

Cognitive Symptoms and Memory Worry in Healthy Young Adults

Lachlan King, Eilidh McClure, Laura McWhirter, Craig Ritchie, Jon Stone, Alan Carson

Centre for Clinical Brain Sciences, University of Edinburgh

Background

- Adults presenting to memory clinics with cognitive symptoms and memory worry may indicate organic disease or functional cognitive disorder (FCD).
- Differentiating 'normal' and pathological memory complaints can be difficult¹.

We aimed to investigate multiple aspects of 'normal' memory in healthy young adults.

Method

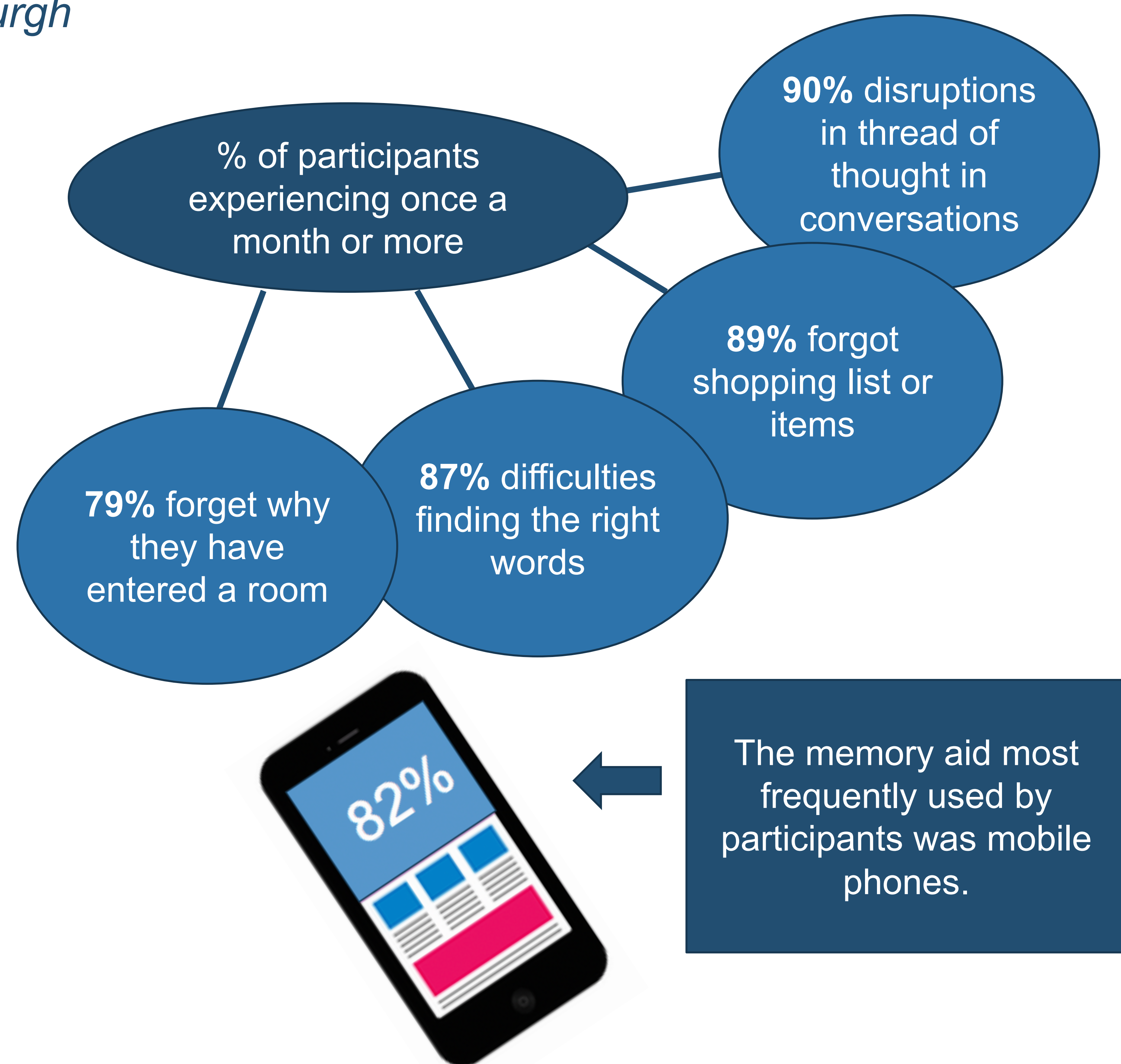
A memory questionnaire was distributed via an Edinburgh-based social media group to those aged 18-60.

