



**ENVIRONMENTAL REGULARITY IMPROVES
TIME-BASED PROSPECTIVE REMEMBERING**



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Time-Based Prospective Memory



Temporal Uncertainty



Certain



Uncertain

(Zakay, 1992; Block & Zakay, 2006)

Experimental Design (Exp. 1)



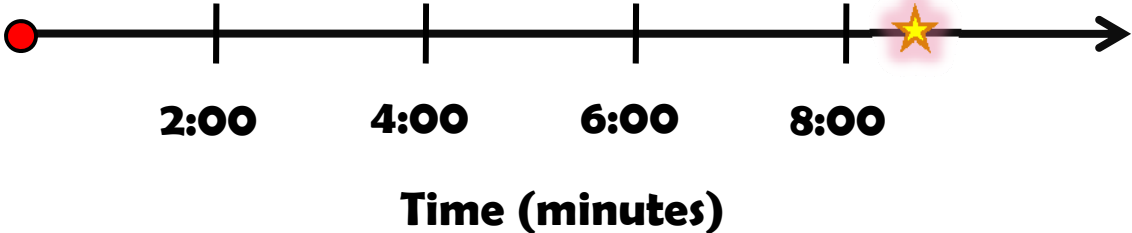
Task Duration

★ = PM Target (8:30 min.)

