

MemoryTrain

Participants needed for memory training study



MemoryTrain is focusing on prospective memory, which is memory for future intentions (e.g., remembering to call a friend or take medication).

Prospective memory is an essential skill for everyday functioning. We are investigating if brain training can improve prospective memory in healthy older adults.

You are invited to take part in the exciting research project MemoryTrain.

What will I have to do?

Pre-training sessions:

- The telephone interview will involve demographic questions and a short questionnaire looking at memory and language.
- All participants will be asked to complete two separate assessment sessions lasting 2-3 hours each, which involves questionnaires and pencil and computer-based tasks, at Australian Catholic University.
- One 35 minute MRI scan which will be conducted at Monash Biomedical Imaging, Clayton.

Training program:

- Eligible participants will be randomly allocated to an interactive training program that could last up to 6 weeks, where the two assessment sessions will be before and after training.
- Training programs are completed in the comfort of your own home with regular phone and in-person support.

Am I eligible?

- 18-35 years for pre-training sessions only
- 60-89 years for pre-training sessions and training program
- English is your first language
- Living independently
- Computer skills *not* necessary
- No history of brain injury or degenerative brain disease

If this sounds like something you may be interested in, please contact:

Cognition & Emotion Research Centre

Phone: 03 9230 8189 Email: memorytrain.acu@gmail.com

Your participation will be very much appreciated