Introduction
• Does our mood affect our memory? Can we rely on a memory when it constantly changes over time?
• Does a positive or negative mood influence the chances we will produce false memories?

Method
Participants
• 128 undergraduate students from California State University, Fullerton, participated in the experiment for partial fulfillment of the course research requirement.
• They were either induced to be in a positive or negative mood before the experiment.

Materials & Procedure
• Music was used to induce mood.
• Positive Music: Eine Kleine Nacht Musik - Mozart
• Negative Music: Adagietto – Mahler
• Participants were able imagine a positive or negative memory while listening to the music.
• At post mood induction, they were asked to write down their memory.
• Participants learned 8 lists (4 DRM lists and 4 categorical lists) which were alternatively presented (e.g., DRM – categorical).

Method Continued
• Each list contained 10 words. Each word was presented 3 times with a 1 second delay between words.
• Participants were given a 90 second distractor task.
• After the recall task, they were rated how confident they were that the words they recalled were on one of the lists.
• 1 (very unconfident) – 4 (neutral) – 7 (very confident)
• Participants were given a brief questionnaire.

Recall
• Participants were given a 90 second distractor task.
• After the recall task, they were asked how confident they were that the words they recalled were on one of the lists.
• 1 (very unconfident) – 4 (neutral) – 7 (very confident)
• Participants were given a brief questionnaire.

Results and Discussion
• There was a significant main effect of item type [F(1, 48) = 17.13, p < .001]. Consistent with our prediction, participants recalled more from DRM lists compared to the categorical lists.
• The predicted main effect of item type was also found [F(1, 48) = 10.52, p = .002]. This main effect of item type was qualified by a significant item type by mood split interaction [F(1, 48) = 4.33, p = .04]. Pairwise comparisons of participants recalled more with induced positive moods recalled 16% more critical lures than participants with induced positive moods p = .04. There were no significant differences between the two mood groups in regards to correct recall.
• There were similar rates of recall for both false recall and correct recall within the categorical lists. However, the anticipated effects of mood for false recall of the DRM lists was not found. It was speculated that this might be due to differences in looking times (3 seconds vs. 1 second or 250 ms), and thus a second experiment was created to see if these differences could be attributed to differences in elaborative processing based on the amount of time each list item was presented.

Confidence Ratings
• The same ANOVA run on recall rates was performed on confidence ratings. For this analysis, we included overall recall confidence ratings across all lists as opposed to only the first two out of concerns about missing data.
• There was a significant main effect of item type [F(1, 48) = 5.07, p = .03]. DRM list items elicited higher confidence ratings compared to categorical list items.

References