Certain



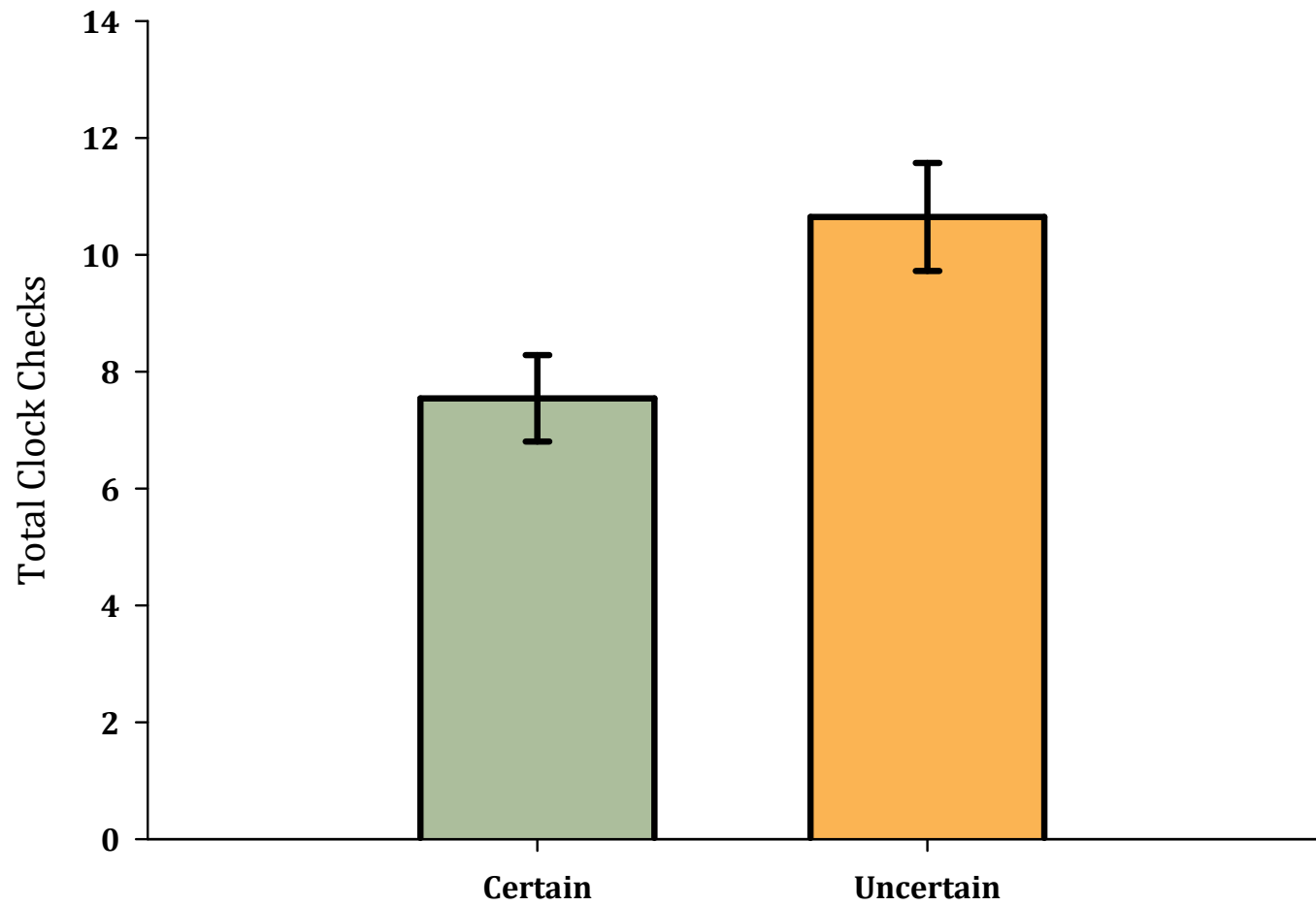
Uncertain



Data (Exp. 1)



Task Duration



N = 60

Experimental Design (Exp. 2)

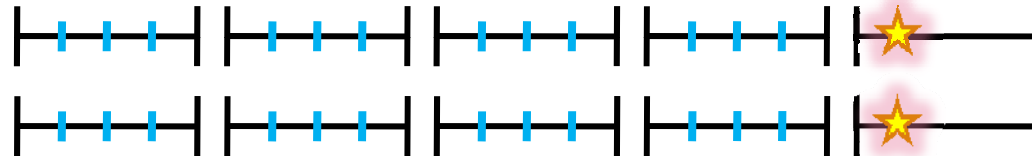


Task Duration X Reminder Frequency

★ = PM Target (8:30 min.)
| = Reminder

Certain Task

Regular Reminder (30s)

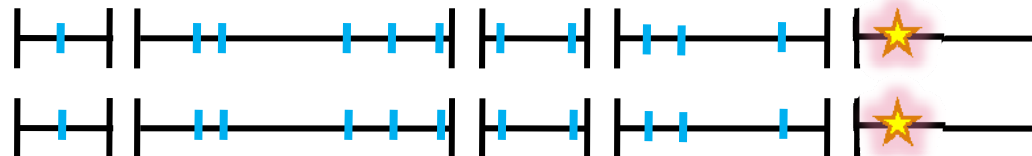


Random Reminder

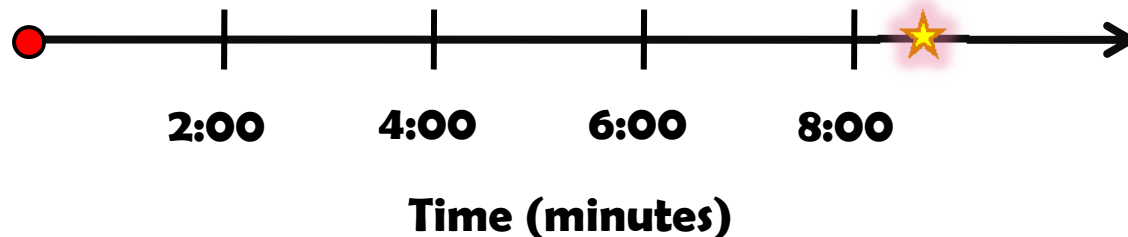


Uncertain Task

Regular Reminder (30s)



