



CCFRA / PQAM-31

(Phenomenological Questionnaire on Autobiographical Memory)¹

Participant's code: _____

Date: _____

A series of items are presented below about characteristics of memories, the responses of which are neither true nor false, neither good nor bad. The data will be analyzed on a general scale, never from an individual point of view. Therefore, please respond sincerely, as otherwise the whole work will be useless. Your anonymity is guaranteed. THANK YOU FOR YOUR COLLABORATION.

Now please fill in some demographic data, either providing the requested information or circling the corresponding alternative:

Date of Birth: _____

Gender: Male / Female / Other

Education: _____

INSTRUCTIONS TO FILL IN THE EVALUATION INSTRUMENT

Please choose the degree to which the characteristics manifested in the scale items are present in your memory about the event retrieved by circling the corresponding number. Number 1 always means the lowest degree of agreement with whatever each item states, whereas 7 indicates the highest degree of agreement, with the rest of the numbers reflecting intermediate degrees between the two extremes. If you have any doubts, ask for help from the person who is administering the scale. Thank you.

¹ Manzanero, A.L., López, B., Fernández, J., Escorial, S., Aróztegui, J., De Vicente, F., & Vallet, R. © 2020.



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7. My memory of this event is
- | | | | | | | |
|--------------------|---|---|---|---|----------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| in black and white | | | | | in color | |
8. My memory about where the event took place is
- | | | | | | | |
|------------|---|---|---|---------------------|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very vague | | | | very clear/distinct | | |
9. I remember other events that preceded and were related to this event
- | | | | | | | |
|------------|---|---|---|---|--------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | very clearly | |
10. My feelings were
- | | | | | | | |
|--------------------|---|---|---|---|--------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all intense | | | | | very intense | |
11. My memory of this event is
- | | | | | | | |
|-----------------|---|---|---|---|----------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very fragmented | | | | | complete | |
12. My memory of this event is
- | | | | | | | |
|------------|---|---|---|------------------|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very vague | | | | very sharp/clear | | |
13. This event had serious consequences
- | | | | | | | |
|------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | definitely | |
14. Since it happened, I have thought about this event
- | | | | | | | |
|------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | very often | |
15. My memory of this event involves taste
- | | | | | | | |
|------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | definitely | |
16. My memory of this event involves visual detail
- | | | | | | | |
|------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | definitely | |
17. In general, I remember this event
- | | | | | | | |
|--------------------------|---|---|---|---|-------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| with a lot of difficulty | | | | | very easily | |

29. My memory about when the event happened is
- | | | | | | | |
|------------|---|---|---|---------------------|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very vague | | | | very clear/distinct | | |
30. The storyline of the event is
- | | | | | | | |
|----------------|---|---|---|------------|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very confusing | | | | very clear | | |
31. I remember what I thought when it was happening
- | | | | | | | |
|------------|---|---|---|--------------|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | very clearly | | |

Instructions to correct the test

Items of memory quality: 2, 4, 6, 7, 8, 11, 12, 15, 16, 19, 20, 23, 24, 27, 29, 30.

Emotional characteristics: 1, 3, 5, 10, 13, 25, 31.

Accessibility of the memory: 9, 14, 17, 18, 21, 22, 26, 28.

* Note that compared with previous versions of the questionnaire punctuation in item number 27 is in the reverse format.

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