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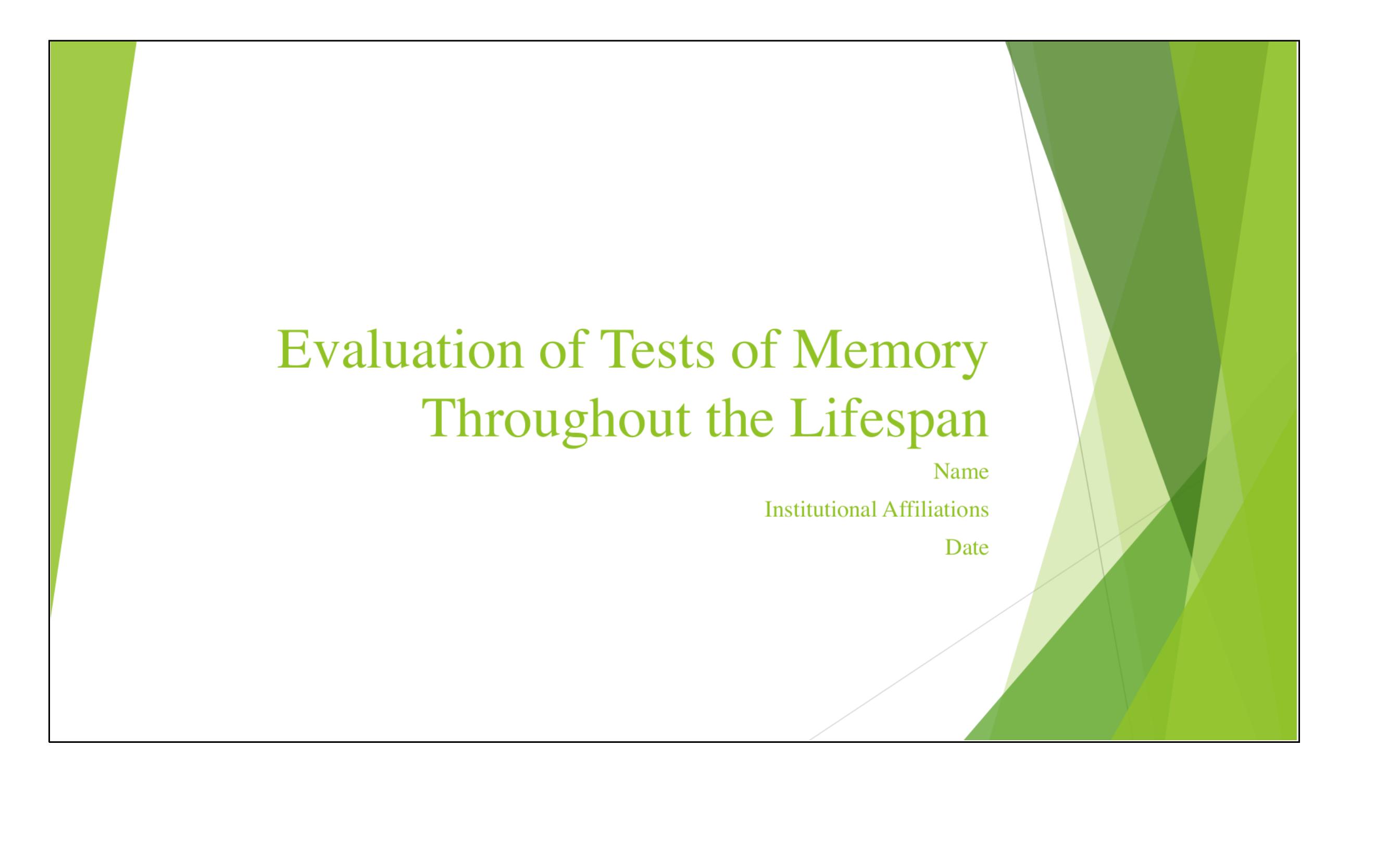
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# Evaluation of Tests of Memory Throughout the Lifespan

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# Introduction

- Memory assessment is essential in recognizing memory disorders at an early stage
- The presentation will focus on an episodic memory assessment test
- Overview of the episodic memory test will be discussed
- Importance and application of memory to the current society
- The most frequent instruments of memory assessment also explored



# Overview of Episodic Memory Test Assessment

- The emphasis on human memory was described between 1870 and 1920 (Markowitsch & Staniloiu, 2017)
- More experiments were conducted, and brain matter injury and memory shortage delineated
- Episodic memory contains remembrance of explicit actions, circumstances, and involvements
- This type of memory is influenced by the capability of individuals attending to the environment
- Assessment is vital because it is a long-term memory

# Importance and Application To Current Society



- Essential in reflecting about the past events
- Provide the chance to use past experiences in upcoming events
- Episodic memory brace up the development of acquittance
- Memory is the source of continuity for self-concept in an individual's lifetime (Nikraves et al., 2017)

# Process of Memory Testing

- Share concerns with physician and answer the mini-mental status exam
- Physical health examined
- A more detailed cognitive assessment (Vatajelu et al., 2017)



# Benefits of Early Memory Assessment

- Cognitive impairments can be detected at an early stage
- Provides an opportunity of profiting from treatment
- Reduced anxieties concerning unidentified issues (Frisoni et al., 2017)
- Enhances probabilities of involving in clinical drug trials
- More time to strategize for the future

# Most Frequently Used Assessment Instruments

- <sup>2</sup> Picture sequence memory test (PSMT)
- Virtual reality
- Rey Auditory Verbal Learning Test (RAVLT)



# PSMT Instrument

- Evaluate episodic memory from three to eighty-five years (Dikmen et al., 2014)
- Individuals are presented with a series of pictures and audio played
- Recall how the pictures were displayed on the screen in the same sequence
- The sequence of pictures presented will be about 6 to 18 reliant on age
- Points are awarded based on remembrance

# Virtual Reality (VR) Instrument

- VR is an appropriate tool for better memory assessment role
- <sup>1</sup> Allows the growth of a new group of environmentally valid techniques to simulate real-life conditions (La Corte et al., 2019)
- Individuals immersed in technological scenarios that signify daily activities (Serino & Repetto, 2018)
- Simple events executed to assess the nature of the memory



# RAVLT Instrument

- Evaluates cognitive functions in patients with memory problems
- RAVLT focuses on attention under overladed situations and memory
- Used to assess various memory features
- The useful instrument of recognizing and diagnose impairment from different individuals (Loring et al., 2019)

# Typical Settings and Purpose of Using Instruments

- The majority of the instruments are used in the clinical setting
- RAVLT developed to assess verbal memory in individuals from 16 years (Weitzner et al., 2020)
- Virtual reality instrument was designed to create an immersive experience that would help patients learn
- PSMT measures the ability of a person to remember objects or events



# Ethical, Cultural and Societal Issues of Using the Instruments

- Memory manipulation (Racine & Affleck, 2016)
- Virtual reality can lead to mood change
- Privacy and confidentiality
- RAVLT instrument is developed in different languages hence making on language to be less

# Conclusion

- The memory assessment test is vital in recognizing the recall rate and learning ability
- Episodic memory comprises recalling previous events and circumstances
- Memory allows one to use past experiences in upcoming events
- RAVLT, PSMT, and virtual reality are frequently used assessment instrument
- Used in clinical settings, research centers, and laboratories

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