

## EVERYDAY MEMORY QUESTIONNAIRE

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Instructions. The 28 statements set out below are about forgetting things, something everyone does to an extent. Please indicate how frequently the examples given have happened to you, (or to the patient) over the last 3 months, using the following scale:

0 = Not at all

1 = About once

2 = More than once, but less than once a month

3 = About once a month

4 = More than once a month, but less than once a week

5 = About once a week

6 = More than once a week, but less than once a day

7 = About once a day

8 = More than once a day

1\_\_\_ Forgetting where you have put something. Losing things around the house.

2\_\_\_ Failing to recognize places that you are told you have been to before.

3\_\_\_ Finding a television story difficult to follow.

4\_\_\_ Not remembering changes in you daily routine, such as a change in the place where something is kept or a change in the time something happens. Following your old routine by mistake.

5\_\_\_ Having to go back to check whether you have done something you meant to do.

6\_\_\_ Forgetting when it was that something happened; for example, whether it was yesterday or last week.

7\_\_\_ Completely forgetting to take things with you, or leaving things behind and having to go back and fetch them.

8. \_\_\_ Forgetting you were told something yesterday or a few days ago, and maybe having to be reminded about it.

9\_\_\_ Starting to read something (a book or an article in a newspaper or magazine) without realizing you have already read it before.

- 10\_\_\_ Letting yourself ramble on, to speak about unimportant or irrelevant things.
- 11\_\_\_ Failing to recognize, by sight, close friends or relatives whom you meet frequently.
- 12\_\_\_ Having difficulty in picking up a new skill; for example, finding it hard to learn a new game, or to work some new gadget after you have practiced it once or twice.
- 13\_\_\_ Finding that a word is 'on the tip of your tongue'. You know what it is but cannot quite find it.
- 14\_\_\_ Completely forgetting to do things you said you would do and you planned to do.
- 15\_\_\_ Forgetting important details of what you did or what happened to you the day before.
- 16\_\_\_ When talking to someone, forgetting what you have just said. Maybe saying, "What was I just talking about?"
- 17\_\_\_ When reading a newspaper or magazine being unable to follow the thread of a story; losing track of what it is about.
- 18\_\_\_ Forgetting to tell someone something important. Perhaps forgetting to pass on a message or remind someone of something.
- 19\_\_\_ Forgetting important details about yourself; for example, your birthdate, or where you live.
- 20\_\_\_ Getting the details of what someone has told you mixed up and confused.
- 21\_\_\_ Telling someone a story or joke that you have told them once already.
- 22\_\_\_ Forgetting details of things you do regularly, whether at home or at work. For example, forgetting details of what to do, or forgetting at what time to do it.
- 23\_\_\_ Finding that the faces of famous people seen on television or in photographs look unfamiliar.
- 24\_\_\_ Forgetting where things are normally kept or looking for them in the wrong place.
- 25\_\_\_ Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have often been before.
- 26\_\_\_ Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have only been once or

twice before.

27\_\_\_ Doing some routine things twice by mistake. For example, putting lots of tea in the teapot or going to brush/comb your hair when you have just done so.

28\_\_\_ Repeating to someone what you have just told them or asking the same question twice.