Forgetting to remember things?
善忘？

Research suggests that many people in Hong Kong experience difficulties with prospective memory, that is, with “not remembering to remember to take action”. Accordingly, they are unable to perform an intended action at a particular future point in time. A previous study found that Hong Kong people are prone to “prospective memory failure”, which is a common problem in daily life. This failure often leads to inconvenience and inconvenience, and may even result in negative consequences. Therefore, it is important to conduct research on prospective memory in Hong Kong to understand the underlying causes and develop effective strategies to improve this aspect of daily life.

A research team led by Associate Professor David Man, head of the Cognitive Rehabilitation Laboratory at PolyU’s Department of Rehabilitation Sciences, recently conducted two prospective memory-related studies with the support of the Department of Health. The results showed that there is a need for more targeted research on prospective memory in Hong Kong. The first study, which involved 120 participants, found that prospective memory performance worsens with age. Similar findings were reported in another study with 80 participants. The second study, which involved 80 participants, found that prospective memory performance is better in participants who have higher levels of education and are more socially engaged.

The findings of these studies indicate that prospective memory is a complex cognitive process that is influenced by various factors such as age, education, and social engagement. Therefore, it is important to conduct further research to better understand the underlying mechanisms and develop effective strategies to improve prospective memory in Hong Kong.