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Brief memory strategy training that enhances beliefs promotes near transfer

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Brief Memory Strategy Training that Enhances Beliefs and Promotes Near Transfer

Carla M. Strickland-Hughes, Ph.D. and Robin L. West, Ph.D.

No conflicts of interest to disclose.

Memory training

- Strategy use for episodic memory
  - One or more strategies
  - Individual or groups
  - Amount of training
- Effective for older persons
  - Gains in trained abilities
  - Immediately after training

Self-regulation in training

1. Memory self-efficacy
2. Strategy use

- Positive correlates of memory performance
  - Old < young
- Relationship between beliefs & performance increases with age
Self-regulation in training

Two considerations
- Enhanced from training
- Value-added to training

Aims and hypotheses

Key issue: Evaluate abbreviated version of tested effective program

1. Targeted task
2. Self-regulatory factors
   - Memory self-efficacy
   - Effective strategy use
3. Near transfer

Methods

Participants (N = 122)

Recruited (n = 174)
- Excluded (n = 52)
  - TICS below cut-off (n = 21)
  - Scheduling issues (n = 10)
  - Illness (n = 9)
  - Death in family (n = 2)
  - Unable to follow directions (n = 8)
- Declined: Scheduling issues (n = 10)
- Illness (n = 9)
- Death in family (n = 2)
- Unspecified (n = 2)
- Unable to follow directions (n = 8)

Randomly assigned (n = 122)

CT (n = 38)
- 2 no posttest
SO (n = 46)
- 1 no pretest, 2 no posttest
SB (n = 38)

Procedure

<table>
<thead>
<tr>
<th>Week</th>
<th>Groups</th>
<th>Agenda</th>
<th>Self-reg elements</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>All</td>
<td>Phone interview</td>
<td>n/a</td>
</tr>
<tr>
<td>1</td>
<td>All</td>
<td>Pretest assessment</td>
<td>n/a</td>
</tr>
<tr>
<td>2</td>
<td>Strategy + beliefs (SB)</td>
<td>2-hr group training session A.</td>
<td>2 - 3 hrs self-study workbook B.</td>
</tr>
<tr>
<td></td>
<td>Strategy only (SO)</td>
<td>2-hr group training session</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>Control (CT)</td>
<td>No meeting, homework, activity</td>
<td>x</td>
</tr>
<tr>
<td>3</td>
<td>All</td>
<td>Posttest assessment</td>
<td>n/a</td>
</tr>
</tbody>
</table>

Training elements to enhance self-regulation

- Enactive mastery
  - Repeated practice
- Vicarious experience
  - Trainer models technique and whole group practices together
- Verbal persuasion
  - Group provides social support
- Physiologic and affective states
  - At home materials allowed for self-paced practice
Pre-post assessments

Target outcome
- Name recall

Self-regulatory factors
- Strategies checklist
- Memory self-efficacy

Transfer outcomes
- Object-location visual association
- Occupation-name verbal association

Blind
Timed memory assessments and self-paced surveys
Duration: 2 hours

Results

Effectiveness of brief training

Yes, abbreviated name recall training effective:
- Enhanced name recall performance
- Improved self-regulatory factors

Near transfer effects

Pre-post gains evidence near transfer:
- Immediate recall occupation-name
- Delayed recall occupation-name

Discussion

Effectiveness of brief training

- “Bang for buck”
  - Improved self-evaluative beliefs with shorter duration and lower intensity
  - Selective use of advantageous strategies
- Enhanced self-regulation key to maximizing impact of training
- Possible broad dissemination
Near transfer effects

- Contrads “generalist assumption”
  - Evidence rare with strategy training
  - Possible with support, e.g., monitoring skills
- Designed w/ theoretical model to foster transfer
  - “Deep” to “specific”
  - Match between trained and transfer tasks
- Enhanced by self-regulatory gains

Limitations

- Sample selectivity and Matthew Effect
  - Majority female, well-educated, healthy
- Recruitment and compensation procedures
  - Possible subjective memory complaints
  - Possible high intrinsic motivation
- No active control tested

Conclusion

Brief training effective beyond target task:
1. Enhanced self-regulatory factors
2. Near transfer effects
- Key to maximizing training impact
- Ease of broad dissemination
- Possible translation of benefits from laboratory to everyday life

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