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The effect of monitoring behavior and time perception on time-based prospective memory

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Abstract:

Prospective memory (PM) is the ability to carry out previously formed intentions. It is a highly complex process that requires formulating plans and intentions, retaining the information, and executing the plan at the appropriate moment. A key distinction commonly made in the PM literature is between event-based (EB) and time-based (TB) PM tasks. In EB-PM tasks, external cues for the required action are provided by the environment. In contrast, a TB-PM task requires the intention to be performed at a particular time or after a specific period of time has passed, such as remembering to attend a doctor's appointment at 1pm or turning off a hose in 15 min. As such, TB tasks lack external environmental cues and are more demanding of self-initiated and conscious processing (i.e., time-monitoring behavior). It has been demonstrated that self-initiated time-monitoring behavior is a strong predictor of effective TB-PM performance. However, it is not clear why we monitor and the cognitive processes that guide participants in strategic monitoring. This talk will examine associations between TB-PM performance, executive functions and time perception across the lifespan.