

Article: 970

Topic: 74 - Women, Gender and Mental Health

THE EFFECT OF DEPRESSIVE SYMPTOMS, GENDER AND AGEING ON MEMORY BELIEFS IN LIFE SPAN

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The focus of the current study was to investigate the effect of depression, gender and age-related factors on metamemory measures in the Italian adult population. Fifty-eight healthy adults were recruited in Northern Italy and were respectively assigned to the following groups: Young (20-30 years old), Old (60-70 years old) and Very Old (> 71-84 years old). Participants were administered a battery of tests, including self-referent mnemonic efficiency scales, general beliefs about memory and depression measures. General beliefs about memory self efficacy as well as beliefs about the control of personal memory and prospective control were predicted by depression, whereas personal beliefs about future control of memory were predicted by age. Finally, females showed greater depression signs than males, as well as depression gradually decreases along the adulthood span.