**Debriefing Form**

Thank you for participating in this cognitive psychology experiment. The goal of our study was to understand how memories change over time. Specifically, we are interested in whether memory for video clips becomes more *gist-like* over time, losing specific details but keeping the main ideas. We are interested in studying video clips because we think that memory for video clips might be similar to memory for everyday life events.

Research suggests that when we first encode a memory, it is made up of a *gist component* that is fuzzy and contains the main information about an event and a *detail component* that is more specific and contains all of the perceptual details of the event (Brainerd & Reyna, 1990). In the experiment you just completed, you were asked to watch several video clips that were different in a number of possible ways (e.g., scrambled or shown intact, congruent with our expectations of likely scenarios or incongruent) and asked to recall everything you could about them both immediately and after a delay. We predict that after 24 hours, memory for video clips will be more gist-like than those tested immediately.

The independent variable was video type and the dependent variables were gist and detail memory. We didn’t have any specific control variables.

This is one of the first studies to measure how gist and detail memory in video clips changes over time. If you wish to learn more about these topics, such as memory, please refer to Chapter 9 – Memory in your online textbook.

You may have been asked to fill out standardized questionnaires assessing memory, depression, and overall quality of life. These questionnaires are designed as measures of statistical control on experimental behavior and are not intended to be used as a clinical assessment. However, if you have questions regarding depression or memory outside of the context of this research, you may contact the Canadian Mental Health Association (http://www.cmha.ca/). If you are feeling depressed you may contact the Gerstein Centre crisis line (416-929-5200), which is a free, 24-hour service. If you are a University of Toronto student, you can contact U of T counseling and psychological services at 416-978-8070.

We would like to thank you again for participating. If you have any questions or concerns, please feel free to contact Nelly Matorina at nelly.matorina@mail.utoronto.ca or Dr. Barense, whose contact information is on the consent form provided to you.

**References**

Brainerd, C. J., & Reyna, V. F. (1990). Gist is the grist: Fuzzy-trace theory and the new intuitionism. *Developmental Review*, *10*(1), 3-47.