

Exploring the role of emotion and sensorimotor expertise on memory for action sentences

Wednesday, September 25, 2024 10:00 AM (15 minutes)

While literature suggests that both performing congruent actions and emotional stimuli can enhance memory, their combined impact on memory for action phrases remains largely unexplored. This contribution presents and discusses recent findings from an experimental study investigating the effect of enactment encoding with emotionally charged stimuli on memory performance. Fifty-six participants encoded action sentences with different emotional connotations (negative, neutral, or positive), using either enactment or verbal-reading methods. Memory performance was assessed through immediate free recall tasks following each encoding condition and a delayed yes-no recognition task. Results indicate that enactment significantly improves memory, particularly for positively valenced items, with a notable effect on recognition memory but not on free recall performance. Additionally, preliminary data employing the same protocol with professional athletes will be presented and discussed. This aims to explore the potential role of sensorimotor expertise on memory for enacted action sentences with different emotional connotations

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