

Study Advertising

How often do you use different strategies to support your memory?

Invitation to take part in a survey about everyday memory strategy use across the life span

- ❖ Have you ever thought about how often, if ever, you use different strategies to help you to remember information from the past or to ensure you remember things in the future?
- ❖ Can you tell us how often you use such strategies to support your memory in everyday life?
- ❖ How often would you expect people of different ages to use same strategies to support their memory?

Research team at the University of Hertfordshire (UK) needs your help in answering these questions.

You are invited to take part in a new online survey that aims to explore how frequently the different types of memory strategies are used in the general population of young, middle-aged and older adults.

This study has been reviewed by The University of Hertfordshire Health, Science, Engineering and Technology Ethics Committee with Delegated Authority. The UH protocol number is aLMS/PGT/UH//04180(1).

The study can be completed from a laptop/tablet or a mobile phone and takes about 10 - 15 minutes to complete.

The link to the Survey can be accessed below:

https://herts.eu.qualtrics.com/jfe/form/SV_81hWm44nFOFJiJv

Thank you!