Abstract

The effect of familiar background music with individual's autobiographical memories on visual word memory task performance was explored. 20 university students or graduates were invited to provide five familiar songs with individual's autobiographical memories (*MusicwAM*) and five familiar songs without those memories (*Musicwo*), together with their preference to the songs and their familiarity of the songs. Through matching the properties of the songs, one *MusicwAM* and one *Musicwo* were selected from each participant's music list and were played to that particular participant while he/ she was performing the visual word memory task. No significant effect of *MusicwAM* on task performance was found. Explanations of the findings are discussed.