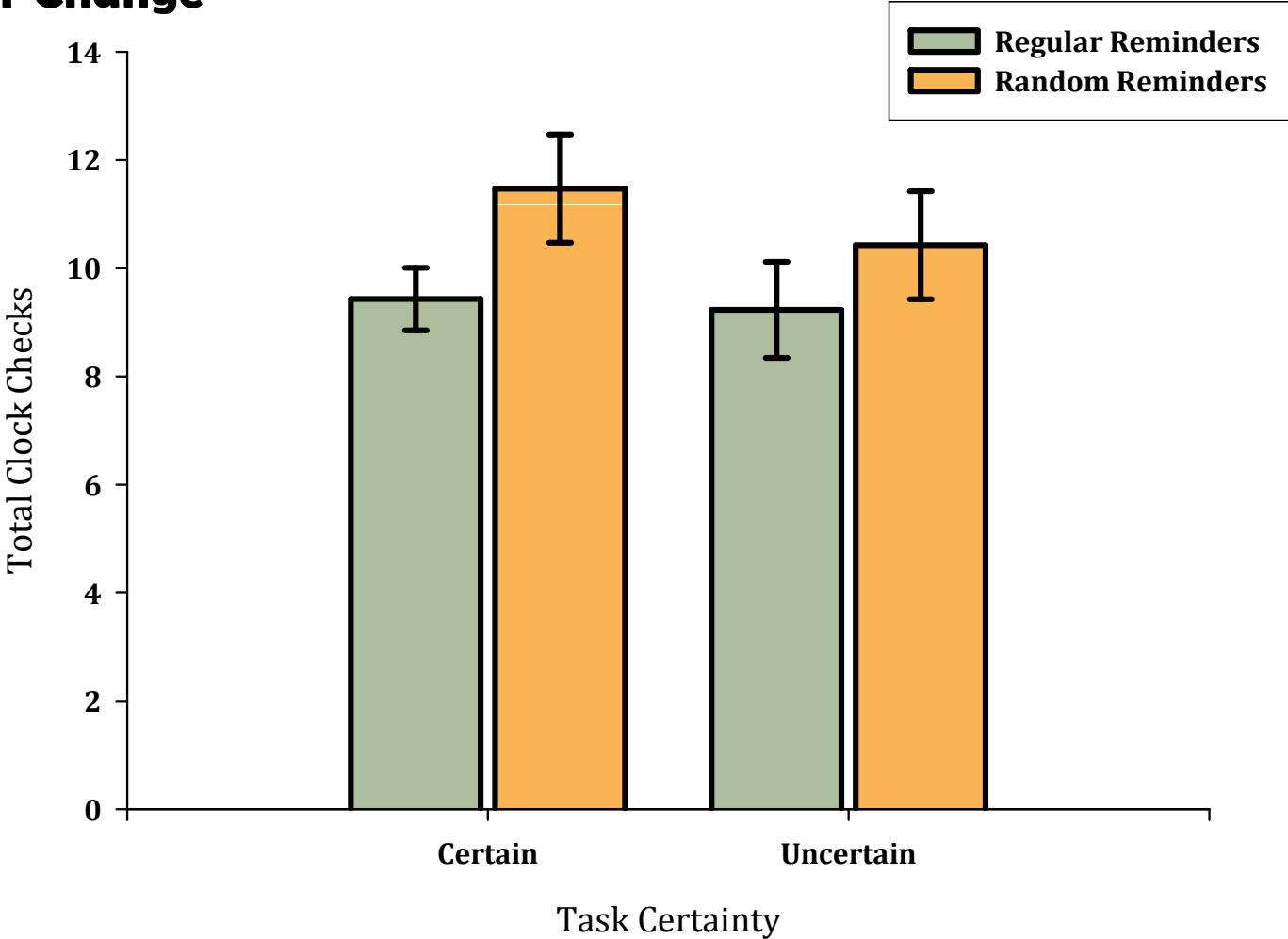
Random Reminder



Data (Exp. 2)



Color Change




N = 140

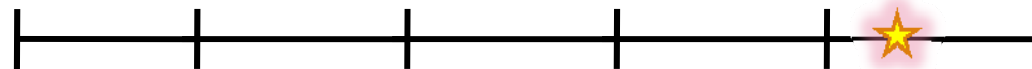
Experimental Design (Exp. 3)



