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Prospective Memory in Amnesic Mild Cognitive Impairment: in Pursuit of an Early
Diagnosis.

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Abstract

Prospective memory (PM) is a fundamental requirement for an autonomous lifespan that might be prematurely compromised in the neurodegenerative process, namely in amnesic mild cognitive impairment (aMCI), severely affecting an independent lifestyle.

We have used a behavioural experimental paradigm to explore PM as a non-invasive neuropsychological tool for an earlier aMCI diagnosis while assessing the potential benefits of the use of enactment at encoding to sustain an autonomous performance despite neuronal degeneration.

PM was consistently identified as a particularly sensitive and specific indicator of cognitive impairment. Importantly, observed beneficial effects of enacted encoding have unveiled the

potential of this encoding technique to optimize attentional demands through an adaptive allocation of strategic resources across both a healthy and cognitively impaired lifespan.