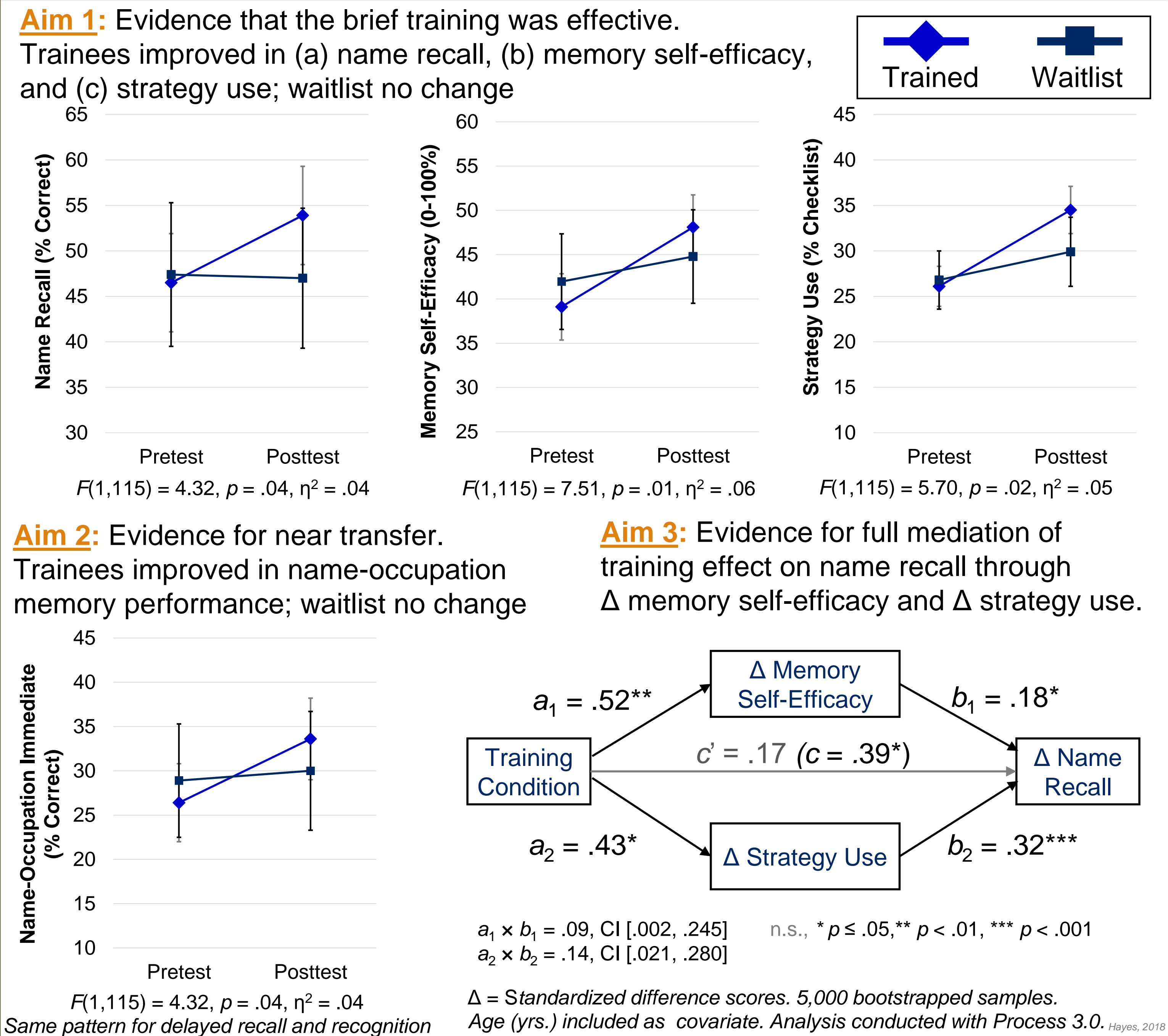
## Research Aims

- Aim 1: Test effectiveness of abbreviated name strategy training program**
  - ◆ Pre-post gains for trainees, not waitlist group, expected for name recall performance and self-regulatory factors (memory self-efficacy, strategy use)
- Aim 2: Test near transfer to verbal associative memory performance**
  - ◆ Greater pre-post gains expected for trainees than waitlist group
- Aim 3: Test mediation of training on memory by Δ self-regulatory factors**
  - ◆ Full mediation expected through indirect paths of both self-regulatory factors

## Methods

- Study Design:** RCT, 2 time (within: pre, post) × 2 condition (btwn: train, waitlist)
- Training:** 2-hr group training session plus ~2-3 hrs. self-study workbook
  - ◆ Enactive mastery, vicarious experience, verbal persuasion, affective states
- Participants (N = 122):** 51 to 93 yrs. old (M = 73.24, SD = 8.31 yrs.)
  - ◆ Healthy, English-speaking, community-dwelling, no cognitive impairment
  - ◆ 78.7% female, 91.9% white, highly educated (M = 17.33, SD = 2.84 yrs.)
- Measures:**
  - ◆ **Name recall:** 24 face-name pairs, % names correct at immediate recall West et al., 2008
  - ◆ **Memory self-efficacy:** Mean % confidence ability to do specific everyday memory tasks, increasing difficulty (MSEQ-4) West, Thorn, & Bagwell, 2003
  - ◆ **Strategy use:** Checklist of 16 strategies, e.g., *I tried to think of a meaningful association for the name*, self-reported % used West et al., 2008
  - ◆ **Occupation-name verbal association:** 30 occupation-name pairs, % names correct at immediate recall, delayed recall, delayed recognition Adapted from Cavallini et al., 2010; Craigie & Hanley, 1997; James, 2004

## Results



## Discussion

- Brief training effective beyond target task and enhanced self-regulation important**
- ◆ Enhanced self-regulatory factors, near transfer effects, mediation of training effects
  - ◆ Self-regulation key to maximizing training impact and possible translation of benefits
  - ◆ Ease of broad dissemination
  - ◆ **Limitations:** Sample selectivity & recruitment and compensation procedures (random assignment); no active control tested