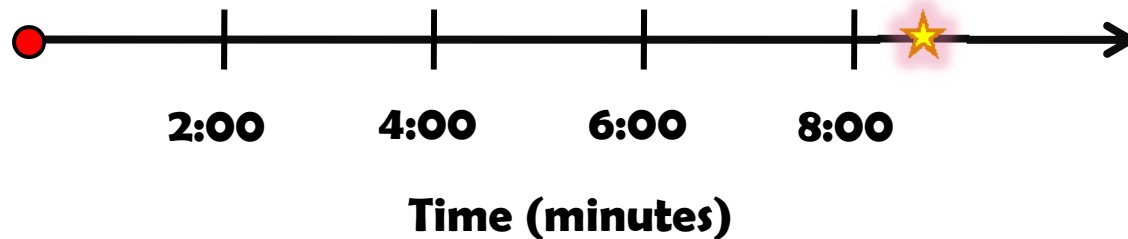
Color Change

 = **PM Target (8:30 min.)**

Certain



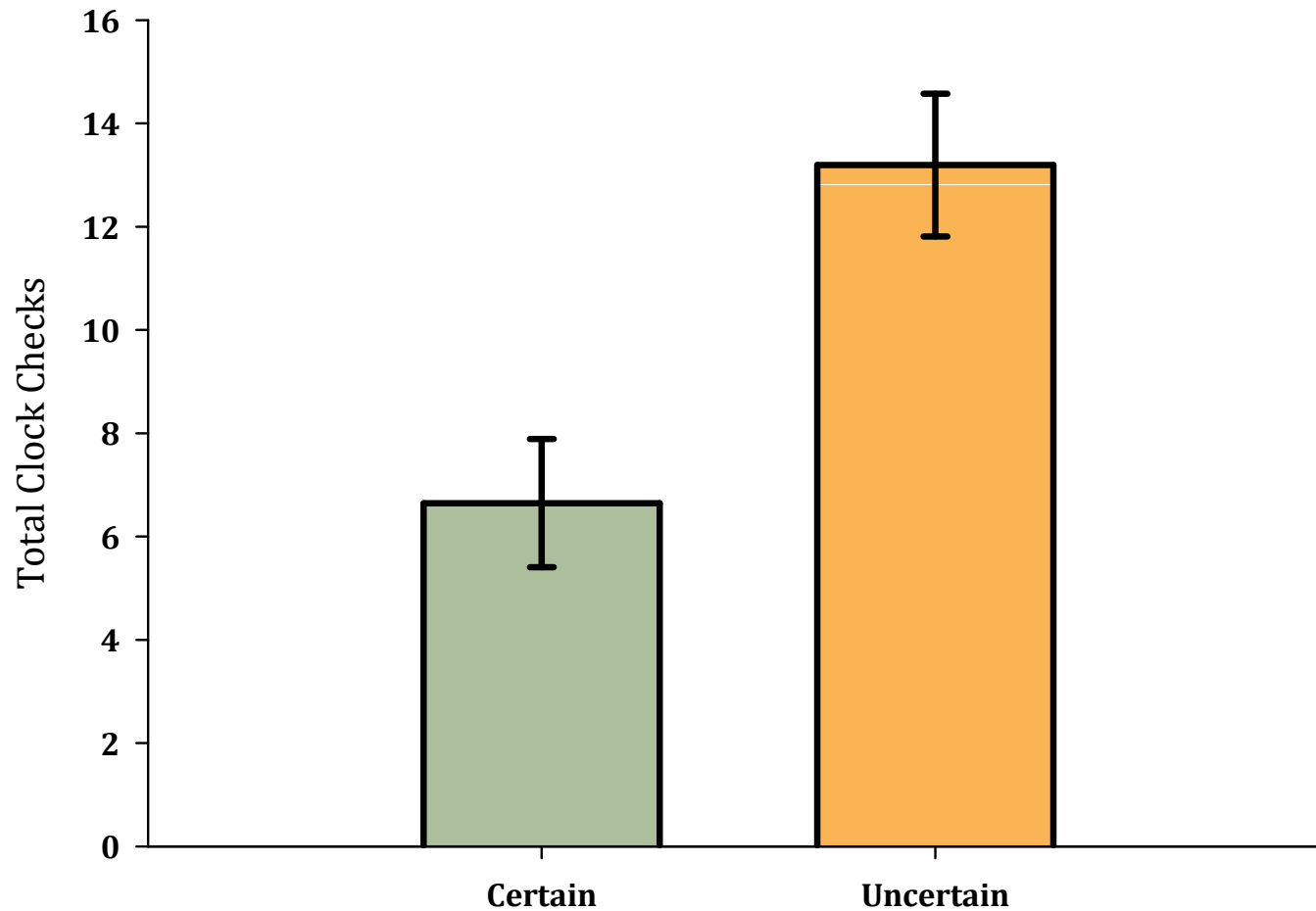
Uncertain



Data (Exp. 3)



Task Duration X Reminder Frequency



N = 60

Discussion

