

Abstract of thesis entitled:

Suppressing Unwanted Memories by Executive Control: Inhibition as a New Way to Forget

Submitted by WANG, Yingying

for the degree of Master of Philosophy in Psychology

at the Chinese University of Hong Kong in July 2014

Intentional inhibition has recently been proposed to be a way to help people to intentionally forget unwanted memories. In the present study, we further investigate this finding along 3 directions. First, Experiment 1-3 attempted to distinguish the intentional inhibition from the mechanism of association interference. Specifically, we found that, memory deficits caused by intentional inhibition, but not that caused by association interference, persisted even when being retrieved by other cues.

Second, Experiment 4-5 found that inhibition training only affects performance of a recall task, but not that of a recognition task, suggesting that inhibition training turns memory representation into an "inhibited" state rather than actually degrading the represented information, and this "inhibited" state can be undone once the memory item is directly shown. Third, Experiment 6 found that the effect of intentional

inhibition is similar on memories that have been consolidated for one day, making it a promising method for real-world application.

论文摘要：主动压抑对不想要记忆的遗忘作用

作者：王英英

目的：心理学硕士学位

机构：香港中文大学

二零一四年七月

虽然有研究者提出,除了通过其它信息的干扰,人们还可以通过主动压抑的方式来遗忘特定记忆;但近期有研究者认为,主动压抑本身可能就是一种干扰作用。在本研究中,我们直接比较主动压抑和干扰的作用,发现:首先,不同于干扰效应,主动压抑导致的记忆损伤即使在用其它线索词进行提取时也稳定存在;这种损伤效应在巩固了一天的记忆上也稳定存在。并且,我们对线索与目标词间的联系记忆进行测验,确认了对联系的破坏只发生于干扰条件,并且只在直接组出现。进一步,我们发现,主动压抑导致的记忆损伤在再认测验中会恢复,提示我们重现目标信息会将抑制作用释放。由此,本研究确认了主动压抑的作用不同于干扰,其表现出一种依赖于测验方式的记忆损伤;并且,无论对近期还是远期记忆,其在回忆测验中的记忆损伤都独立于提取线索。