Supplementary Material

Online Personalised Training in Memory Strategies for Everyday (OPTIMiSE) Program for Older Adults with Cognitive Concerns: Pilot Study Protocol

Supplementary Material 1

COURSE EVALUATION

Online Personalised Training in Memory Strategies for Everyday (OPTIMiSE) for Older Adults

Congratulations! You have completed the Online Personalised Training in Memory Strategies for Everyday (OPTIMiSE) MOOC. We hope you found the course useful.

Please take a moment to give us your feedback about the course.

Online Access	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
The OPTIMiSE online course was easily accessible					
The structure of OPTIMiSE was user-friendly					
The registration process was easy to follow					
Online learning gave me the flexibility to learn when it suited me					

Learning Experience	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Online teaching was of high quality					
The video presentations helped my learning					
The practical exercises were beneficial in applying learning					
I understood what I was learning					
If applicable: The additional (optional) learning materials provided useful and relevant information to supplement my learning					

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
I feel less alone about my memory concerns					
I would recommend OPTIMiSE to others					

Discussion Board	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
The discussion board was a useful resource overall o Why did/didn't you find it useful?					
It was helpful to get ideas from other participants of strategies I could try myself					
I felt motivated to practice and apply strategies to everyday life after seeing them work for other participants					
It was reassuring to read about other participants' personal experiences relating to their memory difficulties and failures					
Participants provided support, encouragement and positive feedback to one another					
A sense of community was created with others experiencing similar memory concerns o Why do you feel that a sense of community was/was not created?					
I felt less anxious about my memory abilities after engaging with the discussion board content					

Application of Learning The OPTIMiSE course:	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
• Improved my understanding of memory and how it changes across the lifespan					
• Can help individuals learn and apply memory strategies in everyday life					
• I continue to apply my learning in everyday life					

• Helped to normalise memory changes in older age					
• Improved my confidence in responding to memory challenges					

What did you find the most useful about the course?

_____
_____
_____
_____

What did you find the least useful about the course?

_____
_____
_____
_____

What, if any, significant changes have you noticed in your life following the completion of the course?

_____
_____
_____
_____

Additional comments and/or suggestions:

_____
_____
_____
_____

_____
_____
_____
_____

MODULE EVALUATION

Online Personalised Training in Memory Strategies for Everyday (OPTIMiSE) for Older Adults

Congratulations! You have completed Module <xx>.

Please take a few moments to give us your feedback about this module.

Module <xx>: Module Objectives:	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
The Module's objectives were well defined.					
The information and tasks in the Module enabled me to achieve the Module's objectives.					

Module <xx>: Course Content:	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
The material presented in the Module was easy to follow.					
The amount of information presented in the Module was appropriate					
The information presented in the Module was appropriate in complexity					
The video presentations helped my learning					
The practical exercises were beneficial in applying my knowledge into practice.					
If applicable: The additional (optional) learning materials provided useful and relevant information to supplement my learning					

Overall, the Module adds to my understanding about <Course Objectives>					

What did you like about this module and why?

_____

_____

_____

What did you not like about this module and why?

_____

_____

Do you have any other feedback/comments about this module?

_____

_____

Supplementary Material 3

Personal Memory Goals

Baseline Administration

Research suggests that people find learning memory strategies more useful when they identify some personal goals that are important and meaningful. Goals may be practical (for example, losing your glasses less often; remembering names), or may be aimed managing difficulties in a different way (for example, asking for help if needed; worrying less about memory failures). Alternatively, you may wish to learn more about how memory works and which strategies are helpful.

One goal is enough, and three is the maximum. For example:

- What you are hoping to get out of the memory course?
- What sort of things do you forget the most?
- What kind of memory failures upset you the most?
- What made you want to take part in OPTIMiSE?

Decide on a goal(s), and use the scale of 0-10 to rate how satisfied you have been over the **past two weeks** with your performance or knowledge in relation to that goal.

After the program has finished we will ask you to look at the goals you set today to see if you have reached your personal goals around managing your memory.

Goal 1: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Goal 2: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Goal 3: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Post-Course Administration

Before starting OPTIMiSE, you indicated that you would like to achieve the personal memory goals listed (*on the previous page*).

Now that you have finished the course, we would like you to re-rate your satisfaction with each goal.

For each goal, use the scale of 0-10 to rate how satisfied you have been over the **past two weeks** with your performance or knowledge in relation to that goal.

For instance, if you are really unhappy with how you are doing in this area you would be rating around 0 or 1, whereas if you are completely happy with it, you would rate around 10.

Goal 1: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Goal 2: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Goal 3: _____

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Extremely Dissatisfied   Extremely Satisfied

Supplementary Material 4

Memory Self-Efficacy Questionnaire

This questionnaire will look at your memory. Please select a number between 0 (not confident at all) and 10 (very confident) which best describes how you would evaluate your current memory abilities across different situations. Try to answer all the questions as accurately as you can.

How would you rate your level of confidence for your overall memory functioning?

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Not Confident At All   Moderately Confident   Very Confident

What is your level of confidence that you can remember the following?

Newly learnt information	0 1 2 3 4 5 6 7 8 9 10
Names of new people that I meet	0 1 2 3 4 5 6 7 8 9 10
Things that I plan to do in the near future (e.g. pick up milk on the way home)	0 1 2 3 4 5 6 7 8 9 10
What has already been said in conversations	0 1 2 3 4 5 6 7 8 9 10
Where I leave things	0 1 2 3 4 5 6 7 8 9 10
PIN numbers and passwords	0 1 2 3 4 5 6 7 8 9 10
Directions to places	0 1 2 3 4 5 6 7 8 9 10