

# Memory for Multi-Sensory Experiences is Stimulated by Wearable Camera Footage (?)

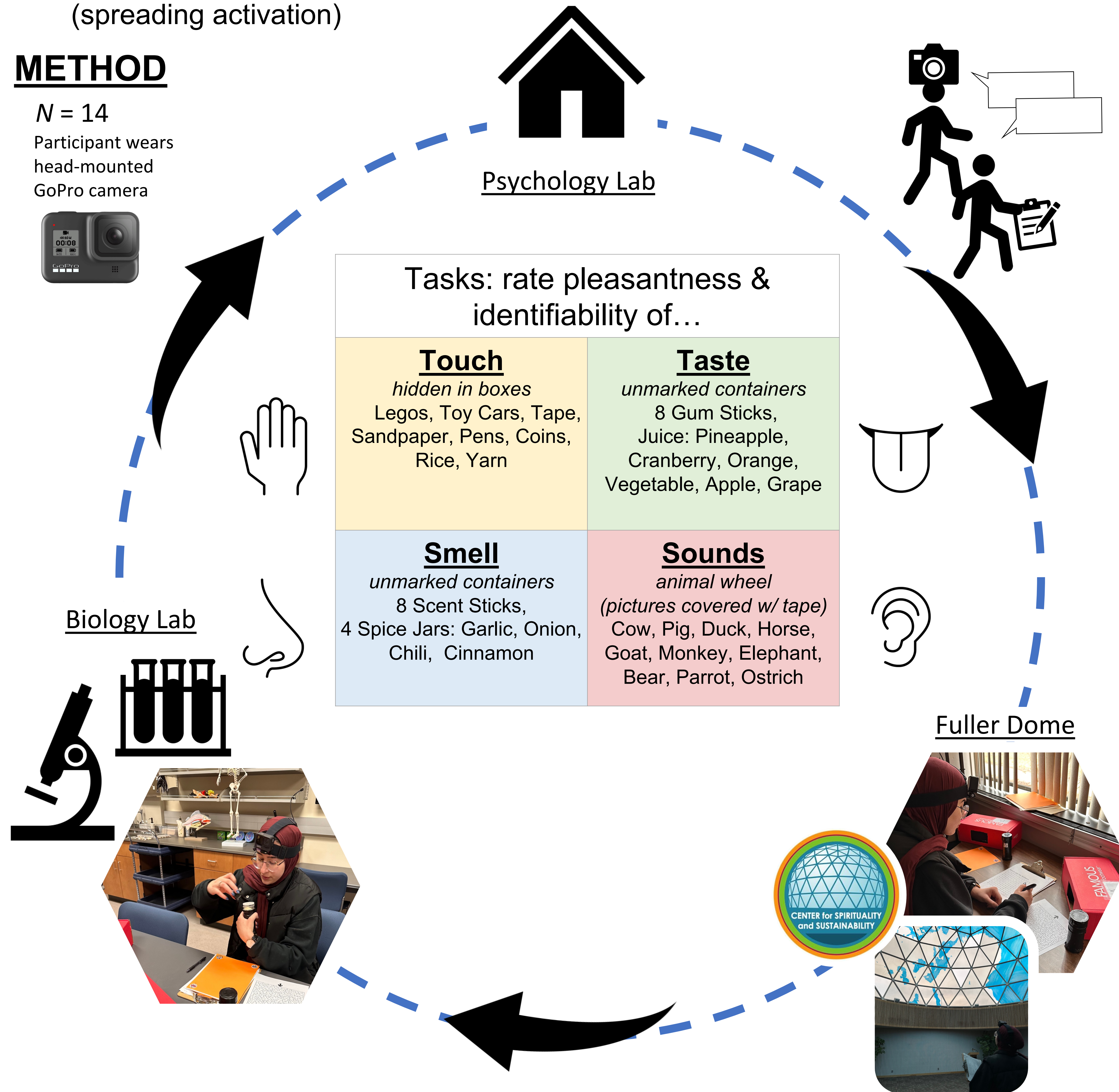
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## INTRODUCTION

