

*The meeting Theoretical Perspectives on Autobiographical Memory was held at the Grange Hotel, Grange-over-Sands, in the Lake District region of North Western England, July*

Formation[ edit ] Conway and Pleydell-Pearce proposed that autobiographical memory is constructed within a self-memory system SMS , a conceptual model composed of an autobiographical knowledge base and the working self. Lifetime periods have a distinctive beginning and ending, but they are often fuzzy and overlap. These clusters of memories often form around the theme of either achieving or failing to achieve personal goals. These personal goals and self-images work together to modify cognition and the resulting behaviour so an individual can operate effectively in the world. While the working self can control the accessibility of autobiographical knowledge, the autobiographical knowledge base constrains the goals and self-images of the working self within who the individual actually is and what they can do. Autobiographical memories have different levels of authenticity. Copies are vivid autobiographical memories of an experience with a considerable amount of visual and sensory-perceptual detail. Reconstructions are autobiographical memories that are not reflections of raw experiences, but are rebuilt to incorporate new information or interpretations made in hind-sight. Autobiographical memories vary as to the level of detail. Specific autobiographical memories contain a detailed memory of a certain event event-specific knowledge ; generic autobiographical memories are vague and hold little detail other than the type of event that occurred. Repisodic autobiographical memories can also be categorized into generic memories, where one memory of an event is representative of a series of similar events. Autobiographical memories can be experienced from different perspectives. Field memories are memories recollected in the original perspective, from a first-person point of view. Observer memories are memories recollected from a perspective outside ourselves, a third-person point of view. The source of a remembered memory is attributed to personal experience. The source of a known memory is attributed to an external source, not personal memory. This can often lead to source-monitoring error , wherein a person may believe that a memory is theirs when the information actually came from an external source. Recalling positive personal experiences can be used to maintain desirable moods or alter undesirable moods. Memory perspectives[ edit ] People often re-experience visual images when remembering events. One aspect of these images is their perspective. The field perspective is the type of autobiographical memory recalled from the field of perspective that occurred when the memory was encoded. The field of view in such memories corresponds to that of the original situation. The observer perspective is an autobiographical memory recalled from an observer position, i. The event is viewed from an external vantage point. There is a wide variation in the spatial locations of this external vantage point, with the location of these perspectives depending on the event being recalled. Recent memories are often experienced in the field perspective; as memory age increases, there is also an increase in the amount of observer memories. People living in Eastern cultures are more likely to recall memories through an observer point of view than those living in Western cultures. For example, Easterners are more likely than Westerners to use observer perspective when remembering events where they are at the center of attention like giving a presentation, having a birthday party, etc. Each culture has its own unique set of factors that affect the way people perceive the world around them, such as uncertainty avoidance, masculinity, and power distance. Western society has been found to be more individualistic , with people being more independent and stressing less importance on familial ties or the approval of others. Westerners are said to have a more "inside-out view" of the world, and unknowingly project their current emotions onto the world around them. This practice is called egocentric projection. For example, when a person is feeling guilty about something he did earlier, he will perceive the people around him as also feeling guilty. These different perceptions across cultures of how one is viewed by others leads to different amounts of field or observer recall. This is because in "center-of-attention" memories, the person is conscious about the way they are presenting themselves and instinctively try to envision how others were perceiving them. Studies also show that events with greater social interaction and significance produce more observer memories in women than events with low or no social interaction or significance. For many people it

