

# MEMORY IMPACT QUESTIONNAIRE

Many people notice changes in their memory over time. These changes are small for some people and larger for others. This questionnaire has statements about how changes in memory *could* impact a person's life. Your own memory changes may have very little impact on your life, or they may have a very significant impact. Read each statement and think about how it applies to your own life. Circle the answer that best describes how much you agree or disagree with each statement.

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**1. Because of my memory changes, I sometimes feel left out of relationships.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**2. When I make memory mistakes, I tell myself, "We're all in the same boat."**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**3. My memory changes make me feel scared.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**4. Because of my memory changes, I have developed an interest in current memory research.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**5. Because of my memory changes, I feel like I don't have as much of a say in things that give me purpose for living.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**6. My memory changes make me feel embarrassed.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**7. Because of my memory changes, I don't get out for social occasions as often as in the past.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**8. When I make memory mistakes, I tell myself, "I can use a new strategy to get it next time."**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**9. Because of my memory changes, I don't contact old friends for fear of forgetting details about them.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**10. My memory changes make me feel less capable.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**11. I sign up for classes in order to maintain my memory.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**12. Because of my memory changes, my family is less patient with me.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**13. At times I am left out of discussions because of my memory changes.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**14. Because of my memory changes, I am less likely to be involved in my previous volunteer activities.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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This statement does not apply to me because I have never been involved in such activities.

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**15. To maintain my memory, I read a lot.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**16. I can count on my family members as memory partners.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**17. Because of my memory changes, I'm not as involved in what is happening when I'm in the company of others.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**18. The things that I do to make up for my memory changes help me remember things better.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**19. My memory changes make me feel less adequate.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**20. My memory changes make me feel less confident in myself.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**21. To maintain my memory, I do crossword or Sudoku puzzles regularly.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**22. My memory changes make me feel upset.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**23. Sometimes my memory changes make me feel stupid.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**24. When I'm unsure about details, I can still participate in conversations by speaking in general terms.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**25. Because of my memory changes, I tend to avoid being in the company of other people.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**26. My life is easier because of the things that I do to make up for my memory changes.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**27. Because of my memory changes, I don't try to learn how to use new technologies.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**28. My memory changes cause me stress.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**29. Because of my memory changes, I am less involved in activities at my church, temple, or mosque.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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This statement does not apply to me because I have never been involved in such activities.

**30. I have learned to accept my memory changes.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**31. I've come to the point where I can now laugh about my memory changes.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**32. Because of my memory changes, I doubt myself more than I used to.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**33. Because of my memory changes, I am less likely to get involved in my favourite hobbies and past-times.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**34. My memory changes really bother me.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**35. Because of my memory changes, I make a point of exercising my brain.**

Disagree                      Somewhat  
Disagree                      Disagree                      Neither Agree nor                      Somewhat Agree                      Agree  
Disagree

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**36. At times I am left out of decision-making because of my memory changes.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**37. Because of my memory changes, I don't feel as close to my friends and family.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**38. I don't get annoyed when other people remind me about things.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**39. Because of my memory changes, I am less likely to sign up for formal educational courses.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**40. I make a point of getting involved in hobbies and past-times in order to maintain my memory.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**41. Because of my memory changes, I can't read the same types of materials that I used to.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**42. Because of my memory changes, others have to check up on me more than they used to.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**43. To maintain my memory, I make a point of socializing.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**44. Because of my memory changes, I am less likely to try to create new friendships.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**45. When I make memory mistakes, other people comfort me.**

Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree
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**46. Because of my memory changes, I am less likely to get involved in conversations with people for fear that I might repeat myself, forget their names, or forget details.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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**47. My memory changes make me worry about how I would get by if my memory were to get worse in the future.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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**48. Because of my memory changes, I spend less time on my usual hobbies and past-times.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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**49. I've learned to adapt to my memory changes.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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**50. My friends and family have been supportive regarding my memory changes.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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**51. Changes in my ability to come up with words make it more difficult for me to communicate with others.**

Disagree                  Somewhat  
   Disagree                  Neither Agree nor          Somewhat Agree          Agree  
   Disagree

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## **Scoring**

### **Individual Responses:**

*Disagree* = 0

*Somewhat Disagree* = 1

*Neither Agree nor Disagree* = 2

*Somewhat Agree* = 3

*Agree* = 4

**Lifestyle Restriction subscale:**  $\sum$  Items 1,5,7,9,13,14,17,25,27,29,33,36,37,39,41,42,44,46,48

Possible scores range from 0 to 76, with higher scores indicating greater restriction on lifestyle due to memory changes. This subscale contains two items (#14 and #29) on which the respondent can indicate that the item does not apply to them (see Missing Responses section below).

**Positive Coping subscale:**  $\sum$  Items 2,4,8,11,15,16,18,21,24,26,30,31,35,38,40,43,45,49,50

Possible scores range from 0 to 76, with higher scores indicating more positive coping with memory changes.

**Negative Emotion subscale:**  $\sum$  Items 3,6,10,12,19,20,22,23,28,32,34,47,51

Possible scores range from 0 to 52, with higher scores indicating a more negative emotional response to memory changes.

### **Total Score:**

$$\text{Total Score} = \left( \sum \text{Lifestyle Restrictions Items} \right) + \left( 76 - \sum \text{Positive Coping Items} \right) + \left( \sum \text{Negative Emotion items} \right)$$

### **Missing Responses:**

When two or fewer items on a subscale are left unanswered, a prorated score should be calculated based on the number of items completed on that subscale. This includes items considered not applicable on the Lifestyle Restrictions subscale as well as items that are left unanswered for any other reason. To compute a prorated score, compute a total raw score for the subscale and multiply by the number of items in that subscale, then divide by the number of items actually answered. Subscales with more than two unanswered questions are considered invalid.

### **Reference:**

Shaikh, K.T., Tatham, E.L., Parikh, P.K., McCreath, G.A., Rich, J.B., Troyer, A.K. (2018). Development and Psychometric Validation of a Questionnaire Assessing the Impact of Memory Changes in Older Adults. *The Gerontologist*. <https://doi.org/10.1093/geront/gny011>

## Initial Norms

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	Lifestyle Restrictions (19 items)	Positive Coping (19 items)	Negative Emotion (13 items)
Mean	9.1	42.8	16.9
SD	10.8	13.9	13.0
Observed Range	0-52	0-72	0-48
Possible Range	0-76	0-76	0-52
Scaled Score			
1		0-3	
2		4-7	
3		8-12	
4		13-17	
5		18-21	
6		22-26	0-1
7	0	27-31	2-5
8	1-3	32-35	6-10
9	4-7	36-40	11-14
10	8-10	41-45	15-19
11	11-14	46-49	20-23
12	15-18	50-55	24-28
13	19-21	56-58	29-31
14	22-25	59-63	32-36
15	26-29	64-68	37-40
16	30-32	69-72	41-44
17	33-35	73-76	45-49
18	36-39		50-52
19	40-76		

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Total MIQ Score		
	Online (n = 118)	Paper (n = 87)
Mean	54.6	65.4
SD	20.9	22.3
Observed Range	9-120	12-139
Possible Range	0-204	0-204
Scaled Score		
1		
2	0	0-2
3	1-9	3-8
4	10-16	9-24
5	17-22	25-31
6	23-30	32-39
7	31-36	40-46
8	37-44	47-54
9	45-50	55-61
10	51-58	62-69
11	59-64	70-76
12	65-73	77-85
13	74-78	86-91
14	79-86	92-99
15	87-93	100-106
16	94-99	107-113
17	100-106	114-120
18	107-113	121-128
19	114+	129+