Abstract

The aims of this study were to verify the potential differences in prospective memory (PM) among young people, adults and the elderly; analyze the relationships between variables of comprehension and verbal fluency and PM; and finally, verify the existence of a relationship between self-reported health status and performance on PM. A cross-sectional design was used. The study involved 270 participants divided into three age groups: young people aged 18 to 28 years; adults 45 to 55, and seniors 60 to 80. Their comprehension and verbal fluency skills were assessed as well as their self-perceived health status. Subsequently, an experiment was carried out where participants were presented with paragraphs of three sentences on a computer screen and they had to recognize previously agreed words that would indicate their level of MP. The results established significant differences in prospective memory between adults and older people and between young people and the elderly. But no differences between youth and adults were found. The importance of verbal comprehension and verbal fluency in solving prospective memory experimental tasks was also significant. In addition, a better self-perception of well-being was linked to a higher performance in PM.

Keywords

prospective memory, age differences, verbal fluency, well-being.