**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?

|  |  |
| --- | --- |
| 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) |