**Appendix A:** MAC-Q items

As compared to when you were at high school or college, how would you describe your ability to perform the following tasks involving your memory?

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| --- | --- |
| 1. Remembering the name of a person just introduced to you | Much better now (1)  Somewhat better now (2)  About the same (3)  Somewhat poorer now (4)  Much poorer now (5) |
| 1. Recalling telephone numbers or zip codes that you use on a daily or weekly basis |  |
| 1. Recalling where you have put objects (such as keys) in your home or office |  |
| 1. Remembering specific facts from a newspaper or magazine article you have just finished reading |  |
| 1. Remembering the item(s) you intended to buy when you arrived at the grocery store or pharmacy |  |
| 1. In general, how would you describe your memory as compared to when you were in high school? | Much better now (2)  Somewhat better now (4)  About the same (6)  Somewhat poorer now (8)  Much poorer now (10) |