Results

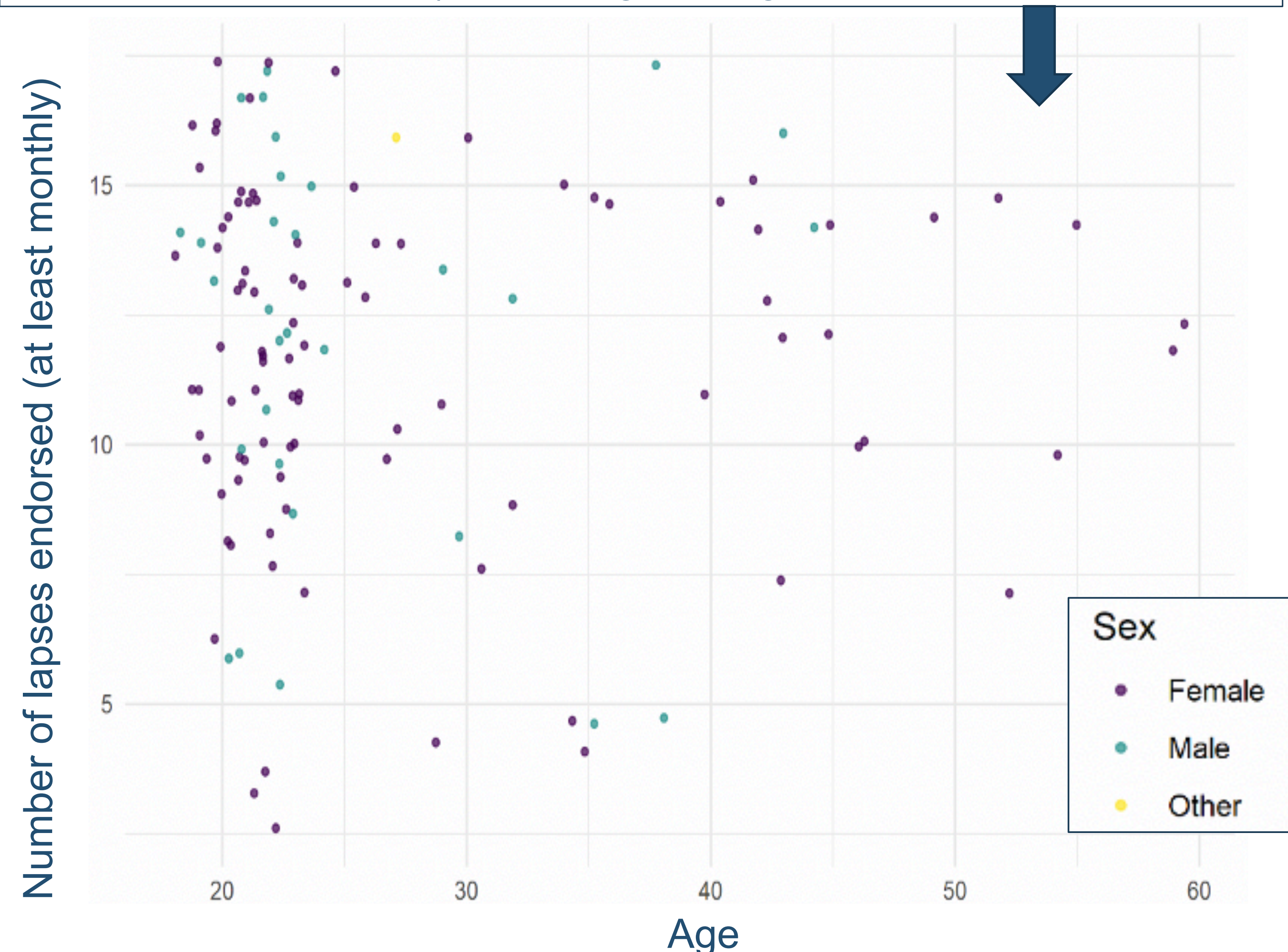
- 124 healthy adults completed the questionnaire: 92 female, 30 male, 1 other; median age 23 (range 18-59); highly educated cohort.
- **Memory lapses, worry about memory, and use of memory aids** were found to be common.
- There was **no correlation** between memory lapses and participant age.



39% of participants were worried about their memory



Number of memory lapses participants experienced (out of a possible 18 listed specific lapses) plotted against age.



Conclusions & future plans

- Cognitive symptoms and memory worry are common in a healthy adult population.
- Memory-lapse frequency did not correlate with age.
- Further comparison of memory symptom rates in healthy controls against patients with FCD or organic memory dysfunction is needed.

References

1.) McWhirter L, Ritchie C, Stone J, Carson A. Functional cognitive disorders: a systematic review. The Lancet Psychiatry. 2020;7(2):191–207.