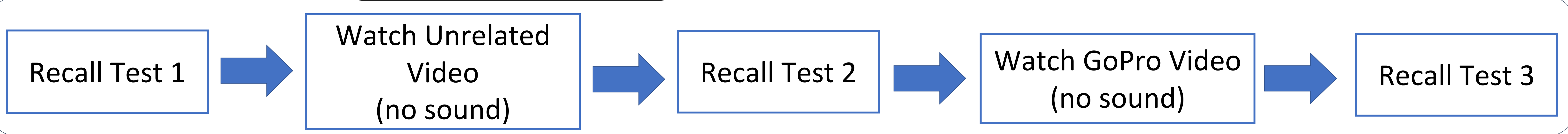
- Wearable cameras create visual records of experience.
- Reviewing videos evokes a sense of reliving.
- Can they stimulate memory for **non-visual** aspects of experience? (spreading activation)

## METHOD

N = 14  
Participant wears head-mounted GoPro camera

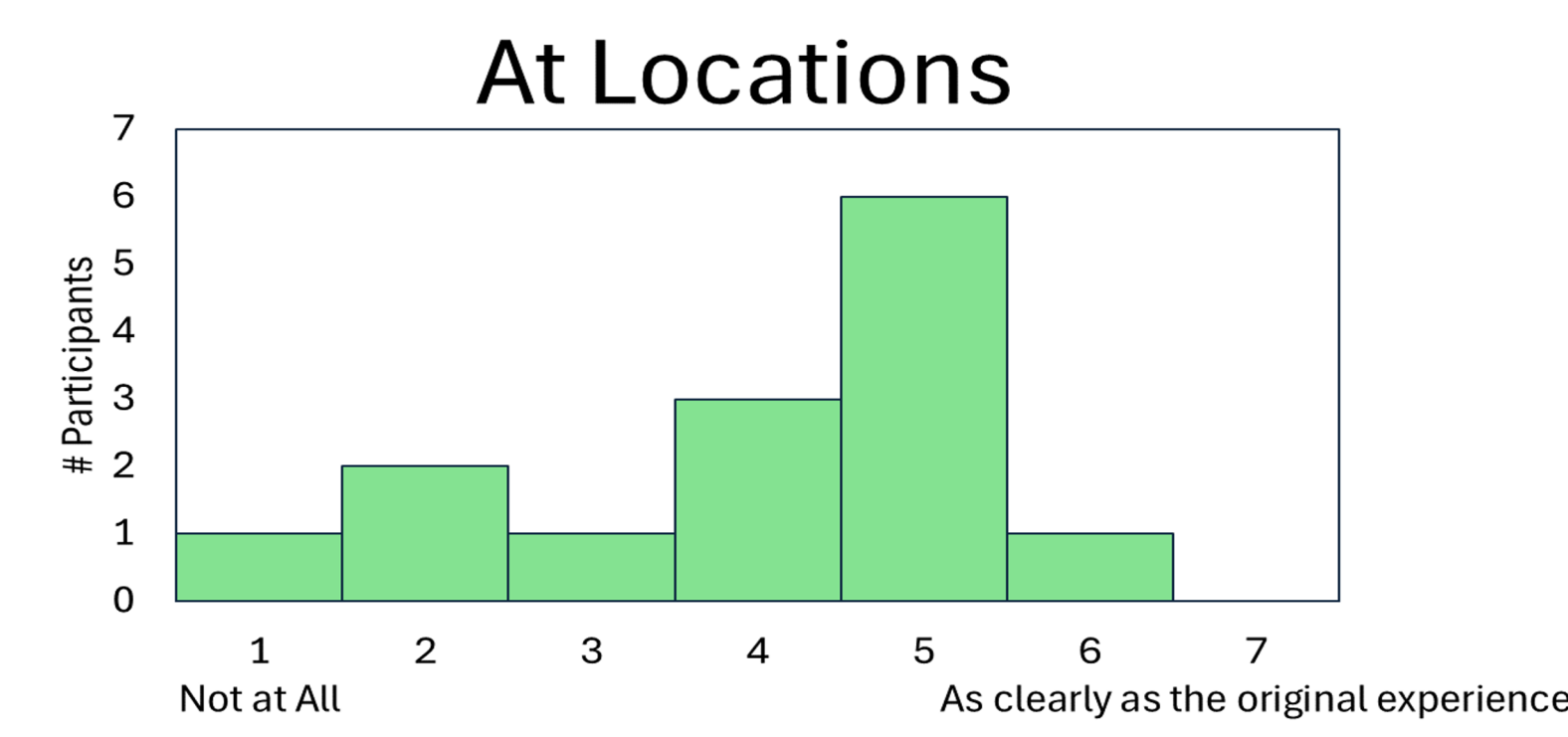
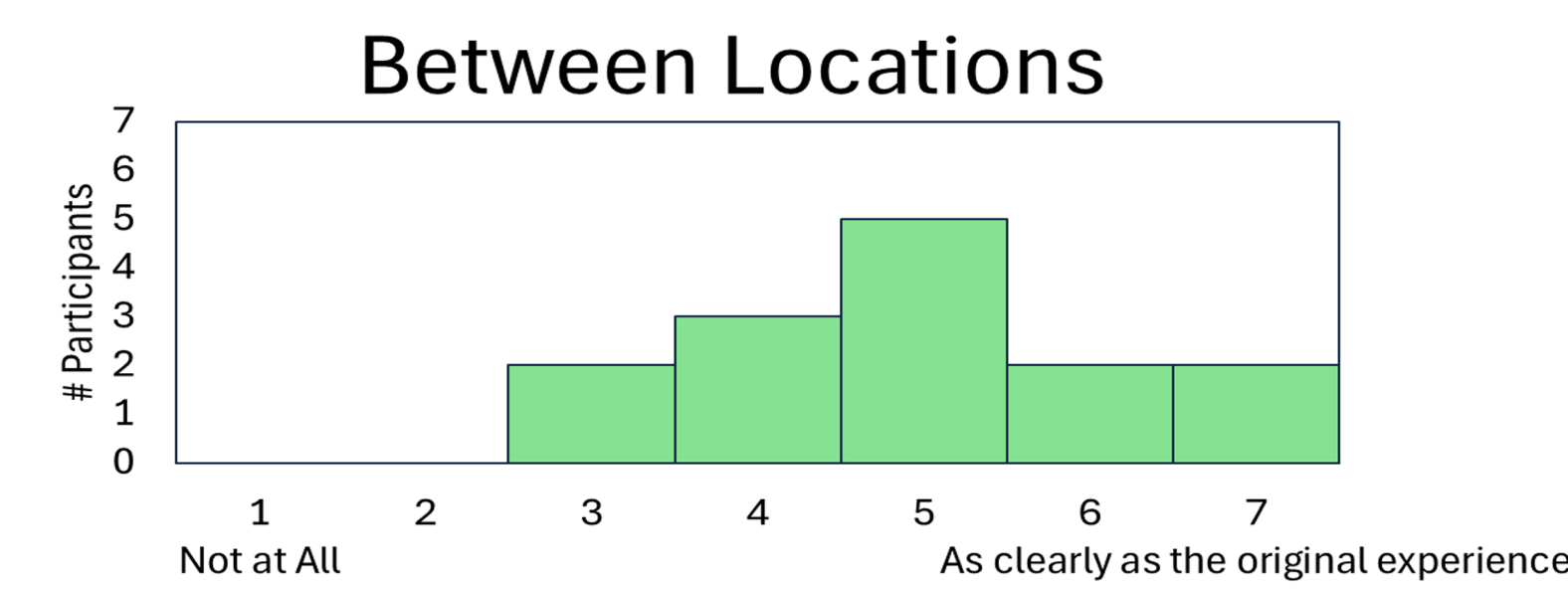