can be too difficult to use this perspective to recall the event. In this way a record of true autobiographical memories can be collected. Chu and Downes found ample evidence that odour cues are particularly good at cueing autobiographical memories. Emotional memories are reactivated more, they are remembered better and have more attention devoted to them. All memories fade, and the emotions linked with them become less intense over time. Past failures seem farther away than past achievements, regardless if the actual length of time is the same. Remembering negative events can prevent us from acting overconfident or repeating the same mistake, and we can learn from them in order to make better decisions in the future. The effect of mood-congruent memory, wherein the mood of an individual can influence the mood of the memories they recall, is a key factor in the development of depressive symptoms for conditions such as dysphoria or major depressive disorder. Individuals with mild to moderate Dysphoria show an abnormal trend of the fading affect bias. The negative memories of dysphoric individuals did not fade as quickly relative to control groups, and positive memories faded slightly faster. One possible explanation suggests that, in relation to mood-congruent memory theory, the mood of the individual at the time of recall rather than the time of encoding has a stronger effect on the longevity of negative memories. Depression impacts the retrieval of autobiographical memories. Adolescents with depression tend to rate their memories as more accurate and vivid than never-depressed adolescents, and the content of recollection is different. Childhood or infantile amnesia The reminiscence bump Infantile amnesia concerns memories from very early childhood, before age 6; very few memories before age 3 are available. This results in more memories for events closest to the present, a recency effect. Finally, there is the reminiscence bump occurring after around age 40, marked by an increase in the retrieval of memories from ages 10 to For adolescents and young adults the reminiscence bump and the recency effect coincide. Episodic to semantic shift[ edit ] Piolino, Desgranges, Benali, and Eustache investigated age effects on autobiographical memory using an autobiographical questionnaire which distinguished between the recall of semantic and episodic memory. They proposed a transition from episodic to semantic memory in autobiographical memory recollection with increased age. Using four groups of adults aged 40â€”79, Piolino and colleagues found evidence for a greater decline in episodic memories with longer retention intervals and a more substantial age-related decline in recall of episodic memory than semantic memory. They also found support for the three components of autobiographical memory, as modelled by David Rubin and colleagues. Recent memories retention interval are episodic. Older memories are semanticized, becoming more resilient reminiscence bump. With the passing of time, autobiographical memories may consist more of general information than specific details of a particular event or time. In one study where participants recalled events from five life periods, older adults concentrated more on semantic details which were not tied to a distinct temporal or spatial context. Younger participants reported more episodic details such as activities, locations, perceptions, and thoughts. Even when probed for contextual details, older adults still reported more semantic details compared with younger adults. One study found that fewer involuntary and voluntary memories were reported by older adults compared with younger adults. The voluntary memories of older adults were not as specific and were not recalled as quickly as those of younger adults. There was no consistent distinction between involuntary memories for younger and older adults. Positivity effect Several studies have shown a positivity effect for autobiographical memories in older adults. One study found a positivity bias for involuntary memories, where younger adults did not rate their involuntary memories as positively as did older adults. Voluntary memories did not show this difference. Happy involuntary memories were also more than twice as frequent as unhappy involuntary memories. In older participants, a bump for memories reported as most important and happy was found. The saddest and most traumatic memories showed a declining retention function. For the person recalling vivid memories of personal significance, these memories appear to be more accurate than everyday memories. These memories have been termed flashbulb memories. However, flashbulb memories may not be any more accurate than everyday memories when evaluated objectively. The participants engaging in recall reported true memories as being more important, emotionally intense, less typical, and having clearer imagery. True memories were generally reported to have a field perspective versus an observer perspective. An observer perspective was more prominent in false memories. True memories provided more information, including details about the consequences following the recalled event. However,

with repeated recollection, false memories may become more like true memories and acquire greater detail. Confabulation can be a result of brain damage, but it can also be provoked by methods employed in memory exploration. Professionals such as therapists, police and lawyers must be aware of the malleability of memory and be wary of techniques that might promote false memory generation. The most abstract or conceptual knowledge is represented in frontal and anterior temporal networks, possibly bilaterally. Sensory and perceptual details of specific events are represented in posterior temporal and occipital networks, predominantly in the right cortex. A "secondary" neural network composed of the dorsolateral prefrontal cortex, superior medial cortex, superior lateral cortex, anterior cingulate, medial orbitofrontal, temporopolar and occipital cortices, thalamus and amygdala [52] can be identified as active regions in a quarter to a third of imaging studies on autobiographical memory. Regions of the brain that are reported infrequently, in less than a quarter of autobiographical memory imaging studies, include the frontal eye fields, motor cortex, medial and lateral parietal cortices, fusiform gyrus, superior and inferior lateral temporal cortices, insula, basal ganglia and brain stem. Construction and retrieval[ edit ] Autobiographical memories are initially constructed in left prefrontal neural networks. As a memory forms over time, activation then transitions to right posterior networks where it remains at a high level while the memory is held in the mind. These regions are involved with reconstructive mnemonic processes and self-referential processes, both integral to autobiographical memory retrieval. It should be noted that there is a complex pattern of activation over time of retrieval of detailed autobiographical memories that stimulates brain regions used not only in autobiographical memory, but feature in other memory tasks and other forms of cognition as well. It is the specific pattern in its totality that distinguishes autobiographical cognition from other forms of cognition. A condition named highly superior autobiographical memory is one extreme, in which a person might recall vividly almost every day of her life usually from around the age of On the other extreme is severely deficient autobiographical memory where a person cannot relive memories from their lives, although this does not affect their everyday functioning.

## 2: Autobiographical memory - Wikipedia

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

## 3: Lucas Bietti Homepage: Theoretical perspectives on autobiographical memory

*Theoretical Perspectives on Autobiographical Memory by M.A. Conway The meeting Theoretical Perspectives on Autobiographical Memory was held at the Grange Hotel, Grange-over-Sands, in the Lake District region of North Western England, July*

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