As you may have already guessed, we are asking you to participate in a study of the tip-of-the-tongue experience. This will be different from other studies you have done for us in that you will participate in this study at home and as you go about your everyday life. What we are asking you to do is to keep a diary of your tip-of-the-tongue experiences over the next 4 weeks. We have prepared a small booklet for you which has some questions printed in it. This will serve as your diary. We would like you to carry this diary around with you in the course of your usual activities. If and when you have a tip-of-the-tongue experience, try to think of the word as you normally do but after awhile record some of the information requested in the diary. You do not have to answer the questions in any specific order, and you can add more information at later times if you continue to try to think of the word. If you do finally think of the word, please record it in the diary and answer the last question. But please fill in your diary even when you are having no luck in thinking of the word. Please use one set of questions for each tip-of-the-tongue experience. We will collect your diary at the end of 4 weeks even if you have had no tip-of-the-tongue experiences during this time. We would like to pay you for your participation in this study. Do you have any questions?

If you have questions at any time during the study, please call:
META-MEMORY QUESTIONNAIRE

1. Most of the time a word or name we want springs to mind easily, but sometimes we have the experience of not being able to recall it even though we know that we “know” it. The feeling is that it is on the “tip-of-the-tongue. Please rate on the scale below how often you experience this:

   Never   1   2   3   4   5   6   7   Very Frequently

2. Please estimate how many times a month you experience “tip-of-the-tongue” by circling one letter below.

   a. 1-2 times
   b. 3-4 times
   c. 5-6 times
   d. 6-7 times
   e. 8 or more

3. Below are some of the kinds of words that we have tip-of-the-tongue experiences for. Please indicate the three that are most common for you by writing a 1 by the kind that gives you the most tip-of-the-tongue experiences, a 2 by the second most frequent and 3 by the third most frequent. Please write in any kind of word that you need that is not listed:

   Rating (1,2 or 3)
   __Name of person well known to you like friend or relative
   __Name of historical or political figure
   __Name of acquaintance
   __Name of place
   __Name of book or movie
   __Name of object, utensil or tool
   __Adjective
   __Other vocabulary word____________________ (specify)
   __Other ___________________ (specify)

4. When you are trying to remember the word, is there usually some information about the word that you are able to recall? ______yes ______no. Circle the letter(s) below for any information that you usually can recall.

   a. how the word looks
   b. information related to the word’s meaning
   c. how the word sounds
   d. other _________________________________ (specify)
5. Is there anything that you find helpful to do as you are trying to remember the word? _____yes _____no. If yes, which of these are you likely to do: (you may circle more than one letter)

a. go through the alphabet  
b. pronounce known letter  
c. relax and direct attention elsewhere  
d. use reference such as dictionary or thesaurus  
e. other ______________________ (specify)

6. What percent of your tip-of-the-tongue experiences are you able to resolve by remembering the sought after word? _____%

7. We know from our own personal observations and from psychological research that everyone’s memory is far from perfect. Please rate on the scale below how concerned you are about tip-of-the-tongue experiences compared to other memory errors you may experience.

Not concerned  1  2  3  4  5  6  7 Very concerned
THE TOT DIARY

1. What is the type of word you are trying to think of?
   __name of person
   __name of place
   __name of object, utensil or tool (circle 1)
   __name of movie or book
   __adjective, adverb, or other vocabulary word (circle 1)
   __other name ____________________ (specify)
   __other word _____________________ (specify)

2. How certain are you that this is a word you know?

   Very uncertain   1   2   3   4   5   6   7   very certain

3. How certain are you that you will be able to recall this word?

   Very uncertain   1   2   3   4   5   6   7   Very certain

4. Please list below the date and time of the occasion when you first attempted to remember the target word, and then give the date and time of each subsequent attempt to remember the word. In each case indicate how long you spent trying to remember the word.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Time Spent on Search</th>
</tr>
</thead>
<tbody>
<tr>
<td>First attempt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Second attempt</td>
<td></td>
<td></td>
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<tr>
<td>Third attempt</td>
<td></td>
<td></td>
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<tr>
<td>Fourth attempt</td>
<td></td>
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</tr>
</tbody>
</table>

5. What characteristics of this word could you remember while unable to remember the word itself? Please check below as many of the characteristics of the word as you could recall, and write in what you recalled:

   __sound of word?
   __number of syllables?
   __syllable with main stress?
   __similar sounding word?
   __word with similar meaning?
   __when you last encountered the word?
   __other aspects of the meaning of the word?
   __other? __________________________ (specify)
   __none?
6. Often, as we are trying to recall the target word, other words come to mind repeatedly, even though we know they are incorrect. If any such word(s) came to mind more than once while you were in the “tip-of-the-tongue” state, please record it below and show how persistently it recurred.

   Word 1____________________________(      )  times
   Word 2____________________________(      )  times
   Word 3____________________________(      )  times

7. What strategies, if any, did you use to try to remember the target word?

   ___ consulted dictionary or other book
   ___ consulted person
   ___ searched memory alphabetically
   ___ thought of last time I saw object or person
   ___ thought of sound or spelling of word
   ___ thought of meaning of word
   ___ other _________________________ (specify)
   ___ none

8. Whether or not you were able to resolve the “tip-of-the-tongue” experience, you probably have a feeling for how familiar this word is to you. Please rate the familiarity of your target word:

                       Very unfamiliar   1   2   3   4   5   6   7   Very familiar

9. If you were finally able to remember the word, how did it come to mind?

   ___ as a result of a strategy used to search memory
   ___ asked someone or consulted book
   ___ word popped up on its own

10. What was the time interval between first trying to think of the word and the moment you recalled it?

   _______________________________________

11. If you were able to remember the word, please write it in here:

   _______________________________________
