

Dear MCI User:

As you requested, I am enclosing a copy of the Memory Controllability Inventory (MCI) short form. There are four subscales: Present Ability, Potential Improvement, Effort Utility, and Inevitable Decrement. The scoring information is also enclosed.

I grant you permission to use these scales in your research. Please cite the following reference in your work:

Lachman, M. E., Bandura, M., Weaver, S. L., & Elliott, E. (1995). Assessing memory control beliefs: The memory controllability inventory. *Aging and Cognition*, 2, 67-84.

You may also be interested in consulting the following article:

Lachman, M. E., Weaver, S. L., Bandura, M., Elliott, E., & Lewkowicz, C. J. (1992). Improving memory and control beliefs through cognitive restructuring and self-generated strategies. *Journal of Gerontology*, 47, P293-P299.

I ask that you please send me preprints and/or reprints of any articles that you prepare which report results with the MCI. I am most interested to hear about the research you are doing. Good luck with your research project. Feel free to contact me if you have further questions.

Sincerely yours,

Margie E. Lachman, Ph.D.
Professor

MCI Inventory Short Form Scoring Key

1. 4 +
2. 1 +
3. 2 -
4. 4 +
5. 3 +
6. 1 -
7. 3 +
8. 2 +
9. 1 -
10. 3 +
11. 2 +
12. 4 +

1 = Present Ability

2 = Potential Improvement

3 = Effort Utility

4 = Inevitable Decrement

-- = reverse scoring (1=7, 2=6, etc.)

+ = scoring remains as is (1=1, 2=2, etc.)

MCI QUESTIONNAIRE – Short form

This is a questionnaire about your memory. Please indicate the extent to which you agree or disagree with each statement. Provide the answer that is right for you by circling the number from 1 to 7 that best describes your beliefs. For example, if you **strongly disagree** with the statement, you would circle the number **1**. If you **strongly agree** with the statement, you would circle the number **7**. If you are **neutral**, you would circle the number **4**.

Q-1 There's not much I can do to keep my memory from going downhill.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-2 I can remember the things I need to.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-3 I can't seem to figure out what to do to help me remember things.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-4 No matter how much I use my memory, it is bound to get worse as I get older.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-5 If I work at it, I can improve my memory.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-6 I'm not good at remembering things.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-7 If I use my memory a lot, it will stay in shape, just like my muscles do if I exercise.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-8 I can find ways to improve my memory.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-9 I can't remember things, even if I want to.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-10 If I use my memory often I won't lose it.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-11 I can think of strategies to help me keep up my memory.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE

Q-12 When it comes to memory, there is no way I can make up for the losses that come with age.

1. STRONGLY DISAGREE
2. DISAGREE
3. SLIGHTLY DISAGREE
4. NEUTRAL
5. SLIGHTLY AGREE
6. AGREE
7. STRONGLY AGREE