

Multifactorial Memory Questionnaire (MMQ)

Please check the appropriate box:

<u>Contentment</u>	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. I am generally pleased with my memory ability.					
2. There is something seriously wrong with my memory.					
3. If something is important, I will probably remember it.					
4. When I forget something, I fear that I may have a serious memory problem, like Alzheimer's disease.					
5. My memory is worse than most other people my age.					
6. I have confidence in my ability to remember things.					
7. I feel unhappy when I think about my memory ability.					
8. I worry that others will notice that my memory is not very good.					
9. When I have trouble remembering something, I'm not too hard on myself.					
10. I am concerned about my memory.					
11. My memory is really going downhill lately.					
12. I am generally satisfied with my memory ability.					
13. I don't get upset when I have trouble remembering something.					
14. I worry that I will forget something important.					
15. I am embarrassed about my memory ability.					
16. I get annoyed or irritated with myself when I am forgetful.					
17. My memory is good for my age.					
18. I worry about my memory ability.					

Contentment Total: _____

Multifactorial Memory Questionnaire (MMQ)

Please check the appropriate box:

<u>Ability</u>	All of the time	Often	Sometimes	Rarely	Never
1. How often do you forget to pay a bill on time?					
2. How often do you misplace something you use daily, like your keys or glasses?					
3. How often do you have trouble remembering a telephone number you just looked up?					
4. How often do you not recall the name of someone you just met?					
5. How often do you leave something behind when you meant to bring it along with you?					
6. How often do you forget an appointment?					
7. How often do you forget what you were just about to do; for example, walk into a room and forget what you went there to do?					
8. How often do you forget to run an errand?					
9. How often do you have difficulty coming up with a specific word that you want?					
10. How often do you have trouble remembering details from a newspaper or magazine article that you read earlier that day?					
11. How often do you forget to take medications?					
12. How often do you not recall the name of someone you have known for some time?					
13. How often do you forget to pass on a message?					
14. How often do you forget what you were going to say in conversation?					
15. How often do you forget a birthday or anniversary that you used to know well?					
16. How often do you forget a telephone number that you use frequently?					
17. How often do you retell a story or joke to the same person because you forgot that you had already told him or her?					
18. How often do you misplace something that you put away a few days ago?					
19. How often do you forget to buy something you intended to buy?					
20. How often do you forget details about a recent conversation?					

Ability Total: _____

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Please check the appropriate box:

<u>Strategy</u>	Never	Rarely	Sometimes	Often	All of the time
1. How often do you use a timer or alarm to remind you when to do something?					
2. How often do you ask someone to help you remember something or to remind you to do something?					
3. How often do you create a rhyme out of what you want to remember?					
4. How often do you create a visual image of something you want to remember, like a name and a face?					
5. How often do you write things on a calendar, such as appointments or things you need to do?					
6. How often do you go through the alphabet one letter at a time to see if it sparks a memory for a name or word?					
7. How often do you organize information you want to remember; for example, organize your grocery list according to food groups?					
8. How often do you say something out loud in order to remember it, such as a telephone number you just looked up?					
9. How often do you use a routine to remember important things, like checking that you have your wallet and keys when you leave home?					
10. How often do you make a list, such as a grocery list or a list of things to do?					
11. How often do you mentally elaborate on something you want to remember; for example, focus on a lot of details?					
12. How often do you put something in a prominent place to remind you to do something, like putting your umbrella by the front door so that you will remember to take it with you?					
13. How often do you repeat something to yourself at increasingly longer and longer intervals so that you will remember it?					
14. How often do you create a story to link together information you want to remember?					
15. How often do you write down in a notebook things that you want to remember?					
16. How often do you create an acronym out of the first letters in a list of things to remember, such as carrots, apples, bread (cab)?					
17. How often do you intentionally concentrate hard on something so that you will remember it?					
18. How often do you write a note or reminder for yourself (other than on a calendar or in a notebook)?					
19. How often do you mentally retrace your steps in order to remember something, such as the location of a misplaced item?					

Strategy Total: _____