One Week Later

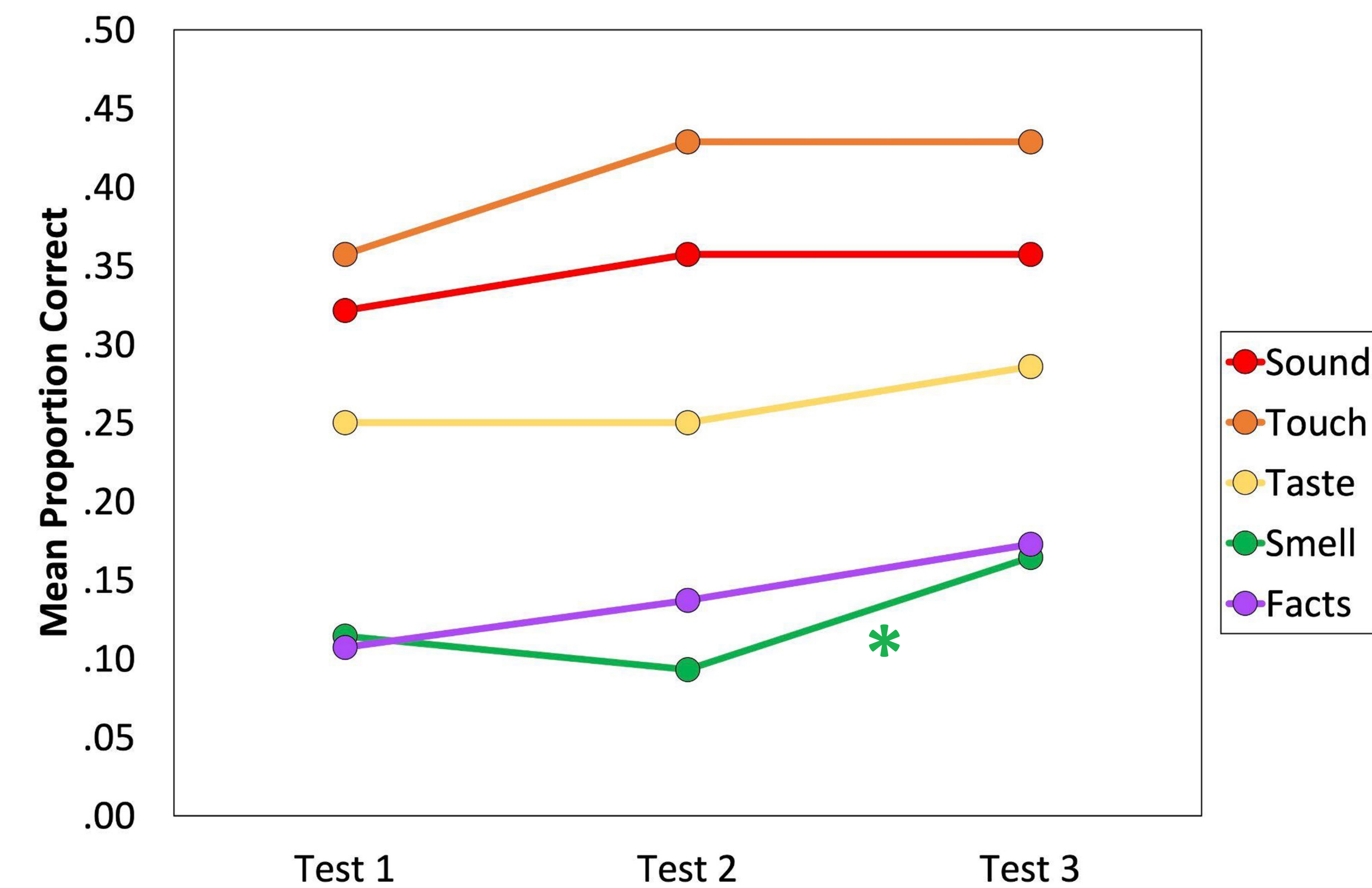


## RESULTS

When you were watching your video, how much did it feel like you were reliving the original experience?

