

Stress, information overload and memory- A troublesome trio

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Abstract

Emotional Impaired memory functioning, normally associated with the late-middle age and older demographic, is now reported by emergency first responders and people aged between 38 and 52 years engaged in high stress corporate or professional careers. Clinical test results of this population typically reflect high average to superior memory ability, showing no significant correlation with individual, day-to-day experiences of diminished work functioning. Clients, both in clinical and workplace environments, report fearing severe memory loss or even early-onset neurodegenerative disease. The stress and anxiety generated by such fears, the loss of memory and decision-making confidence, combined with information overload endemic during the peak of a demanding career, intertwine to affect functioning both in the workplace and other facets of an individual's life. To address these deficiencies, an interactive programme combining stress management, efficient brain processing and memory skills enhancement has been delivered one-on-one or in workplace seminars. Qualitative analysis of outcomes indicates increased control over stress, enhanced information processing and a return to memory accuracy. To facilitate access to the programme a comprehensive training academy is producing graduates able to deliver the research-based programme in a variety of settings

the Memory Foundation. She has a particular interest in the way increasing stresses and demands of the workplace impact on memory function

Recent publications:

“Cross-sectional and Longitudinal Analyses of the Effects of Aging on Memory in Healthy Young, Middle-Aged and Oldest-Old Adults”, Massey University,
<http://hdl.handle.net/10179/258>

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Biography:

Allison Lamont PhD (Psychology), MA(Hons), CPsychol, MNZPsS, MNZAC, completed a PhD at Massey University, New Zealand, in 2008. This comprised a longitudinal study of memory across the adult lifespan. She is a Director and Clinician at the Auckland Memory Clinic in New Zealand, working primarily with memory testing and the amelioration of memory loss. She has authored and co-authored several books on memory and is co-founder of Brainfit® and