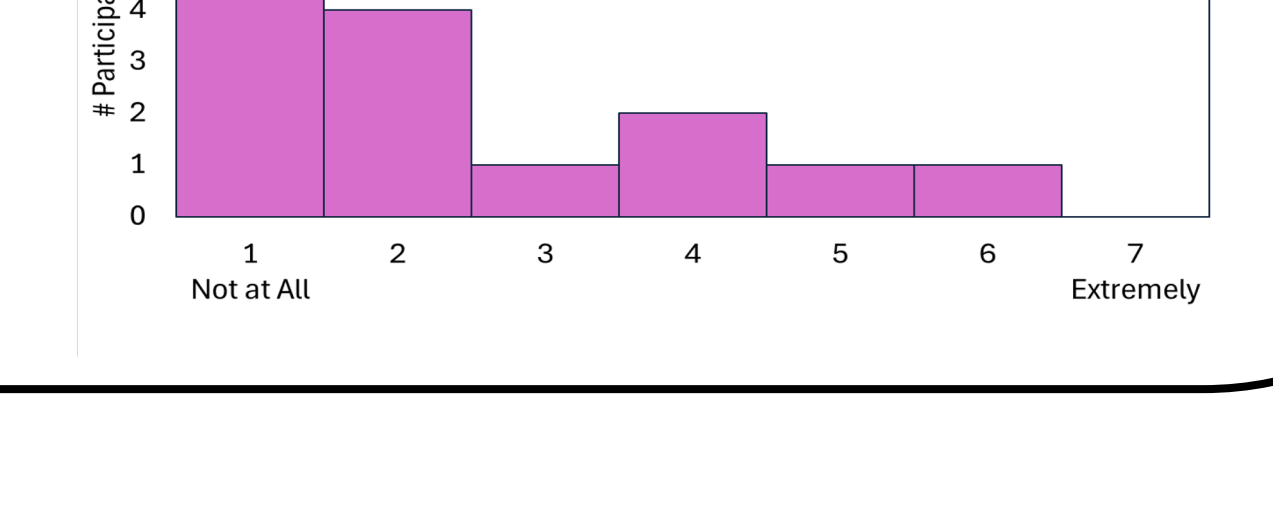
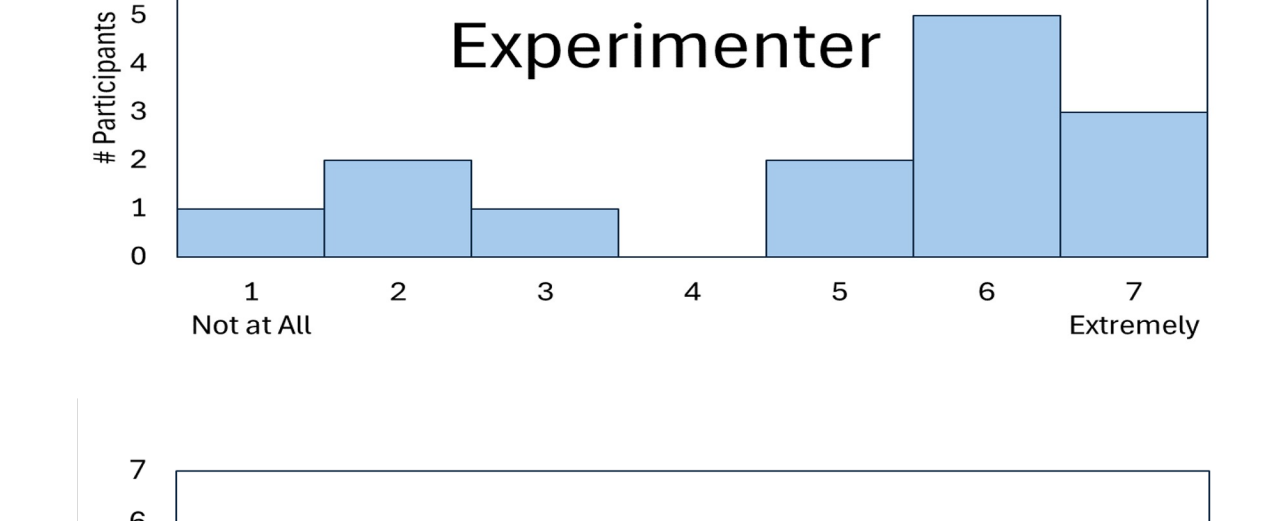
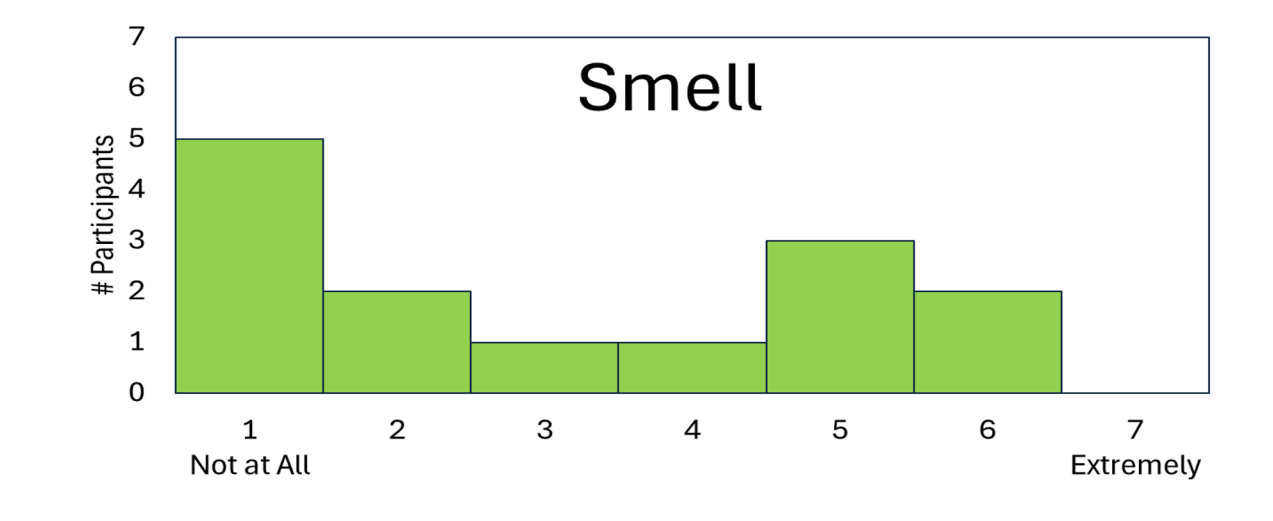
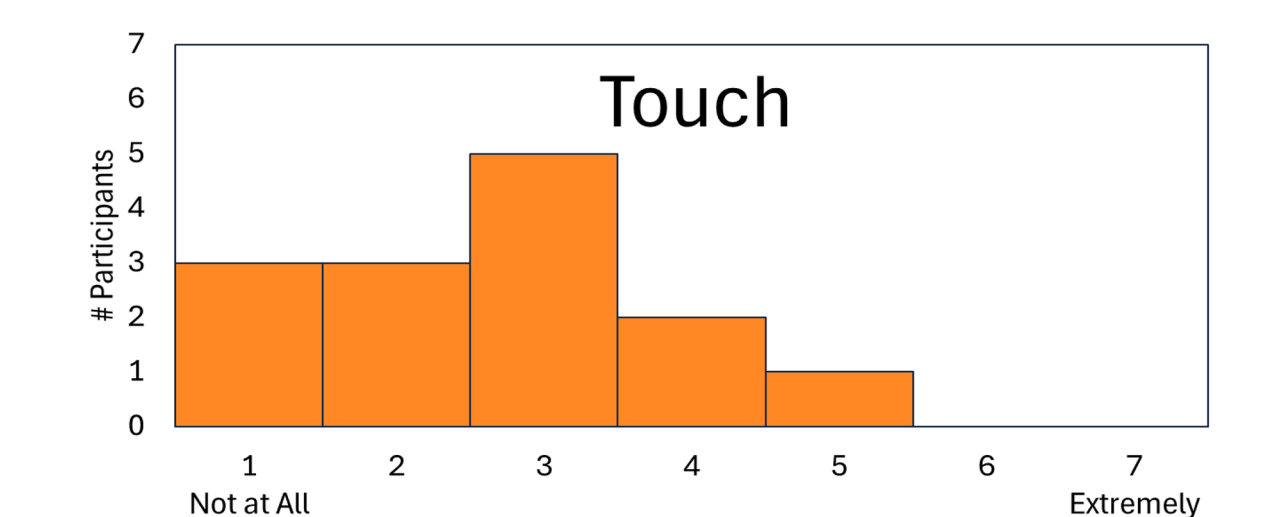
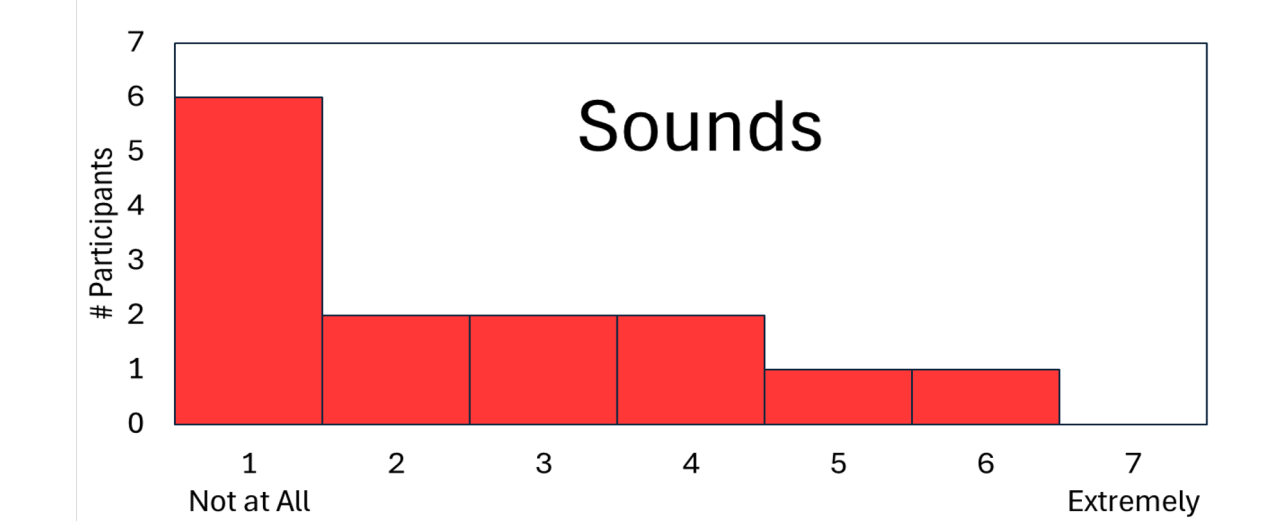
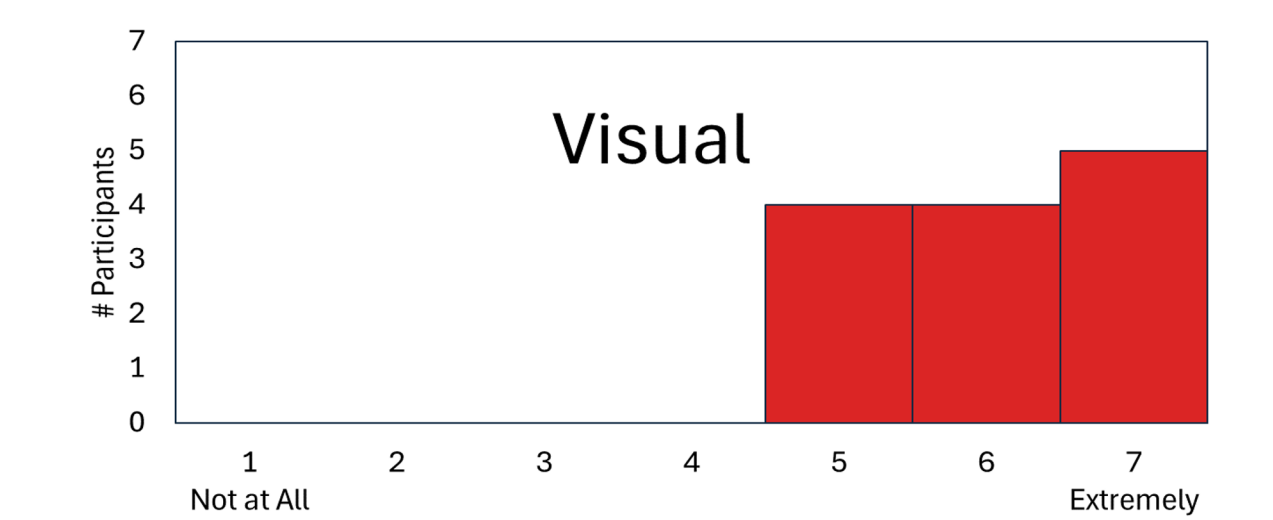


"After watching the GoPro video, it helped with remembering my original experience."



## Participant Ratings

How much did watching the video stimulate your memory for each of the following aspects of your original experience?



## DISCUSSION

- Mostly, watching the GoPro video did *not* stimulate non-visual memory
- However, **smell** recall was stimulated by the video
- Hypermnnesia possibly explains increase from Test 1 to 2
- Possible limitations:
  - testing fatigue?
  - multisensory activities weren't integrated into a meaningful coherent experience?
  - video too fast, not being used?